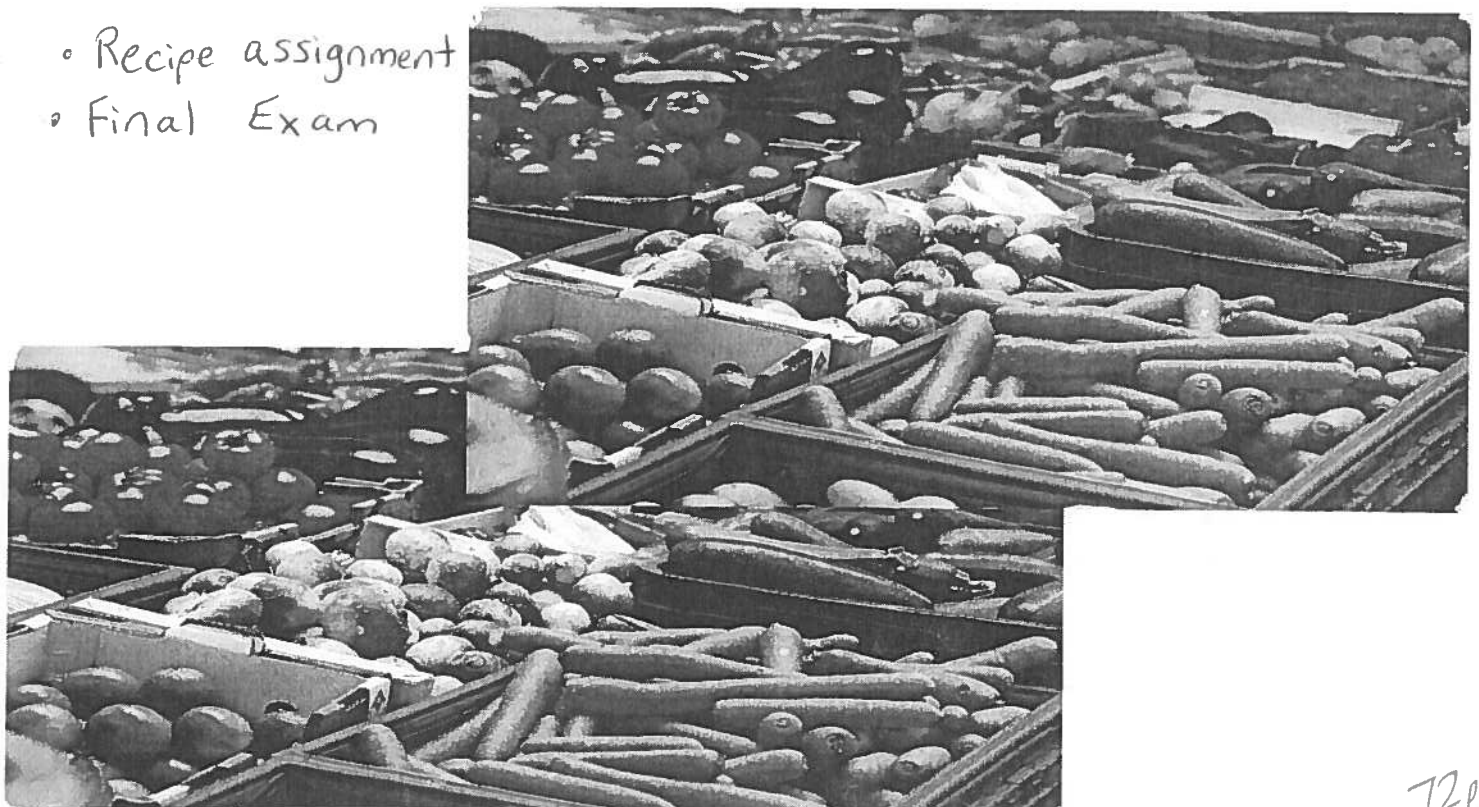


# FOOD FOR TODAY

3 parts of the class:

- Packet
- Recipe assignment
- Final Exam

**Semester One**



## **Food Tech. Recipe Assignment**

Find a recipe that interests you.

Prepare the recipe.

### **Submit:**

- **A copy of the recipe**, including ingredients and instructions.
- **Write a 10-sentence review of how it went.** This does NOT mean a step-by-step explanation of what you did. See FoodNetwork.com for samples of reviews. They include things like, things that didn't go right, how the result looked and tasted, substitutions that could be made, etc.

# FOOD FOR TODAY

International Food Semester One

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	23	32+	1012+ pts in packet	
	24	49+		
	25	50+		
	26	19+		
	27	57+		
	TOTAL			

30+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Study Guide

### Chapter 1 The Amazing World of Food

Directions: Read chapter 1, and answer the following questions. Later, you can use this study guide to review.

1. What are nutrients?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

2. Name four things that nutrients do for the body.

a) \_\_\_\_\_ b) \_\_\_\_\_ 4 pts  
c) \_\_\_\_\_ d) \_\_\_\_\_

3. What is nutrition?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

4. How would you eat if you were practicing good nutrition?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

5. What does it mean to practice "wellness"?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

6. Name four decisions you make that influence your health and wellness.

a) \_\_\_\_\_ 4 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_

7. Explain some ways that science relates to food.

a) \_\_\_\_\_ 2+ pts.  
b) \_\_\_\_\_  
\_\_\_\_\_

8. Give three reasons why it is important to enjoy food.

a) \_\_\_\_\_ 3 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 1 Study Guide (continued)

9. Why do some countries have dietary guidelines?

\_\_\_\_\_  
\_\_\_\_\_

1 pt

10. Why do most social occasions and family gatherings include food?

\_\_\_\_\_  
\_\_\_\_\_

1 pt

11. What are comfort foods?

\_\_\_\_\_  
\_\_\_\_\_

1 pt

12. Name three ways that food provides entertainment.

a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_

3 pts

13. Why are ethnic restaurants becoming more popular?

\_\_\_\_\_  
\_\_\_\_\_

1 pt

14. Name at least five food-related careers.

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_  
d) \_\_\_\_\_ e) \_\_\_\_\_

5+ pts

15. Give an example of how learning about food can help your critical thinking skills.

\_\_\_\_\_  
\_\_\_\_\_

1 pt

## Activity 2

### The Amazing World of Food

10 pts total

## Wellness Decisions

**Directions:** In the following situations, identify the factor that influences the wellness decision of each person. State whether it has a positive or negative influence and why. If negative, think of a better way to deal with the situation.

**Food Choices    Physical Activity    Managing Emotions    Avoiding Alcohol and Drugs**

1. Instead of driving, Jason decided to ride his bike to school.

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2. Sarah was so upset when she didn't get the job, she ate a chocolate cake when she arrived home.

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---

3. Sam joined with his friends from the school play who were smoking and drinking at the after-show party.

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---

4. Maria was very excited when the salad bar was introduced to the school lunch program because she could eat her favorite vegetables and greens for lunch.

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---

---

25+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 2

# Study Guide

## Diversity at the Table

Directions: Read chapter 2, and answer the following questions. Later, you can use this study guide to review.

1. What are some aspects of a culture?

a) \_\_\_\_\_  
b) \_\_\_\_\_

2+ pts

2. Identify and describe what makes a cuisine.

a) \_\_\_\_\_  
b) \_\_\_\_\_

2 pts

3. In your own words, provide a definition for *customs*.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

4. Identify five influences on cuisines and customs.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_  
e) \_\_\_\_\_

5 pts

5. Identify a specific example for three of the above influences.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

3 pts

6. Identify three similarities among international cuisines.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

3 pts

(Continued on next page)

Chapter 2 Study Guide (continued)

7. Why would a family want to maintain its food customs?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

8. Give three reasons why food customs change over time.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

3 pts

9. Explain why American food customs are a melting pot. Identify four foods from other cultures that have become favorites in this country.

Why: \_\_\_\_\_  
Foods: a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_

5 pts



40+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 3

# Study Guide

## The Food Supply

Directions: Read chapter 3, and answer the following questions. Later, you can use this study guide to review.

1. Describe an ecosystem.

\_\_\_\_\_  
\_\_\_\_\_

1 pt

2. Identify the four main components of the food chain and explain the purpose of each.

Components	Purpose
a)	a)
b)	b)
c)	c)
d)	d)

8 pts

3. Explain the value of biodiversity.

\_\_\_\_\_  
\_\_\_\_\_

1 pt

4. Name three essential natural resources that support every ecosystem.

a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_

3 pts

5. Identify the ways to preserve fresh foods so they will not rot.

a) \_\_\_\_\_  
b) \_\_\_\_\_

2+ pts

6. Describe five uses of food additives.

a) \_\_\_\_\_ b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_ e) \_\_\_\_\_

5 pts

7. Why do industrialized countries have an abundant food supply?

\_\_\_\_\_  
\_\_\_\_\_

1 pt

8. List five obstacles that developing nations face when trying to feed their people.

a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_  
d) \_\_\_\_\_ e) \_\_\_\_\_

5 pts

(Continued on next page)

Chapter 3 Study Guide (continued)

9. What percentage of the earth's water is available for human needs? Identify two or three water problems for the future.

