

## Intermediate Questions

1) Which of the following foods is not a good source of protein?

**Strawberries**

2) How long may canned goods be kept unopened in a cool dry place without losing nutrients?

1 year from purchase

3) Name a factor that leads to elevated cholesterol level.

Genetics, high-fat eating, excessive calories, inactivity, excessive alcohol intake, smoking

4) The % daily value is based on what calorie per day diet?

2,000 calorie-per-day diet

5) What bacteria come from home-canned low acid foods that have not been processed properly?

Clostridium Botulinum

6) How many calories does one gram of fat supply?

9 calories

7) For best quality, how long should frozen vegetables be kept?

8-12 months

8) What is the name of the condition that affects the way the body uses energy from sugar, starch and other foods?

Diabetes

9) The word "Kosher" is a hebrew term meaning "prper" or "fit" and prepared in accordance with Jewish rabbinical law.

**True**

10) What is the recommended length of time from purchase to storage for perishable food to maintain safety?

30 minutes; use cooler and ice packs if it will take longer than 30 minutes

11) Which fatty acid lowers both LDL and HDL cholesterol?

***Polyunsaturated fatty acids***

12) Name two things to avoid when choosing tomatoes?

Overripe, bruised, sunburn areas, growth cracks, decayed tomatoes, depressed areas, surface mold

13) The force of blood against the wall of the arteries is known as what?

High Blood Pressure or Hypertension

14) To be labeled "organic" a product must contain only 100% organically produced ingredients.

***False***

15) Clostridium perfringens is called the "buffet germ" because it grows fastest in large portions.

***True***

16) Monounsaturated fats are solid at room temperature.

***False***

17) For best results, cook vegetables for the shortest time necessary.

***True***

18) Name 3 ways a person could change eating habits to lower risk of cancer.

Eat a variety of fruits and vegetables; a high fiber diet; maintain a health weight; lessen alcohol intake, limit saturated fat and salt; avoid charred foods.

19) The ingredient list on a food product always lists ingredients by weight starting from the least to the most.

***False***

20) What is the recommended temperature range for refrigerators?

Between 34°F and 40°F

21) Which of the following foods contain a high amount of cholesterol?

**shrimp**

22) Whole grains should be stored in the refrigerator or freezer.

**True**

23) Which grade of eggs commonly goes to egg breakers for use in egg products?

Grade B

24) Explain the steps for proper hand washing?

Wash hands, front and back, between fingers, under fingernails, in warm, soapy, free flowing water for at least 20 seconds. use disposable paper towels or clean cloth to dry hands completely.

25) A food labeled Fat-free may have 1 gram of fat per serving.

**False**

26) Name one thing to look for when selecting apples.

firm, well colored, mature, crisp texture and storing ability

27) Genetics is a risk factor associated with osteoporosis. Name 2 other risk factors associated with osteoporosis.

gender, frame, race/ethnic heritage, age, family history, hormonal status, physical activity, some medications, smoking, heavy drinking, low body weight, calcium intake, diet

28) Processed foods that contain at least 70% organic ingredients may be labeled as "Organic"

**False**

29) Name 3 ways to insure food safety when grilling meats.

Adjust grill so foods cook evenly, Transfer food to clean plate once cooked, Clean grill between each use, IF cookign at picnic site, grill from start to finish, Grill until cooked through but not charred. Grill on both sides.

30) Salad dressing, butter and egg yolks are all food sources of fat.

**True**

31) Flour that has baking powder and salt added is called what?

**Self rising flour**

32) How does vitamin D play a role in bone formation?

It promotes calcium absorption

33) What are the different grades of poultry?

Grades A,B, and C

34) What term on a food package refers to the last day the food should be eaten?

Expiration Date

1) Which fatty acid lowers both LDL and HDL cholesterol?

**Polyunsaturated fatty acid**

2) What is the term for food grown using little or no synthetic fertilizers or pesticides and no antibiotics or hormones?

"organically grown"

3) An, adult aged 19 to 50 should consumer \_\_\_\_\_ milligrams of calcium daily.

1,000

4) Name one thing listed on the Nutrition Facts panel of a food product.

Serving size, Serving Per Container, Calories, Fat, Cholesterol, Sodium, Carbohydrate Protein, Vitamins, Minerals

5) Describe how to tell when a "soft cooked egg" is properly cooked and safe to eat.

white completely set, yolk starting to thicken but not hard

6) Name a popular myth about sugar.

Sugar makes you fat; Sugar causes hyperactivity, Sugar causes diabetes, Sugar causes hypoglycemia

7) The force of blood against the walls of arteries is known as what?

Blood Pressure

8) How many calories make up a pound of fat?

3,500 calories=1 pound of fat

9) What determines the order of the ingredient list on a food label?

Weight of ingredients, starting with most to least

10) Clostridium Perfringens grows fastest in large portions?

**True**

11) Vitamin D, also known as the sunshine vitamin, can be made by the body.

**True**

12) Name a known risk factor for developing cancer.

