



Best Practices for Canning and Freezing

Test your knowledge about home food preservation by taking our quiz.

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QUESTIONS

1- **A** B C D

2- A B C **D**

3- A **B** C D

4- A **B** C D

5- A B **C** D

6- **A** B C D

Best Practices for Canning and Freezing Quiz - answers can be found at the end of the quiz.

1. What is the recommended method of processing quarts of tomato juice?
 - a. 15 minutes in a boiling water bath
 - b. 40 minutes in a boiling water bath
 - c. 10 minutes at 10 pounds pressure in a pressure canner
 - d. Pour boiling juice into hot jars and skip heat processing altogether
2. What ingredient should be added to tomato products to ensure adequate acidity for canning?
 - a. Sugar
 - b. Salt
 - c. Bottled lemon juice
 - d. Ascorbic acid

3. What can be added to the holding water to prevent discoloration of light colored fruits when peeling them?
 - a. Salt
 - b. Crushed vitamin C tablets
 - c. Apple juice
 - d. Cornstarch
4. What thickening ingredient is recommended in research tested recipes for use in canned pie fillings?
 - a. Flour
 - b. Cornstarch
 - c. Regular ClearJel
 - d. Tapioca
5. Which practice prevents softening of pickles?
 - a. Trim 1/16th inch from the blossom end of the cucumber
 - b. Use iodized salt
 - c. Use vinegar diluted to 4%
 - d. Omit the processing step
6. How can you reduce liquid loss from canned fruit or tomatoes?
 - a. Heat the product and put it in the jars hot
 - b. Boil jars in canner quickly over high heat
 - c. Add water to come just to the neck of the jar
 - d. Remove jars from the canner as soon as process time is complete
7. What is the maximum amount of time you can wait to reprocess a jar that has not sealed?
 - a. 6 hours
 - b. 24 hours
 - c. 2 days
 - d. 2 weeks
8. How can you reduce the likelihood of applesauce or pears becoming dark at the top of the jar?
 - a. Increase the headspace
 - b. Place fruit higher in the jar than the syrup
 - c. Heat process the jars adequately to destroy enzymes
 - d. Use a sugarless pack
9. What is the recommended headspace for canned fruits?
 - a. ¼ inch
 - b. ½ inch

- c. $\frac{3}{4}$ inch
 - d. 1 inch
10. At what temperature should the freezer be maintained for long-term storage?
- a. 0°F
 - b. 32°F
 - c. 40°F
 - d. 60°F
11. Which food can be refrozen if it has thawed?
- a. Meat with ice crystals still in the package
 - b. Ice cream
 - c. Completely thawed sausage
 - d. Corn that has completely thawed to room temperature
12. Which of the listed packaging materials is best for freezing ground beef?
- a. Wax paper
 - b. Plastic wrap
 - c. Plastic bags marked for freezer
 - d. Empty cottage cheese container
13. How can freezer burn be avoided?
- a. Turn freezer to 38°F
 - b. Buy torn or unsealed packages
 - c. Remove as much air from the package as possible
 - d. Use storage bags
14. The safest method of thawing foods is?
- a. At room temperature
 - b. In the refrigerator
 - c. In hot water

Answers: 1 b; 2 c; 3 b; 4 c; 5 a; 6 a; 7 b; 8 c; 9 b; 10 a; 11 a; 12 c; 13 c; 14 b