Percentage: \_\_\_\_\_

Problems: a) \_\_\_\_\_

b) \_\_\_\_\_

3+ pts

10. Name some of the causes of water contamination or pollution.

a) \_\_\_\_\_

b) \_\_\_\_\_

2+ pts

11. Describe at least three ways to increase and improve the food supply in developing countries.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3+ pts

12. Name at least three ways we can preserve natural resources in this country, and give an example of each.

Ways

Examples

a) \_\_\_\_\_

a) \_\_\_\_\_

b) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

c) \_\_\_\_\_

6+ pts

33 pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 4

# Study Guide

## Food Science & Technology

**Directions:** Read chapter 4, and answer the following questions. Later, you can use this study guide to review.

1. What is science, and how is it related to technology?

What:

How:

2 pts

2. Describe five ways science and technology have expanded the food supply.

a)

b)

c)

d)

e)

5 pts

3. Name three packaging systems that keep food from spoiling.

a)

b)

c)

3 pts

4. Explain how genetic engineering works.

\_\_\_\_\_

\_\_\_\_\_

1 pt

5. Explain the difference between enriched and fortified foods. Give an example of each.

Difference: a)  
b)

example: a)  
b)

4 pts

6. What are functional foods?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

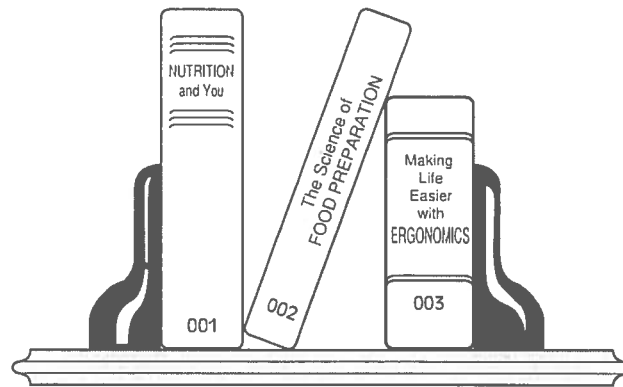
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**Activity 1****Food Science & Technology****Science & Technology to the Rescue**

**Directions:** Students have been having problems. Happily there are three books in class that can help them deal with these problems. Each book relates to an area of food science and technology. Read each situation below. Decide which of the books would be most helpful in that situation. Write the call number of that book in the blank provided.

9 pts Total



- \_\_\_\_\_ 1. Teresa had a stiff neck from bending over the trash can to peel potatoes.
- \_\_\_\_\_ 2. Frank could not figure out why his iced tea tasted bitter.
- \_\_\_\_\_ 3. Tanisha wondered why calcium had been added to the orange juice she always drank.
- \_\_\_\_\_ 4. The sink was too low for Devon, who is six feet one, so Laura had to wash the dishes.
- \_\_\_\_\_ 5. Callie's grandmother told her she shouldn't eat those new fangled soyburgers.
- \_\_\_\_\_ 6. Theo's fruit salad looked unappealing because the bananas and apples turned dark.
- \_\_\_\_\_ 7. Teri wondered if it was safe to store the milk packaged in an aseptic box on the shelf.
- \_\_\_\_\_ 8. Patrick dropped the pot of hot water because the handles were too small to grip.
- \_\_\_\_\_ 9. Janine's pudding tasted good but was lumpy. She wondered why.

44+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 5

# Study Guide

## Nutrients at Work

**Directions:** Read chapter 5, and answer the following questions. Later, you can use this study guide to review.

1. Name the six categories of nutrients, and explain what each category does in your body.

a)	:	e)	:
b)	:		
c)	:	f)	:
d)	:		

12 pts

2. Why is it important that you eat a variety of food in order to maintain good health?

---



---



---

1 pt

3. What is malnutrition? Can it exist where food is abundant?

What: \_\_\_\_\_

Can it exist? \_\_\_\_\_

2 pts

4. Name at least five benefits of healthy eating.

a)	b)
c)	d)
	e)

5+ pts

5. What are DRIs?

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1 pt

6. Describe digestion and where it takes place.

digestion is \_\_\_\_\_

where: \_\_\_\_\_

2 pts

7. What is the first nutrient broken down during digestion? Where does the break down start, and what is the end result?

First: \_\_\_\_\_

where: \_\_\_\_\_

End Result: \_\_\_\_\_

3 pts

(Continued on next page)

Chapter 5 Study Guide (continued)

8. Describe peristalsis.

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---

1 pt

9. Where do proteins and fats break down? Describe this process and the end result.

Where:

Process:

---

---

---

---

End Result:

4 pts

10. Explain basal metabolism.

---

---

---

---

1 pt

11. Which has more calories: a gram of carbohydrate, a gram of protein, or a gram of fat? How many calories are in each substance?

Which has more?

Calories: carbs:

protein:

---

---

---

---

---

3 pts

12. Why do teens need more calories than adults?

---

---

---

---

1 pt

# Activity 1

## Nutrients at Work

8 pts total

## Digestive Tract at Work

**Directions:** Using the diagram of the digestive system, describe the function of each organ on the corresponding lines below.

1. Mouth: \_\_\_\_\_

---

---

---

2. Salivary glands: \_\_\_\_\_

---

---

---

---

3. Esophagus: \_\_\_\_\_

---

---

---

---

4. Stomach: \_\_\_\_\_

---

---

---

---

5. Liver: \_\_\_\_\_

---

---

---

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6. Pancreas: \_\_\_\_\_

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---

---

---

7. Small intestine: \_\_\_\_\_

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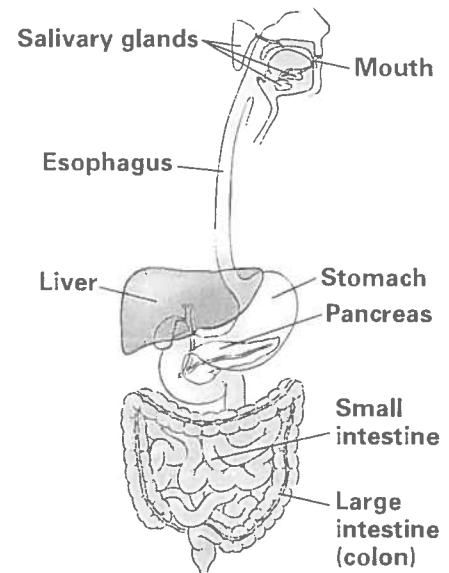
8. Large intestine: \_\_\_\_\_

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25+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 6

# Study Guide

## Carbohydrates

**Directions:** Read chapter 6, and answer the following questions. Later, you can use this study guide to review.

1. What do carbohydrates do for you?

\_\_\_\_\_

1 pt

2. Name three types of carbohydrates that come from plants.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3 pts

3. What is a simple carbohydrate? Provide three examples of simple carbohydrates.

What:

Examples: a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

4 pts

4. Why are starches called complex carbohydrates?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

5. How does digestion convert carbohydrates into energy your body can use?

\_\_\_\_\_

\_\_\_\_\_

1 pt

6. Why do young plants taste sweeter than older plants?

\_\_\_\_\_

\_\_\_\_\_

1 pt.

7. Why does your body need a good supply of glucose?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt.

(Continued on next page)

Chapter 6 Study Guide (continued)

8. The USDA suggests that a person should limit the amount of added sugar he or she consumes to 10 teaspoons per day on a 2000-calorie diet. How many grams of sugar are there in 10 teaspoons?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

9. Name five ingredients that add sugar to food.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_ e) \_\_\_\_\_

5 pts

10. Identify two or three additional nutrients that are found in foods that contain complex carbohydrates.

a) \_\_\_\_\_

b) \_\_\_\_\_

\_\_\_\_\_

2+ pts

11. Explain why it is important to eat foods containing fiber.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

12. Name four foods that are good sources of fiber.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

4 pts

41+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 7

# Study Guide

## Proteins & Fats

**Directions:** Read chapter 7, and answer the following questions. Later, you can use this study guide to review.

1. Twenty chemicals make up protein. What is this group of chemicals called?

\_\_\_\_\_

1 pt

2. The protein people eat must be converted into the protein of the human body. Where does this conversion take place? Briefly describe the process.