Using tobacco, not getting enough physical activity, too much sun exposure, overweight, dietary intake Exposure to carcinogens.

13) Why is it important to list ingredients on the food label?

Helps those with food sensitivity (allergies or intolerance); Helps avoid pork, shellfish, other meats for religious or other reasons; People who prefer vegetarian eating

14) Thawing food on the counter top is a safe food handling practice.

**False**

15) Eating a fiber rich diet helps people manage a healthy weight.

**True**

16) What is one way to properly store cheese?

In refrigerator

17) Name three things to avoid when purchasing fresh peaches.

Very firm, hard with green ground color (immature, will not ripen properly); soft (overripe) large flattened bruises; pale tan spot expanding in a circle gradually turning darker in color (decay)

18) For a food product to be considered Low Calorie, how many calories can the product have per serving?

40 calories or less

19) Which government agency regulates health claims on food labels?

Food & Drug Administration (FDA)

20) What is the term on a food package that refers to when the food was manufactured, processed, or packaged?

Pack Date

21) The word "honey" on a food label indicates the food has added sugar.

**True**

22) Powdered sugar is typically used in cakes, mixed drinks, and products where quick creaming or rapid dissolving is desired.

**False**

23) Name 3 different grades of meat commonly sold in retail stores.

prime, choice, select, standard

24) Tell how to store cooked food so it will cool rapidly.

Store in small portions and in shallow containers with air space around the containers.

25) Name a food that is a good source of a carbohydrate.

bread, cereals, flours, cornmeal, rice, macaroni, noodles, spaghetti, Irish and sweet potatoes, corn, dried fruits, sweetened fruits, bananas, sugar, syrup, jam, jellies, preserves, honey.

26) How many days can raw chicken be stored in the refrigerator?

1-2 days

27) Why should we be concerned about heart disease?

It is the nation's #1 killer and can be prevented through healthy living.

28) What are the 3 grades of eggs?

AA, A, B

29) What is the recommended temperature range for refrigerators?

Between 34° F and 40°F

30) How many calories does one gram of protein supply?

4 calories

31) It is okay to cook raw eggs in the shell or reheat hard boiled eggs in the microwave as long as reduced power level is used.

**False**

32) What is a risk factor of developing heart disease that you cannot control?

family history, ethnicity, getting older

33) What code identifies the manufacturer and the food; used by the food industry for inventory control and price scanning?

The Universal Product Code

34) To what temperature should leftovers be reheated?

165°F

1) Some cholesterol is produced in the liver and cells.

*True*

2) What type of sugar contains molasses?

Brown Sugar

3) Name a potential health benefit from following a vegetarian diet.

Fewer health problems such as heart disease, high blood pressure, type 2 diabetes, some forms of cancer; lower body mass, index which indicates overweight and/or obesity is less prevalent.

4) How many calories does one gram of protein supply?

4 Calories

5) What is the current recommendation for cholesterol consumption?

Consume less than 300 mg per day of dietary cholesterol

6) How many tablespoons equal 1 cup?

16 tablespoons

7) Free radicals damage body cells, tissues and DNA.

*True*

8) During the months of March and April what does the large "p" next to the kosher symbols mean?

Pareye



9) Tell how to store cooked food so it will cool rapidly.

Store in small portions and in shallow containers with air space around the container.

10) What is a function of fluoride in the body?

Hardens tooth enamel; protects from tooth decay; may help prevent osteoporosis

11) Name three cruciferous vegetables?

Bok Choy, broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, mustard greens, rutabagas, turnips, and their greens.

12) Vegans consume only plants foods.

**True**

13) Name two things to look for when purchasing fresh corn.

Fresh, succulent husk with green color, silk ends that are free from decay or injury, stem ends that aren't discolored or dried, ears that have plump, not too mature kernels.

14) Where is the best place in the refrigerator to store raw meat, fish, or poultry?

on the lowest refrigerator shelf

15) If safely sealed how long may buttermilk last stored at 40°F?

1 to 2 weeks

16) Parmesan, Cheddar, Colby, and Ricotta are all examples of process cheese.

**False**

17) What is an autoimmune disease where the pancreas cannot make insulin?

Type 1 diabetes

18) Name two sources of polyunsaturated fats?

corn, safflower, soybean, and sunflower oil and seafood

19) Cans or jars that spurt when opened may be contaminated with what bacteria?

*Clostridium botulinum*

20) Which of the following foods is NOT a good source of protein?

***Strawberries***

21) What type of sugar is typically used in frosting, icing and for dusting on baked goods?

***Powdered sugar***

22) A food with 25% fewer calories than a serving of a traditional food may be labeled

***Reduced***

23) What bacteria comes from home-canned low acid foods that have not been processed properly?

*Clostridium Botulinum*

24) Name a word on a food label that indicates the food has added sugar.

