

Food Trivia Questions and Answers

A source-linked food trivia game for adult groups, with 24 questions about ingredients, cooking science, and food handling.

Host guide / A4 / Adult trivia / 20–35 minutes

Read the guide privately first if this activity has hidden answers. Print single-sided at Actual size / 100%. Cut only sheets marked CARDS. Keep answer keys with the host.

What you need

- Printed question cards or a host screen
- Pens and a score sheet (optional)
- A timer (optional)
- One host or reader for each team

How to run it

1. Play individually or in teams of two to five; let players pass on any card.
2. Read the prompt and allow about 20–30 seconds for discussion or a written answer.
3. Award one point for a correct answer, accepting equivalent wording and reasonable pronunciation variants.
4. Reveal the answer and read the explanation; keep its source link available for a quick check or later reading.
5. For a shorter round, choose a balanced mix from at least four categories.
6. Skip scoring and the timer for a relaxed conversation round.

How to host this deck

This adult food trivia round moves from plant ingredients to grains, fermentation, cooking chemistry, food handling, and tea and chocolate. It works for a dinner, team social, workshop break, or remote gathering. No cooking or tasting is required; participants can play from general knowledge and use the answers as conversation starters.

The food safety cards summarize general FDA consumer guidance. Hosts should not treat a trivia round as a substitute for current local food-safety instructions or a product label.

- Play solo or in teams of two to five; read one prompt at a time.
- Give teams 20–30 seconds to discuss before locking answers.
- Award a point for each correct answer, then read the explanation and its linked source.
- Allow players to pass. Avoid asking people to disclose allergies, diets, or medical details.

Pick a format

For a quick opening game, select one card from each category and add two audience favorites. For a full round, use all 24 in a mixed sequence. The easy, medium, and hard labels can help the host tailor the pacing, but they are only rough guides.

A relaxed cooperative version works well when the group has a wide range of cooking experience: let people pool guesses and use explanations to introduce unfamiliar terms.

- Quick round: 8 cards across at least four topics.

- Full round: all 24 cards; alternate the reader.
- No-score round: discuss each reveal briefly, then move on.

What players will encounter

The ingredient questions ask where familiar foods come from; the grain section separates whole-grain structure from plant classification; fermentation cards cover yeast, yogurt, and vegetables; cooking chemistry distinguishes browning reactions and emulsions; food safety questions use FDA consumer guidance; and the final category connects tea processing with cacao.

This is general knowledge content, not dietary or medical advice. The deck avoids nutritional benefit claims. The linked institutional pages provide more context where a simple quiz explanation compresses a larger process.

- Plant ingredients and crop parts
- Whole grains, seeds, and kernels
- Fermentation, leavening, and cooking chemistry
- General food-safety practices
- Tea and chocolate production

CARDS / Food Trivia Questions and Answers

<p>R_TRIVIA_FOOD-001 / Plant ingredients</p> <p>Coffee beans are actually the seeds of what?</p>	<p>R_TRIVIA_FOOD-002 / Plant ingredients</p> <p>Which part of the cinnamon tree is harvested as the familiar spice?</p>
<p>R_TRIVIA_FOOD-003 / Plant ingredients</p> <p>The spice saffron comes from which part of the crocus flower?</p>	<p>R_TRIVIA_FOOD-004 / Plant ingredients</p> <p>Maple syrup is made by concentrating what collected from maple trees?</p>
<p>R_TRIVIA_FOOD-005 / Grains & seeds</p> <p>What three parts of the grain kernel are retained in a whole grain?</p>	<p>R_TRIVIA_FOOD-006 / Grains & seeds</p> <p>Which part of the quinoa plant is eaten as food?</p>

CARDS / Food Trivia Questions and Answers

<p>R_TRIVIA_FOOD-007 / Grains & seeds</p> <p>Popcorn is a variety of which crop?</p>	<p>R_TRIVIA_FOOD-008 / Grains & seeds</p> <p>Why is brown rice classified as a whole grain?</p>
<p>R_TRIVIA_FOOD-009 / Fermentation & baking</p> <p>Which gas released by yeast helps bread dough expand?</p>	<p>R_TRIVIA_FOOD-010 / Fermentation & baking</p> <p>What is added to milk to start the bacterial fermentation that makes yogurt?</p>
<p>R_TRIVIA_FOOD-011 / Fermentation & baking</p> <p>Sauerkraut gets its tartness as bacteria convert cabbage sugars into which acid?</p>	<p>R_TRIVIA_FOOD-012 / Fermentation & baking</p> <p>When baking soda reacts with an acidic ingredient, which gas helps baked goods rise?</p>

CARDS / Food Trivia Questions and Answers

<p>R_TRIVIA_FOOD-013 / Cooking chemistry</p> <p>The Maillard reaction involves reducing sugars reacting with what kind of molecules?</p>	<p>R_TRIVIA_FOOD-014 / Cooking chemistry</p> <p>Caramelization is the browning and breakdown of which ingredient?</p>
<p>R_TRIVIA_FOOD-015 / Cooking chemistry</p> <p>Why can a popcorn kernel burst when heated?</p>	<p>R_TRIVIA_FOOD-016 / Cooking chemistry</p> <p>What kind of mixture is mayonnaise, in which tiny oil droplets are dispersed in a water-based phase?</p>
<p>R_TRIVIA_FOOD-017 / Food safety</p> <p>Which safe cooking temperature does FDA list for turkey, chicken, and duck?</p>	<p>R_TRIVIA_FOOD-018 / Food safety</p> <p>What is the highest temperature FDA recommends for a home refrigerator?</p>