Where:

Process:

\_\_\_\_\_

2 pts

3. Explain what is meant by the term *essential amino acids*.

\_\_\_\_\_

1 pt

4. Explain the difference between complete and incomplete proteins.

complete:

incomplete:

\_\_\_\_\_

2 pts

5. Identify five functions of proteins in the body.

a)

b)

c)

d)

e)

\_\_\_\_\_

5 pts

6. Identify the health effects of too much protein and too little protein.

too much:

too little:

\_\_\_\_\_

2 pts

7. Identify two or three popular plant foods that provide protein.

a)

b)

\_\_\_\_\_

2+ pts

8. Name the two types of lipids that have a big impact on health.

a)

b)

\_\_\_\_\_

2 pts

(Continued on next page)

- a) b) c)

3 pts

- 9  
9  
7

3 pts

- saturated:
- unsaturated:

2 pts

- Part: \_\_\_\_\_  
Substance: \_\_\_\_\_

2 pts

- a)
- b)

2<sup>+</sup> pts

- good: functions a)  
b)  
bad: functions c)  
d)

4 pts

- .....

1 pt

- a)
- b)

2 pts

- a)  
b)  
c)  
d)  
e)

5 pts

24 pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 8

# Study Guide

## Vitamins & Minerals

**Directions:** Read chapter 8, and answer the following questions. Later, you can use this study guide to review.

1. What are vitamins? Why are they important to the body?

What :

Why :

2 pts

2. What do antioxidants do for the body?

1 pt

3. Why do people need to consume water-soluble vitamins every day?

1 pt

4. What vitamin helps resist infections and heal wounds?

1 pt

5. Why is folate important for pregnant women?

1 pt

6. Explain why strict vegetarians must be sure to get enough vitamin B<sub>12</sub>.

1 pt

7. Why might the consumption of large amounts of fat-soluble vitamins be a problem?

1 pt

8. What is beta-carotene?

1 pt

9. Why does vitamin D need calcium and phosphorus?

1 pt

10. Which vitamin is necessary for blood clotting?

1 pt

(Continued on next page)

Chapter 8 Study Guide (continued)

11. List four ways that teens can build strong bones.

a)

b)

c)

d)

4 pts

12. What are the three electrolyte minerals and what is their function in the body?

minerals: a)

b)

c)

Function:

4 pts

13. Why are people urged not to consume excess sodium?

1 pt

14. Define trace minerals, and explain their function in the body.

Trace minerals are

2 pts

Their function is

15. Why is iron important in the body?

1 pt

16. Why is fluoride added to drinking water?

1 pt

19 pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 9

# Study Guide

## Water & Phytochemicals

**Directions:** Read chapter 9, and answer the following questions. Later, you can use this study guide to review.

1. Where is water found in the body?

\_\_\_\_\_

1 pt

2. Describe water's functions in the body.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

3. How much water does a teen weighing 130 pounds need each day? What percentage of this amount should be plain water?

How much : \_\_\_\_\_

% : \_\_\_\_\_

2 pts

4. How would a person know if he or she was dehydrated?

\_\_\_\_\_

\_\_\_\_\_

1 pt

5. Why should a person drink water regularly?

\_\_\_\_\_

1 pt

6. Name three ways to increase your daily intake of water.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3 pts

7. Identify the term phytochemicals. Where do they come from?

Phytochemicals are \_\_\_\_\_

They come from \_\_\_\_\_

2 pts

(Continued on next page)

Chapter 9 Study Guide (continued)

8. Name five benefits of phytochemicals in humans.

a)

b)

c)

d)

e)

5 pts

9. Name the two main categories of phytochemicals.

a)

b)

2 pts

10. Why is color a good guide when choosing foods with phytochemicals?

1 pt



43 pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 10

# Study Guide

## Nutrition Guidelines

**Directions:** Read chapter 10, and answer the following questions. Later, you can use this study guide to review.

1. Why did the federal government develop Dietary Guidelines for Americans?

1 pt

2. Name the food groups as outlined by MyPyramid.

a)  
d)

b)  
e)

c)  
f)

6 pts

3. Explain why the foods in the *Oils* category are low in nutrient density.

1 pt

4. According to the USDA Food Guide, how many cups from the Vegetables group should a teen boy who eats 2,800 calories a day have each day? How many cups of milk, yogurt, and cheese should a teen girl who eats 2,200 calories per day have each day?

2 pts

boy:

girl:

5. Explain the difference between a standard serving and a portion. Give an example of each.

standard serving:

example:

portion:

example

4 pts

6. Why are portion sizes becoming larger?

1 pt

(Continued on next page)

Chapter 10 Study Guide (continued)

7. List the three basic principles of healthy eating.

a)  
b)  
c)

3 pts

8. What information is provided at the top of the Nutrition Facts panel?

1 pt

9. Describe what is meant by *Daily Value*.

1 pt

10. What are dietary supplements?

1 pt

11. Why should you avoid megadoses of a nutrient?

1 pt

12. Describe five strategies that advertisers use to influence consumers to buy their products.

a)  
b)  
c)  
d)

e)

5 pts

13. List five ways to evaluate food and nutrition information to distinguish fact from fiction.

a)  
b)  
d)

c)  
e)

5 pts

# Activity 2

## Nutrition Guidelines

### Your Food Record

**Directions:** Keep a record of the food you eat for one day. Place each food in the proper food group below. Then answer the questions that follow.

6pts

Grain Group: \_\_\_\_\_

Vegetable Group: \_\_\_\_\_

Fruit Group: \_\_\_\_\_

Meat and Beans Group: \_\_\_\_\_

Milk Group: \_\_\_\_\_

Oils Category: \_\_\_\_\_

- How do your food record entries compare with the recommended food amounts from the food groups in the USDA Food Guide?

1pt

- Which items in your food record represent more than a single serving? Which item most exceeds the recommended limits?

2+pts

more: a)  
b)

exceeds most:

- What suggestions would you make to help improve your eating habits?

2+pts

a)

b)

30+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 11

# Study Guide

## Keeping a Healthy Weight

**Directions:** Read chapter 11, and answer the following questions. Later, you can use this study guide to review.

1. Why should people not try to look like fashion models and strive to achieve an "ideal body"?

\_\_\_\_\_ 1 pt

2. What are some health problems associated with being underweight?

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

3. Name four reasons why Americans are gaining weight.

a) \_\_\_\_\_ 4 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_

4. Describe what is meant by a healthy weight.

\_\_\_\_\_ 1 pt

5. How is BMI computed?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

6. What is the best way to determine a healthy weight for you?

\_\_\_\_\_ 1 pt

7. What is a reasonable weight-loss goal?

\_\_\_\_\_ 1 pt

8. Name four ways to develop positive, enjoyable eating habits.

a) \_\_\_\_\_ 4 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_

(Continued on next page)

Chapter 11 Study Guide (continued)

9. Name three reasons why physical activity helps people lose weight.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3 pts

10. Give an example of aerobic exercise and an example of anaerobic exercise. What is the benefit of each?

example: aerobic: \_\_\_\_\_ benefit \_\_\_\_\_

example: anaerobic: \_\_\_\_\_ benefit: \_\_\_\_\_

4 pts

11. When choosing a physical activity to pursue, what will increase the likelihood that a person will stick with it?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

12. What do all fad diets have in common?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

13. Identify four ways to know if a diet plan is based on sound nutrition.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

4 pt

14. What tips would you give someone trying to gain weight?

a) \_\_\_\_\_

b) \_\_\_\_\_

2+ pts

35+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 12

# Study Guide

## Health Challenges

**Directions:** Read chapter 12, and answer the following questions. Later, you can use this study guide to review.

1. Identify four signs of stress.

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_ d) \_\_\_\_\_

4 pts

2. Name two ways that good nutrition can help you deal with stress.

a) \_\_\_\_\_  
b) \_\_\_\_\_

2 pts

3. List five ways to cope with stress.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_  
e) \_\_\_\_\_

5 pts

4. What are chronic health problems? Name four of them.

What: \_\_\_\_\_  
a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_ d) \_\_\_\_\_

5 pts

5. What is the difference between food allergy and food intolerance?

allergy: \_\_\_\_\_  
intolerance: \_\_\_\_\_

2 pt

6. Name three or four eating strategies that can help a person deal with chronic health conditions.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

3+ pts

7. What is an eating disorder?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

(Continued on next page)

Chapter 12 Study Guide (continued)

8. Identify three ways in which anorexics will try to lose as much weight as possible.

a)

b)

c)

3 pts

9. What is a binge eating disorder?

1 pt

10. Identify three health problems associated with anorexia nervosa.

a)

b)

c)

3 pts

11. Why might it be harder to spot a person with bulimia nervosa than a person suffering from anorexia nervosa?

1 pt

12. Identify three warning signs of bulimia nervosa.

a)

b)

c)

3 pts

13. What causes eating disorders?

1 pt

14. How can those suffering from an eating disorder be helped?

1 pt

32<sup>+</sup> pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 13

# Study Guide

## Life-Span Nutrition

Directions: Read chapter 13, and answer the following questions. Later, you can use this study guide to review.