Basic Nutrition

ADA, p. 55-57

Terms ending in "ose" such as maltose, fructose; brown sugar, hoeny, can sugar, conderctioners sugar, corn sweetener, corn syrup, crystallized cane sugar, dextrin, fruit juice concertrate, high-fructose corn syrup, invert sugar, malt syrup, maple syrup, molasses, raw sugar, syrup, turbinado sugar

25) What is the cooking term for cutting meat, fruit or vegetables into long, thin strips?

Julienne

26) What age group needs dietary supplementation of vitamin D because their body no longer makes vitamin D from sunlight as easily?

Adults 50 or Over

27) What food in the grain group equals a 1 ounce serving?

1 slice bread; 1 cup breakfast cereal; 1/2 cup cooked rice, cereal or pasta

28) Does proper cooking kills Salmonella?

Yes

29) Which of the following is a water soluble vitamin?

**Vitamin C**

30) For best quality, how long should frozen vegetables be kept?

8-12 months

31) In order to prevent bacterial growth in foods, what is the proper hot holding temperature?

140°F or above

1) Name a good food source of Vitamin A.

dark leafy green and deep yellow (carrots, pumpkin, sweet potatoes) vegetables, yellow fruits (peaches, apricots, cantaloupes), fish liver oil, butter, egg yolks, margarine.

2) What is the food product made from crushed or ground fruit that is less firm than jelly?

Jam

3) What is the minimum age that infants are ready to begin eating solid foods?

Until about 4 months babies are unable to effectively coordinate their tongue to push food to the back of their mouth for swallowing.

4) Describe two things to look for when selecting fresh strawberries.

full red color, bright luster, firm flesh, cap stem attached, dry, clean; smaller berries have better quality than larger ones.

5) What is the term for white, dried-out patches on improperly wrapped frozen food?

freezer burn

6) Which vitamin promotes normal vision and helps your eyes see normally in the dark, helping adjust to the lower level of light.

Answer: Vitamin A

7) There are two types of canners used for home food preservation. Name one.

Boiling water canner; pressure canner

8) What condition is caused by a lack of iron?

Anemia

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9) True or False: Health claims on food labels are regulated by the USDA.

False (FDA)

10) What bacteria found in the intestinal tract comes from eating raw or uncooked ground beef?

E.coli 0157:H7

11) Vitamin D, also known as the sunshine vitamin, can be made by the body.

Yes

12) What is the method of food preservation where vegetables are packed cold into canning jars and covered with boiling hot syrup, juice or water?

Raw Pack

13) If a vegetarian diet is not well planned, name a nutrient that may be lacking.

Calcium, vitamin D, Vitamin B12, iron, zinc, protein

14) An ounce of grains is equal to ? (Name two)

1 sliced of bread, 1 cup of ready-to-eat-cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal.

15) Is thawing food on the countertop is a safe food handling practice?

No

16) Which of the following is a good food source of the b vitamin, thiamine?

Whole-grains

17) How many quarts equal one gallon?

4quarts

18) Name 3 symptoms of diabetes.

frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue, irritability, frequent infections, cuts and bruises that heal slowly, blurred vision, numb or tingling hands or feet, recurring skin, gum, or bladder infections.

19) Does refrigerating bananas affects both taste and texture and therefore, they should be thrown out when the skins get dark.

No - (cold temperatures darken skins, but will not affect taste and texture)

20) Is it perfectly safe to roast meat overnight at a low oven temperature less than 325°F.

No

21) \_\_\_\_\_ foods are a food source of the B vitamin, Riboflavin.

Answer: Dairy

22) When choosing baking potatoes, the green color is okay as long as there is no bruising or decay.

No - no green color

23) There is potential health benefit from following a \_\_\_\_\_ diet.

vegetarian

24) Describe 2 characteristic of poultry graded A.

Fully fleshed, meaty, well formed, uniform fat covering, good clean appearance, free from defects such as skin cuts and tears, pinfeathers, bruises, and missing or broken bones

25) Is it perfectly fine to store food in leaded crystal?

No

26) True or False: The mineral \_\_\_\_\_ helps to regulate blood pressure.

sodium

27) \_\_\_\_\_ Ounces equals one cup.

8

28) When the body's immune system reacts to a food by creating unpleasant and serious side effects it is called a \_\_\_\_\_.

Food Allergy

29) What does the word "Pareve" written next to Kosher symbols mean?

The food has no meat or no dairy ingredients

30) Name 2 situations for which a person should see a doctor due to suspected foodborne illness.

Bloody diarrhea, excessive diarrhea or vomiting; stiff neck, severe headache, and fever (all at same time); symptoms persist longer than 3 days.

31) For a 2,000 calorie diet, how much food from the vegetable group should one eat daily?

2 1/2 cups

32) What is the cooking term for a foam of beaten egg whites and sugar that is baked?

Meringue

33) What are the 3 most common symptoms of a food allergy?

swelling, sneezing and nausea

34) Name 4 foods most likely to cause allergic reactions in adults?

peanuts, crustacean (shellfish, crab, crawfish, lobster, shrimp), tree nuts, fish, eggs

35) What is it called when bacteria in one food is spread to another?

Cross Contamination