CARDS / Food Trivia Questions and Answers

<p>R_TRIVIA_FOOD-019 / Food safety</p> <p>How many seconds does FDA recommend washing hands with warm, soapy water before and after touching food?</p>	<p>R_TRIVIA_FOOD-020 / Food safety</p> <p>Under FDA's home 2-Hour Rule, within how long should food be refrigerated after cooking or shopping?</p>
<p>R_TRIVIA_FOOD-021 / Tea & chocolate</p> <p>Black, green, and white teas all come from what plant species?</p>	<p>R_TRIVIA_FOOD-022 / Tea & chocolate</p> <p>Do black and green tea differ mainly by plant species or by how the leaves are processed?</p>
<p>R_TRIVIA_FOOD-023 / Tea & chocolate</p> <p>The cacao seeds used to make chocolate grow inside what part of the cacao tree?</p>	<p>R_TRIVIA_FOOD-024 / Tea & chocolate</p> <p>Before cacao seeds are dried and roasted for chocolate making, what traditional step develops flavor?</p>

Host answer key

Keep this section separate from player cards. Accept equivalent wording where the meaning matches.

01. Coffee fruit, often called coffee cherries

Kew's coffee plant profile explains that the familiar coffee beans are seeds found inside the plant's fruit.

02. Inner bark

Cinnamon spice is produced from the inner bark of trees in the cinnamon genus; it is dried into curled sticks or ground.

03. The stigmas

Saffron consists of the dried red stigmas of the saffron crocus, collected in small quantities from each flower.

04. Sap

Maple sap is collected and boiled to remove water, concentrating its sugars into syrup.

05. Bran, germ, and endosperm

A whole grain contains all three kernel parts: bran, germ, and endosperm. Refining can remove the bran and germ.

06. Its seeds

Quinoa is grown for its edible seeds, which are used in meals much like grains even though the plant is not a cereal grass.

07. Maize, or corn

Popcorn is a specific type of maize whose kernels have a hard outer hull and internal moisture that allow them to pop when heated.

08. The bran and germ have not been removed

Brown rice retains the bran and germ layers that are removed when rice is milled into white rice.

09. Carbon dioxide

Yeast ferments sugars and releases carbon dioxide. Gas bubbles become trapped in dough and contribute to its rise.

10. Live yogurt cultures

Yogurt is produced by fermenting milk with live bacterial cultures, which change its texture and flavor.

11. Lactic acid

In vegetable fermentation, lactic acid bacteria convert sugars to lactic acid, which contributes to the sour flavor.

12. Carbon dioxide

Sodium bicarbonate reacts with acids to release carbon dioxide gas; bubbles can leaven a batter or dough.

13. Amino acids

The Maillard reaction is a set of browning reactions between reducing sugars and amino compounds, contributing color and flavor during cooking.

14. Sugar

Caramelization occurs when sugars are heated, producing brown color and characteristic aromas; it is distinct from the Maillard reaction.

15. Moisture inside turns to steam and pressure builds beneath the hull

A kernel's moisture heats into steam; pressure builds inside until the hull ruptures and the starch expands.

16. An oil-in-water emulsion

Oklahoma State University describes mayonnaise as an oil-in-water emulsion; emulsifiers help keep immiscible liquids dispersed.

17. 165°F (74°C)

FDA's Food Safety at Home chart lists 165°F for turkey, chicken, and duck and recommends checking with a food thermometer; this is general consumer guidance.

18. 40°F (4°C)

FDA's refrigerator guidance recommends keeping the appliance at 40°F or below; use a thermometer to verify the actual temperature.

19. At least 20 seconds

FDA's home-food-safety guidance recommends washing hands in warm, soapy water for at least 20 seconds before and after touching food.

20. Within two hours

FDA advises refrigerating or freezing food within two hours after cooking or purchase. If it is 90°F or hotter outside, the limit is one hour.

21. Camellia sinensis

Kew's tea plant profile identifies *Camellia sinensis* as the source of the familiar tea types; processing creates different styles.

22. By how the leaves are processed

Black and green teas come from *Camellia sinensis*; different leaf processing, including oxidation, produces distinct styles.

23. Cacao pods

Cacao seeds are found inside pods that grow on the cacao tree; the seeds are processed to make chocolate ingredients.

24. Fermentation

Cacao seeds are fermented after harvest, then dried; these steps help develop flavor before later processing into chocolate.

Hosting questions

Do we need food or kitchen equipment to play?

No. This is a seated question game. A host can read from the page or use printed cards; no ingredients, cooking, or tasting are involved.

Are the food-safety questions a substitute for official guidance?

No. They summarize general FDA consumer guidance for trivia. Check current official instructions and food labels for real handling decisions.

Can people with different cooking experience play together?

Yes. Mix difficulty levels, allow team discussion, and use the short explanations to make unfamiliar terms approachable.

Can we play this at a remote team event?

Yes. Share one prompt at a time, let teams answer in chat or breakout rooms, and reveal the answer after everyone has had a chance.

References

Supports the fact stated in the linked answer card; see the card explanation for the claim-specific summary.

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<https://www.foodbuyingguide.fns.usda.gov/Appendix/ResourceAppendixE>

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<https://www.fda.gov/consumers/womens-health-topics/food-safety-home>

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Original AI-assisted resource with AI editorial review. Independent human playtesting and physical printing have not been completed. Answer, listen, or pass.