1. What is a life span? List the five developmental stages of life.

Life span:

a)

b)

d)

c)

e)

5 pts

2. Why should concern about good nutrition begin before pregnancy?

1 pt

3. State four recommendations for the kinds and amounts of food expectant mothers should eat.

a)

b)

c)

d)

4 pt

4. Why should pregnant women avoid weight-loss diets?

1 pt

5. List the advantages for breast-feeding infants.

1 pt

6. List the first solid foods that should be given to infants.

a)

b)

2<sup>+</sup> pts

(Continued on next page)



Chapter 13 Study Guide (continued)

7. Identify four guidelines for helping children develop healthful eating habits.

a)

b)

c)

d)

4 pts

8. Name the two nutrients that are especially important for adolescents, and explain why they are important.

Nutrients: a)

b)

Why important:

3 pts

9. Name the two nutrients that are especially important for teen athletes, and explain why they are important.

Nutrients: a)

b)

Why important:

3 pts

10. Identify three reasons why adults may find themselves gaining weight.

a)

b)

c)

3 pts

11. Describe three of the special nutrient needs of older adults and ways these needs can be met.

Needs: a)

b)

c)

How met: a)

b)

5+ pts.

47<sup>+</sup> pts

Chapter 14

# Study Guide

## Eating Patterns

**Directions:** Read chapter 14, and answer the following questions. Later, you can use this study guide to review.

1. Name the seven influences on food choices.

a) \_\_\_\_\_ b) \_\_\_\_\_ 7 pts  
c) \_\_\_\_\_ d) \_\_\_\_\_  
e) \_\_\_\_\_ f) \_\_\_\_\_ g) \_\_\_\_\_

2. Why do family customs provide one of the greatest influences on food choices?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_  
\_\_\_\_\_

3. How can friends influence each other's food choices?

\_\_\_\_\_ 1<sup>+</sup> pt  
\_\_\_\_\_  
\_\_\_\_\_

4. How can your daily routine influence what you eat?

\_\_\_\_\_ 1 pt.  
\_\_\_\_\_  
\_\_\_\_\_

5. Identify three ways which explain how the changes in American eating patterns reflect the history of the country.

a) \_\_\_\_\_ 3 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_

6. Explain how a family's eating pattern changes as the family goes through stages.

a) \_\_\_\_\_ 3<sup>+</sup> pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_

(Continued on next page)

Chapter 14 Study Guide (continued)

7. List foods that make up a healthful breakfast.

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

8. Explain the difference between grazing and snacking.

grazing: \_\_\_\_\_ 2 pts  
snacking: \_\_\_\_\_

9. List the three main types of restaurants.

a) \_\_\_\_\_ 3 pts  
b) \_\_\_\_\_ c) \_\_\_\_\_

10. How can you avoid becoming sick from takeout food?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_  
\_\_\_\_\_

11. Identify five ways to make healthful choices when eating out.

a) \_\_\_\_\_ 5 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_  
e) \_\_\_\_\_

12. What is a food record, and how do you use it?

What: \_\_\_\_\_ 2 pts  
How used: \_\_\_\_\_

13. Name the seven steps in decision making. Explain how you can use the decision-making process to learn from a wrong decision.

a) \_\_\_\_\_ 8 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_  
e) \_\_\_\_\_  
f) \_\_\_\_\_  
g) \_\_\_\_\_  
How to use: \_\_\_\_\_

**Activity 2****Eating Patterns****For the Record**

**Directions:** An accurate food record is a snapshot of your food choices. It tells a lot about a person's eating patterns and can reveal good and bad eating habits. The food record below belongs to a teen named Tiffany. Study her food record, and answer the questions that follow.

**Tiffany's Food Record**

Time	Food and Amount	Situation
10:30 a.m.	1 chocolate chip cookie 1 glass orange juice	Slept late, skipped breakfast.
11:00 a.m.	1 candy bar	Watched TV.
12:00 noon	1 plate of macaroni salad 1 soft drink	Went to mall and ate at salad bar in mall.
3:00 p.m.	1 large plate of nachos & cheese 1 soft drink	Shared with friends at food court in mall.
6:00 p.m.	½ baked chicken breast 1 roll 1 glass iced tea 1 slice pecan pie	Home for dinner, not very hungry; did not eat the broccoli, rice, and pear salad; love pecan pie.
10:30 p.m.	2 slices pepperoni pizza 1 soft drink	Went to movies with friends and stopped at Pizza Palace.

1. From which of the food groups do you see the most servings? Which foods fit this category?

Groups: a)

b)

2 3<sup>+</sup> pts

Foods:

2. From which food group do you find no servings? How many should Tiffany have had?

Group:

How many:

2 pts

3. What changes would you suggest that would help Tiffany develop a healthy eating pattern?

a)

b)

2<sup>+</sup> pts

4. What factors may be influencing Tiffany's eating habits?

a)

b)

2<sup>+</sup> pts

30+ pts

# Study Guide

## Vegetarian Food Choices

**Directions:** Read chapter 15, and answer the following questions. Later, you can use this study guide to review.

1. What does it mean to be a vegetarian?

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1 pt.

2. Identify the nine categories of vegetarianism.

a)	
b)	c)
d)	
e)	f)
g)	
h)	i)

9 pts

3. Name four reasons why people choose to be vegetarians.

a)	
b)	
c)	
d)	

4 pts

4. Most foods that vegetarians eat will come from which three food groups?

a)	
b)	
c)	

3 pts

5. Why is it recommended that vegans take a vitamin-mineral supplement?

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1 pt

(Continued on next page)

Chapter 15 Study Guide (continued)

6. Identify four of the meat substitutes that vegetarians may choose, and describe how they are used.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

5+ pts

How Used:

7. Name three dairy substitutes that appeal to ovo-vegetarians, and describe how they can be used.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

4+ pts

How Used:

8. Why do vegetarians need to be attentive when eating in a restaurant?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

9. Identify three strategies for switching to a vegetarian diet.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 pts.

40+ pts

Chapter 16

# Study Guide

## Meal Planning

**Directions:** Read chapter 16, and answer the following questions. Later, you can use this study guide to review.

1. What does it mean to have multiple roles in a person's life?

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

2. Describe other resources that families can use when planning and preparing meals.

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

3. What is a budget?

\_\_\_\_\_ 1 pt.

4. In addition to limits on income, list three factors that determine how much a family spends on food.

a) \_\_\_\_\_ 3 pts  
b) \_\_\_\_\_ c) \_\_\_\_\_

5. In preparation for making a food budget, describe the best way for a family to determine how much they spend on food.

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

6. Identify four strategies a family may use to cut their food costs.

a) \_\_\_\_\_ 4 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_

7. Why is the federal government interested in people's health?

\_\_\_\_\_ 1 pt.  
\_\_\_\_\_

8. Name the major programs developed to provide food assistance.

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_  
\_\_\_\_\_

(Continued on next page)

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 16 Study Guide (continued)

9. Name at least two advantages of cooking from scratch.

a) \_\_\_\_\_ 2 pts.  
b) \_\_\_\_\_

10. Name two advantages of using convenience foods.

a) \_\_\_\_\_ 2 pts  
b) \_\_\_\_\_

11. List four disadvantages of convenience foods.

a) \_\_\_\_\_ b) \_\_\_\_\_ 4 pts  
c) \_\_\_\_\_ d) \_\_\_\_\_

12. Give an example of speed-scratch cooking.

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

13. Name four tips to help families eat home-cooked meals more often.

a) \_\_\_\_\_ 4 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_

14. How can a "breakfast bar" help families eat quick breakfasts?

\_\_\_\_\_ 1 pt.  
\_\_\_\_\_

15. What are the complementary principles to consider when planning appealing meals?

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

16. List two advantages of weekly meal planning.

a) \_\_\_\_\_ 2 pts  
b) \_\_\_\_\_

17. Name three challenges of meal planning for one.

a) \_\_\_\_\_ 3 pts  
b) \_\_\_\_\_  
c) \_\_\_\_\_



**Activity 1****Meal Planning**

## Meal-Planning Challenges

**Directions:** Help these people solve their meal-planning challenges with ideas from the textbook. Read each situation. Using what you have learned, give one suggestion to help the people meet their challenges.

1. Joan's husband was called to active National Guard duty for six months. She has become frustrated trying to cook dinner for one. Each night she ends up throwing food away.

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1 pt

2. When Anita arrived home, she found that her husband was already there with two friends he had brought home for dinner.

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1 pt

3. Everyone in the Chang household is on the run. No one seems to have time to cook. Everyone is very tired of take-out foods and restaurants.

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1 pt

4. Simon loves to cook but only has time to cook on weekends. During the week, he gets tired of eating out.

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1 pt

33+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 17

# Study Guide

## Shopping for Food

**Directions:** Read chapter 17, and answer the following questions. Later, you can use this study guide to review.

1. What do supermarkets offer the shopper?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

2. Name four variations of the basic supermarket.

a) \_\_\_\_\_ 4 pts  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_  
 d) \_\_\_\_\_

3. Identify places where a person can buy food other than a supermarket.

a) \_\_\_\_\_ 2+ pts  
 \_\_\_\_\_  
 b) \_\_\_\_\_  
 \_\_\_\_\_

4. What are some guidelines to use when deciding where to shop for food?

a) \_\_\_\_\_ 2+ pts  
 b) \_\_\_\_\_  
 \_\_\_\_\_

5. What types of food are found on the outside walls of a supermarket?

a) \_\_\_\_\_ b) \_\_\_\_\_ 2+ pts

6. List two reasons why a shopping list is helpful.

a) \_\_\_\_\_ b) \_\_\_\_\_ 2 pts

7. What is the basic information found on a food label?

a) \_\_\_\_\_ 2+ pts  
 b) \_\_\_\_\_  
 \_\_\_\_\_

(Continued on next page)

Chapter 17 Study Guide (continued)

8. What FDA guidelines must be met when making a health claim on a food label?  
 a) \_\_\_\_\_ 2<sup>+</sup> pts  
 b) \_\_\_\_\_  
 \_\_\_\_\_
9. Explain the difference between the "sell-by" date and the "use-by" date on perishable food.  
 sell-by: \_\_\_\_\_ 2 pts  
 use-by: \_\_\_\_\_  
 \_\_\_\_\_
10. What is the universal product code?  
 \_\_\_\_\_ 1 pt
11. List two ways to ensure the quality of the food you buy.  
 a) \_\_\_\_\_ 2 pts  
 b) \_\_\_\_\_  
 \_\_\_\_\_
12. Explain the four forces that affect the price of food.  
 a) \_\_\_\_\_ b) \_\_\_\_\_ 4 pts  
 c) \_\_\_\_\_ d) \_\_\_\_\_
13. What are two pieces of information that can help people choose the best buy? How can the information help?  
 What: a) \_\_\_\_\_ 3 pts  
 b) \_\_\_\_\_  
 How helpful: \_\_\_\_\_  
 \_\_\_\_\_
14. How can coupons be most helpful in saving money on food?  
 \_\_\_\_\_ 1 pt  
 \_\_\_\_\_
15. Name some other money-saving techniques.  
 a) \_\_\_\_\_ 2<sup>+</sup> pts  
 b) \_\_\_\_\_  
 \_\_\_\_\_
16. If you find a food is spoiled or otherwise defective, what is your first course of action?  
 \_\_\_\_\_ 1 pt.  
 \_\_\_\_\_

41+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 18

# Study Guide A

## Serving Food

**Directions:** Read chapter 18, and answer the following questions about serving food. Later, you can use this study guide to review.

1. What is included in a place setting?

\_\_\_\_\_ 1 pt

2. Explain the functions of table linens and describe what they are.

functions: a) \_\_\_\_\_ b) \_\_\_\_\_ 3+ pts  
What: \_\_\_\_\_

3. In what order should flatware be arranged on a cover?

a) \_\_\_\_\_ b) \_\_\_\_\_ 3+ pts  
c) \_\_\_\_\_

4. Where do you place a cup and saucer in a place setting?

\_\_\_\_\_ 1+ pt

5. Explain the difference between family service and plate service.

a) family service : \_\_\_\_\_ 2 pts  
+ plate service : \_\_\_\_\_

6. Describe how to set up a buffet table.

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

7. What is a reception, and how is the food usually served?

What: \_\_\_\_\_ How: \_\_\_\_\_ 2 pts

8. Explain the difference between an hors d'oeuvre and a canapé.

Hors d'oeuvre: \_\_\_\_\_ 2 pts  
canapé: \_\_\_\_\_

(Continued on next page)

Chapter 18 Study Guide (continued)

9. List positive effects on teens who frequently eat dinner with their parents.

2+ pts

a)

b)

10. Identify three ways to create a pleasant dining atmosphere.

3 pts

a)

b)

c)

11. Give three tips for packing lunches.

3 pts

a)

b)

c)

12. Name three things that make grilling easier and safer.

3 pts

a)

b)

c)

13. List safety tips for packing picnics.

2+ pts

a)

b)

14. Explain how a theme can help in planning a party.

1 pt

15. Why is a schedule helpful in entertaining?

1 pt

# Study Guide B

## Serving Food

**Directions:** Read chapter 18, and answer the following questions about etiquette. Later, you can use this study guide to review.

1. What is table etiquette?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

2. In what way can good table manners be an asset in the working world?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

4. How should you handle coughing or sneezing at the table?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

3. What do you do with the spoon after stirring a cup of coffee?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

5. When invited to someone's home for dinner, why should you arrive on time, neither early nor late?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

6. If everyone in the group wants to pay for his or her meal in a restaurant, what should you do?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

7. What is a gratuity?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

(Continued on next page)

Chapter 18 Study Guide (continued)

8. What manners show consideration in a fast-food restaurant? Identify at least two.

2+ pts.

Manners : a)

b)

9. What should you do if there is a problem with your meal?

1 pt

63+ pts

# Study Guide A

## Food Safety & Storage

**Directions:** Read chapter 19, and answer the following questions. Later, you can use this study guide to review.

1. What is a food contaminant?

\_\_\_\_\_ 1 pt

2. What are foodborne illnesses? What causes them?

foodborne illnesses are \_\_\_\_\_ 2 pts  
They're caused by \_\_\_\_\_

3. List four food safety practices.

a) \_\_\_\_\_ b) \_\_\_\_\_ 4 pts.  
c) \_\_\_\_\_ d) \_\_\_\_\_

4. Describe the single most effective way to prevent the spread of bacteria.

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

5. What are some ways to keep your kitchen clean and limit bacteria?

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

6. Explain how to prevent cross-contamination.

\_\_\_\_\_ 1 pt  
\_\_\_\_\_

7. List the food safety guidelines you should follow when cooking.

a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_

8. What should you do with spoiled food?

\_\_\_\_\_ 1 pt

9. List at least three ways to protect the quality of stored food.

a) \_\_\_\_\_ 3+ pts.  
b) \_\_\_\_\_  
c) \_\_\_\_\_

(Continued on next page)



Chapter 19 Study Guide (continued)

10. How and where should you store food at room temperature?  
How: \_\_\_\_\_ Where: \_\_\_\_\_ 2 pts
11. Name the types of food that should be refrigerated.  
a) \_\_\_\_\_ 2+ pts  
b) \_\_\_\_\_
12. How should you care for leftovers?  
 \_\_\_\_\_ 1 pt  
 \_\_\_\_\_
13. Why does a fairly full freezer work best?  
 \_\_\_\_\_ 1 pt
14. How can you prevent freezer burn?  
 \_\_\_\_\_ 1 pt
15. What is the role of the Food and Drug Administration (FDA)?  
 \_\_\_\_\_ 1 pt
16. Why are items on the GRAS list not checked intensely by the FDA?  
 \_\_\_\_\_ 1 pt
17. Name three types of fat replacers.  
a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_ 3 pts
18. Why is irradiation used? Why are some people concerned about using it?  
Why Used: \_\_\_\_\_ 2 pts  
Why Concerned: \_\_\_\_\_
19. What is the role of the Environmental Protection Agency (EPA) in food safety?  
 \_\_\_\_\_ 1 pt
20. What is the role of the Centers for Disease Control and Prevention (CDC) in food safety?  
 \_\_\_\_\_ 1 pt.  
 \_\_\_\_\_

**Study Guide B****Food Safety & Storage**

**Directions:** Read chapter 19, and answer the following questions. Later, you can use this study guide to review.

1. Throughout history, what are the three main ways that people have preserved food?

a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_ 3 pts

2. Why do people preserve food today?

\_\_\_\_\_ 1 pt.  
\_\_\_\_\_  
\_\_\_\_\_

3. Name planning guidelines you should follow in home preserving.

a) \_\_\_\_\_  
b) \_\_\_\_\_ 2+ pts  
\_\_\_\_\_  
\_\_\_\_\_

4. Describe what happens to frozen foods with high water content.

\_\_\_\_\_ 1 pt

5. Name tips for successfully freezing produce.

a) \_\_\_\_\_  
b) \_\_\_\_\_ 2+ pts

6. Compare the four methods of freezing fruit.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_ 4 pts  
\_\_\_\_\_

7. Why do vegetables need to be blanched before freezing, and how is blanching done?

Why? \_\_\_\_\_  
How done? \_\_\_\_\_ 2 pts

(Continued on next page)

Chapter 19 Study Guide (continued)

8. What is headspace?  
\_\_\_\_\_ 1 pt
9. Why is canning the most demanding method of preserving food?  
\_\_\_\_\_ 1 pt
10. Describe what type of jars you need for canning and how to care for them. 2+ pts  
type: \_\_\_\_\_  
care: \_\_\_\_\_
11. Explain the difference between the two methods of packing food into canning jars. 2 pts  
a) \_\_\_\_\_  
b) \_\_\_\_\_
12. What are the two methods of processing canned foods? 2 pts  
a) \_\_\_\_\_ b) \_\_\_\_\_
13. Describe the test for a safely canned jar. 1 pt  
\_\_\_\_\_
14. How do fruit jellies differ from jams and butters? 3 pts  
jellies: \_\_\_\_\_  
jams \_\_\_\_\_  
butters: \_\_\_\_\_
15. Describe the pickling method. 1 pt  
\_\_\_\_\_
16. How is food dried or dehydrated? 1 pt  
\_\_\_\_\_
17. What are the signs that home-preserved food has spoiled? 1 pt.  
\_\_\_\_\_

30+ pts

# Study Guide

## Preventing Kitchen Accidents

Directions: Read chapter 20, and answer the following questions. Later, you can use this study guide to review.

1. Name the six kitchen-safety habits.

a) \_\_\_\_\_  
 b) \_\_\_\_\_ c) \_\_\_\_\_  
 d) \_\_\_\_\_  
 e) \_\_\_\_\_ f) \_\_\_\_\_

6 pts

2. What are three precautions to take to prevent falls?

a) \_\_\_\_\_  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_

3 pts

3. Explain three ways to avoid accidents with sharp edges.

a) \_\_\_\_\_  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_

3 pts

4. How can fires and burns be prevented by basic cleanliness and using equipment in good condition?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

1 pt

5. How can nonfood items be a fire hazard around the cooktop?

\_\_\_\_\_  
 \_\_\_\_\_

1 pt

6. How would you relight a pilot light?

\_\_\_\_\_  
 \_\_\_\_\_

1 pt

7. What are three things you can do to smother a fire in a skillet?

a) \_\_\_\_\_  
 b) \_\_\_\_\_ c) \_\_\_\_\_

3 pts

(Continued on next page)

Chapter 20 Study Guide (continued)

8. Why should you unplug small electrical appliances when you are through using them?

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1 pt.

9. What should you do if your hand mixer falls in the dishpan?

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1 pt

10. Explain why it could be dangerous to mix different cleaning products.

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1 pt

11. Name four grilling safety guidelines.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_ d) \_\_\_\_\_

4 pts

12. What precautions should be taken when cooking if small children are in the home?

a) \_\_\_\_\_

b) \_\_\_\_\_

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2+ pts

13. What modifications can be made to help a person with a physical challenge in the kitchen?

a) \_\_\_\_\_

b) \_\_\_\_\_

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2+ pts

14. Why is it important to stay calm in an emergency?

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1 pt

59+ pts

Chapter 21

# Study Guide

## Equipping the Kitchen

**Directions:** Read chapter 21, and answer the following questions. Later, you can use this study guide to review.

1. Describe the work flow in a kitchen. 2+ pt.  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
2. What is a work center? 1 pt  
 \_\_\_\_\_
3. What are the three major work centers in a kitchen, and what do they form? 4 pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_ form: \_\_\_\_\_
4. What are the four most common kitchen plans, and how can they be modified? 5 pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_ d) \_\_\_\_\_ modify: \_\_\_\_\_
5. List at least three storage options for cabinets. 3+ pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_
6. Identify three ways to add counter space to a kitchen. 3 pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_
7. Explain the recommended research you should do before purchasing appliances. 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_
8. Describe four consumer safeguards to ensure consumer satisfaction. 4 pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_ d) \_\_\_\_\_
9. List steps you can take to be a critical shopper. 2+ pts  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_  
 \_\_\_\_\_

(Continued on next page)

Chapter 21 Study Guide (continued)

10. Why is buying on credit more expensive than paying cash?

\_\_\_\_\_ 1 pt

11. Describe the differences between gas ranges and electric ranges.

gas: \_\_\_\_\_  
electric: \_\_\_\_\_ 2 pts

12. What are two advantages of a convection oven?

a) \_\_\_\_\_ b) \_\_\_\_\_ 2 pts

13. What happens to food in a microwave oven?

\_\_\_\_\_ 1 pt

14. Name four small appliances and their uses.

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_  
d) \_\_\_\_\_ e) \_\_\_\_\_ f) \_\_\_\_\_  
g) \_\_\_\_\_ h) \_\_\_\_\_ 8 pts

15. List the types of materials used for cookware and bakeware.

a) \_\_\_\_\_  
b) \_\_\_\_\_ 2+ pts

16. Name five types of cookware.

a) \_\_\_\_\_ b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_ e) \_\_\_\_\_ 5 pts

17. Describe three different examples of bakeware.

a) \_\_\_\_\_ b) \_\_\_\_\_  
c) \_\_\_\_\_ 3 pts

18. What measuring tools are essential to a well-equipped kitchen?

a) \_\_\_\_\_ b) \_\_\_\_\_  
c) \_\_\_\_\_ 3+ pts

19. Name five categories of tools and equipment needed in the kitchen.

a) \_\_\_\_\_ b) \_\_\_\_\_  
c) \_\_\_\_\_ d) \_\_\_\_\_ e) \_\_\_\_\_ 5 pts

20. Besides a grill, list some handy grilling tools.

a) \_\_\_\_\_  
b) \_\_\_\_\_ 2+ pts

36+ pts

# Study Guide

## Conserving Resources

Directions: Read chapter 22, and answer the following questions. Later, you can use this study guide to review.

1. Explain the difference between nonrenewable resources and renewable resources.

2 pts

Nonrenewable :

Renewable :

2. Why do nonrenewable resources and renewable resources need to be carefully managed?

1 pt

3. Give three examples of ways to conserve energy in the kitchen.

3 pts

a)

b)

c)

4. List three or four ways you can conserve water in the kitchen.

3+ pts

a)

b)

c)

5. What are biodegradable materials?

1 pt

6. Describe three things you can do to manage trash output.

3 pts

a)

b)

c)

(Continued on next page)



Chapter 22 Study Guide (continued)

7. List three ways to eliminate food waste.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 pts

8. What are bioplastics? Give an advantage and disadvantage of using green plastics.

What: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

advantage: \_\_\_\_\_

\_\_\_\_\_

disadvantage: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 pts

9. If all the resource acres in the world were equally divided among the people, how much more than our fair share do Americans use?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 pt

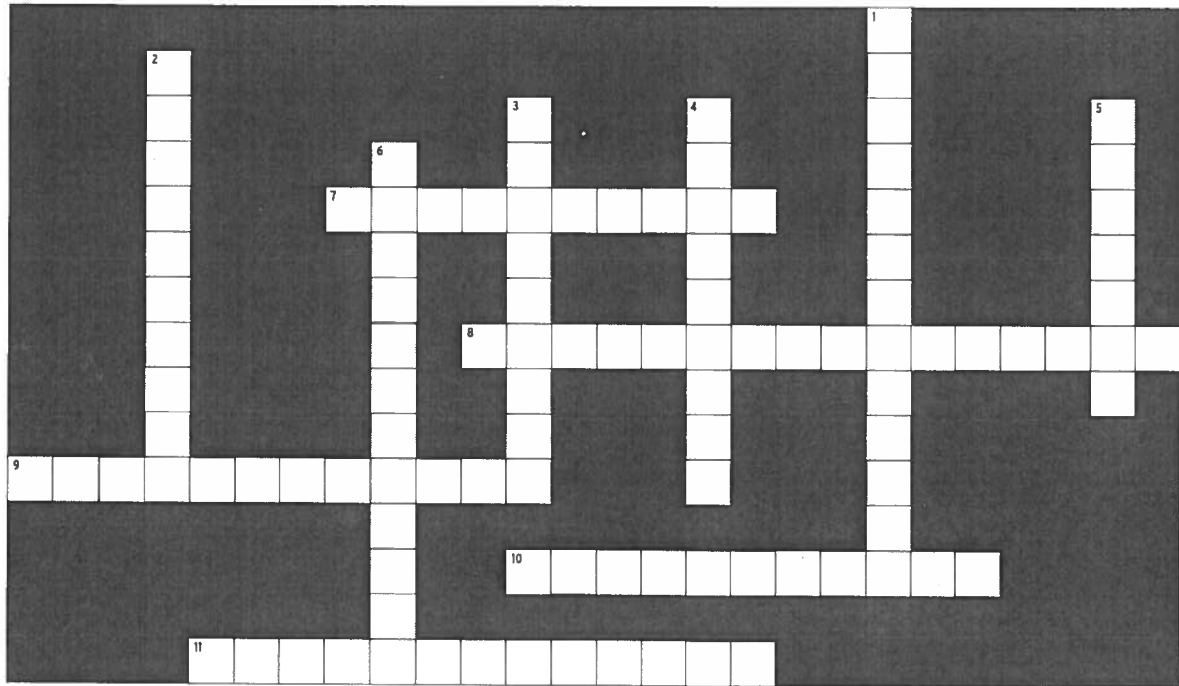
# Activity 2

## Conserving Resources

### Puzzling Over Conservation

**Directions:** Complete the crossword puzzle below by placing the answers to each numbered clue in the appropriate space.

10 pts



#### Across

7. A pile or container that holds decaying organic material that becomes fertilizer for gardens and shrubs.
8. An area that is insulated with clay and a plastic liner, where trash is thinly spread, compacted, and covered with a layer of soil.
9. Resources that are continually produced in nature, but at a rate too slow to keep up with the demand.
10. Bulbs that can cut up to 75 percent of your electric energy bill.
11. Examples include carrying groceries in your own canvas bags and buying products with limited packaging.

#### Down

1. Materials that break down in the landfill.
2. A label found on home appliances that indicates whether the items exceed the federal government's minimum standard for energy efficiency.
3. Any edible food that is discarded.
4. Resources that replace themselves rather quickly, sometimes immediately, yet also need careful management.
5. Reprocess discarded products so they can be used again.
6. Concern for the environment and its future shown by managing its resources wisely.

32+ pts

# Study Guide

## Using Recipes

Directions: Read chapter 23, and answer the following questions. Later, you can use this study guide to review.

1. What information should recipes contain?

2+ pts

a)  
b)

2. Explain what is meant by "Step-by-Step" directions.

1 pt

3. Why is a nutrition analysis helpful?

1 pt

4. What four units of measure may appear in a recipe? What are the two different measuring systems?

6 pts

Units: a)

b)

c)

d)

Systems: e)

f)

5. Explain what is meant by equivalents and how knowledge of them is helpful.

2 pts

What is meant:

Knowledge is helpful because

6. Why would adding carrots to a stir-fry be creative, but adding extra flour to a cake recipe be a bad idea?

2 pts

carrots:

flour:

(Continued on next page)

Chapter 23 Study Guide (continued)

7. Describe how to change the yield of a recipe.

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1 pt

8. Compare the recipe impact of replacing nonessential ingredients with similar ones to substituting basic ingredients with similar ones.

Nonessential:

Basic:

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---

---

---

2 pts

9. How do high altitudes affect cooking?

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---

---

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1 pt

10. What are good sources of recipes for your collection?

a)  
b)

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---

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2+ pts

11. Give two examples of ways to organize your recipe collection.

a)

b)

---

---

---

---

2 pts

49+ pts

Chapter 24

# Study Guide

## Preparation Techniques

Directions: Read chapter 24, and answer the following questions. Later, you can use this study guide to review.

1. What are some of the tools you may need to measure ingredients accurately? 2+ pts  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
2. Why is it necessary to check a liquid measurement at eye level? 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_
3. Why should you not pack or shake down flour after spooning it into a measuring cup? 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_
4. Explain how you would measure a heaping teaspoon of herbs and a pinch of salt. 2 pts  
 tsp. herbs: \_\_\_\_\_  
 pinch of salt: \_\_\_\_\_
5. Describe three ways to measure solid fats, such as shortening or butter. 3 pts  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_
6. Why is it more accurate to measure some foods by weight rather than by volume? 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
7. What are two essential tools for safe cutting? 2 pts  
 a) \_\_\_\_\_ b) \_\_\_\_\_
8. Describe four techniques for cutting food. 4 pts  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_  
 d) \_\_\_\_\_

(Continued on next page)

Chapter 24 Study Guide (continued)

9. What is the difference between slicing and slivering? 2 pts  
slicing:  
slivering:
10. Describe four ways to change the size and shape of food. 4 pts  
a)  
b)  
c) d)
11. What two techniques result in a smooth mixture? 2 pts  
a) b)
12. List six ways to mix or combine two or more ingredients. 6 pts  
a) b) c) d) e) f)
13. Describe how to cream two ingredients and how to fold one ingredient into another. 2 pts  
Cream:  
Fold:
14. What are four things that coating accomplishes? 4 pts  
a) b)  
c) d)
15. Describe how to bread a piece of meat. 1 pt
16. Define and explain when you would use the specialized techniques of caramelizing, deglazing, marinating, and reducing. 6 pts  
caramelizing is  
Use it...  
deglazing is  
Use it...  
reducing is  
Use it...

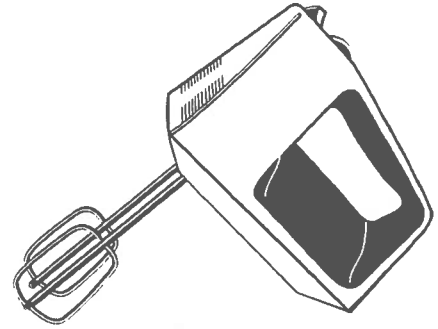
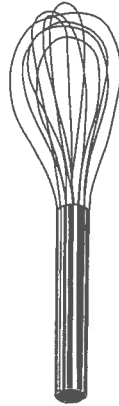
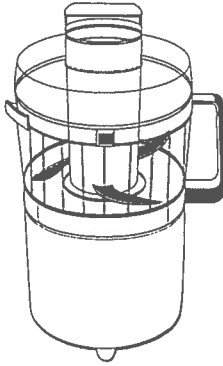
## Activity 2

### Preparation Techniques

## Mixing It Up

1 pt each

**Directions:** You are given several tools to use for combining the following ingredients. Choose the tool or tools that will be most helpful in accomplishing this task. Write the name of the tool on the lines next to the ingredients.



1. Folding beaten egg whites into cake batter: \_\_\_\_\_  
\_\_\_\_\_
2. Mashing potatoes: \_\_\_\_\_  
\_\_\_\_\_
3. Creaming butter and sugar: \_\_\_\_\_  
\_\_\_\_\_
4. Beating eggs: \_\_\_\_\_  
\_\_\_\_\_
5. Stirring cream of tomato soup: \_\_\_\_\_  
\_\_\_\_\_
6. Puréeing fresh raspberries: \_\_\_\_\_  
\_\_\_\_\_

50+ pts

Chapter 25

# Study Guide

## Cooking Methods

**Directions:** Read chapter 25, and answer the following questions. Later, you can use this study guide to review.

1. Name the three main ways that heat is conducted from a source to food.

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_ 3 pts

2. What is conduction? Give an example.

Conduction: \_\_\_\_\_  
example: \_\_\_\_\_ 2 pts

3. Describe convection.

\_\_\_\_\_ 1 pt

4. What is radiation?

\_\_\_\_\_ 1 pt

5. Explain what happens when heat is applied to food.

\_\_\_\_\_ 1 pt

6. What factors, besides cooking method, affect the time it takes food to cook?

a) \_\_\_\_\_ b) \_\_\_\_\_ 2+ pts

7. What are the three basic cooking methods?

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_ 3 pts

8. Explain the benefits of moist-heat cooking.

a) \_\_\_\_\_ b) \_\_\_\_\_ 2+ pts



Chapter 25 Study Guide (continued)

9. Why is boiling seldom used?  
\_\_\_\_\_  
\_\_\_\_\_ 1 pt
10. Describe how to simmer a food, and list some foods best suited to this technique.  
How: \_\_\_\_\_  
foods: a) \_\_\_\_\_ b) \_\_\_\_\_ 3+ pts
11. What would be a benefit of poaching food?  
\_\_\_\_\_  
\_\_\_\_\_ 1 pt
12. What are the benefits of steaming food?  
a) \_\_\_\_\_  
b) \_\_\_\_\_ 2+ pts
13. Why are nutrients preserved in a pressure cooker?  
\_\_\_\_\_  
\_\_\_\_\_ 1 pt
14. What type of food is best suited to braising, and how is it done?  
Type: \_\_\_\_\_  
How: \_\_\_\_\_ 2 pts
15. How does cooking in fat differ from other moist-heat methods of cooking?  
fat: \_\_\_\_\_  
moist-heat: \_\_\_\_\_ 2 pts
16. What is the difference between the smoking point of animal fats and vegetable fats?  
animal fats: \_\_\_\_\_  
veg. fats: \_\_\_\_\_ 2 pts
17. Compare frying, sautéing, and pan-broiling.  
frying: \_\_\_\_\_  
sautéing: \_\_\_\_\_  
pan-broiling: \_\_\_\_\_ 3 pts

(Continued on next page)

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 25 Study Guide (continued)

18. Why must the temperature be monitored in deep-fat frying?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

19. Describe the technique of stir-frying.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

20. Explain the benefits of dry-heat cooking and the three ways to do it.

benefits: a) \_\_\_\_\_ b) \_\_\_\_\_  
ways to do it: a) \_\_\_\_\_  
b) \_\_\_\_\_ c) \_\_\_\_\_

5 pts

21. Explain why you receive a better result when you salt food after broiling, rather than before.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

22. Why does broiling take a lot of attention?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

23. How would you reduce the health risks associated with grilled food?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 pt

24. What containers are not suited for use in a microwave?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1+ pt

(Continued on next page)

Chapter 25 Study Guide (continued)

25. Name three materials suitable for covering food in a microwave and the results obtained from each material.

a) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

b) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

c) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

6<sup>+</sup> pts

26. How can an instant-read thermometer assist in microwave cooking?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

1 pt

19+ pts

# Study Guide

## Develop a Work Plan

**Directions:** Read chapter 26, and answer the following questions. Later, you can use this study guide to review.

1. What is the benefit of a work plan?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

2. What are four things to notice when reading a recipe beforehand?

a) \_\_\_\_\_ 4 pts  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_  
 d) \_\_\_\_\_

3. Describe four ways to save time and simplify your work.

a) \_\_\_\_\_ 4 pts  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_  
 d) \_\_\_\_\_

4. Why does having a dishpan of hot, sudsy water make you a more efficient cook?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

5. What is a timetable?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

6. How do you know how long each cooking task will take? How do you figure out when to start each task?

a) \_\_\_\_\_ 2 pts.  
 b) \_\_\_\_\_  
 \_\_\_\_\_

(Continued on next page)

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 26 Study Guide (continued)

7. Describe the steps for evaluating a work plan.

a)  
b)

2<sup>+</sup> pts

8. Explain the benefits of organizing jobs in the foods lab.

a)  
b)

2<sup>+</sup> pts

9. Why are cooperation and good communication important when working with classmates in the foods lab?

1 pt

10. Identify one method of taking responsibility in the foods lab.

1 pt

57+ pts

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Chapter 27

# Study Guide

## Creative Additions

**Directions:** Read chapter 27, and answer the following questions. Later, you can use this study guide to review.

1. What are seasonings?

\_\_\_\_\_  
\_\_\_\_\_ 1 pt

2. What are herbs?

\_\_\_\_\_  
\_\_\_\_\_ 1 pt

3. What are spices?

\_\_\_\_\_  
\_\_\_\_\_ 1 pt

4. What herbs and spices are found in curry powder?

a) \_\_\_\_\_ b) \_\_\_\_\_ 2+ pts

5. Name five guidelines for using herbs and spices.

a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_  
e) \_\_\_\_\_ 5 pts

6. Why should you store dried herbs and spices <sup>in</sup> closed, opaque containers and tightly in a cool, dark place?

\_\_\_\_\_  
\_\_\_\_\_ 1 pt

7. Explain how to dry fresh herbs.

\_\_\_\_\_  
\_\_\_\_\_ 1 pt

(Continued on next page)

Chapter 27 Study Guide (continued)

8. What is a condiment?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_  
 \_\_\_\_\_

9. Name three condiment sauces, and describe their ingredients.

a) \_\_\_\_\_ 6 pts  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_

10. How is vinegar made?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_

11. Describe the characteristics of three types of vinegars.

a) \_\_\_\_\_ 3 pts  
 b) \_\_\_\_\_  
 c) \_\_\_\_\_

12. Why are garnishes used?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_

13. List four popular garnishes.

a) \_\_\_\_\_ b) \_\_\_\_\_ 4 pts  
 c) \_\_\_\_\_ d) \_\_\_\_\_

14. Why is a homemade gift considered a gift from the heart?

\_\_\_\_\_ 1 pt  
 \_\_\_\_\_

15. Refer to Figure 27.1 to name the herbs you would use when cooking pork.

a) \_\_\_\_\_ b) \_\_\_\_\_ 3+ pts  
 c) \_\_\_\_\_

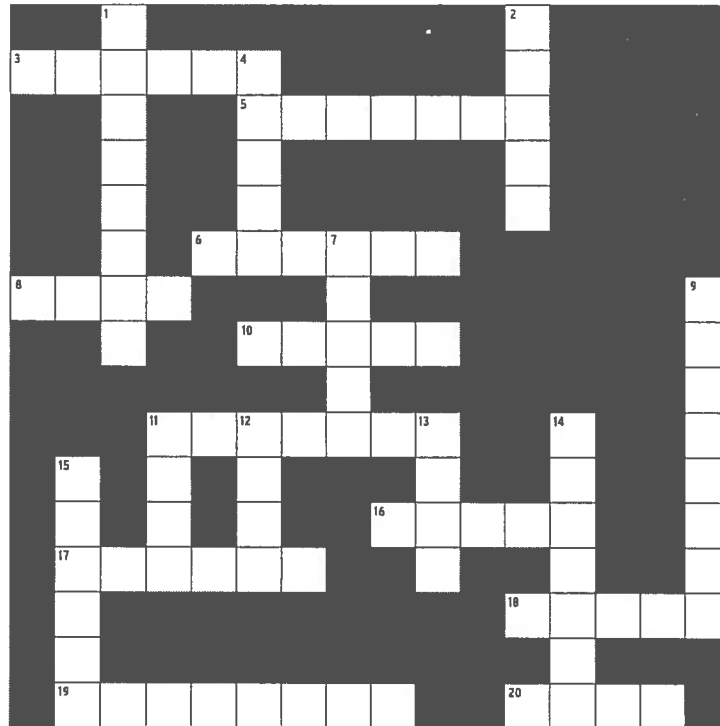
16. Refer to Figure 27.2 to list five spices commonly used in baked goods.

a) \_\_\_\_\_ b) \_\_\_\_\_ 5 pts  
 c) \_\_\_\_\_ d) \_\_\_\_\_  
 e) \_\_\_\_\_

**Activity 1****Creative Additions****Puzzling Over Herbs and Spices**

20 pts

**Directions:** Complete the crossword puzzle using the information about herbs and spices in your textbook.

**Across**

3. Mildly onion-like herb.
5. An herb with a slightly sweet, refreshing taste.
6. A spice with a sharp, tangy taste that ranges from moderately to very hot.
8. A flavorful leaf and stems of soft, succulent plants that grow in a temperate climate.
10. An herb with a sweet taste hinting of mint and cloves.
11. A pungent spice that is moderately to very hot.
16. A segment of a head of garlic.
17. A spice used whole or ground with a mellow, nutty-sweet flavor.
18. A type of cuisine that features hot cayenne pepper.
19. An herb that is pungent and piney.
20. A meat that goes very well with rosemary, sage, and mint.

(Continued on next page)





Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Chapter 27 Activity 1 (continued)

**Down**

1. A pungent herb with a slightly citrus flavor that is typical of Tex-Mex cuisine.
2. An herb with a strong clove-like flavor.
4. A flavoring made from the dried buds, bark, fruits, seeds, stems, and roots of aromatic plants that grow in the tropics.
7. Fennel seed is often used in sauces that cover this type of food.
9. A spice used ground or in stick form with a warm, sweet flavor.
11. A strong, refreshing herb.
12. An herb with a strong musky flavor.
13. A strong, sharp-flavored herb used with fish.
14. An herb with a strong, slightly bitter flavor.
15. A spice with a sweet, hot, pungent flavor that is used as a whole root or is ground.