Junior Nutrition Quiz Bowl Questions

1) What is the major vitamin in orange juice?
   
   *Vitamin C*

2) What is the culinary term used to press food through a fine sieve or food mill?
   
   Puree

3) What key nutrient is found in the grain group?
   
   *Carbohydrates*

4) What temperature should leftovers be reheated to?
   
   *165 degree F or until steaming hot*

5) The ideal temperature for bacterial growth is between:
   
   *40 degree F - 140 degree F*

6) True or False: Vegetables can be cooked by boiling, baking, steaming, stir-frying, or steaming under pressure.
   
   True

7) The process of preserving food by using acid and salt to inhibit microbial growth is called _____________.
   
   *Pickling*

8) True or False: The grade of an egg is determined by the interior and exterior quality of the egg at the time of packing.
   
   True

9) Before and after every step of food preparation, wash hands, front and back, between fingers, under fingernails - in warm, soapy, free flowing water for at least how many seconds?
   
   20
10) Frozen vegetables should be used within what amount of time from date of purchase?
8-12 months

11) The vitamin that is found in salmon, sardines and tuna and is know as the sunshine vitamin is

   c) Vitamin D

12) One Tablespoon = how many teaspoons?
3

13) What is the nutrient that keeps your body hydrated and is what your body needs in the greatest amount?
   Water

14) One reason you need the nutrient protein is that it helps build blood. Name another.

   Builds and repairs all body tissue
   Helps to form antibodies to fight infection
   Supplies food energy

15) True or False: Butter milk should be stored at 40 degree F or below and kept tightly sealed.
   True

16) which of the following is a food source for protein?
   eggs

17) What food group best supplies calcium?
   Dairy

18) What is the name of the list of nutrition information found on all foods?
   Nutrition Facts

19) True or False: Bananas should be kept at room temperature until ripe, then refrigerate.
   True

20) True or False: High fiber foods help with weight management and often have less fat, calories, and added sugars.
   True

21) When looking for an apple to buy, one characteristic to notice is that it is well-colored. Name another characteristic?

   firm, mature, crisp texture, and storing ability
22) So that food is cooled rapidly, stored cooked food in small portions and in shallow containers less than how many inches deep?
   3

23) True or False: Canned vegetables should be stored unopened in a cool dry place.
   True

24) What should you avoid when choosing green or red, sweet peppers?
   Soft watery spots

25) True or False: Keep cold foods at 40 degree F or lower and hot foods at 140 degree F or higher.
   True

26) True or False: When choosing your daily vegetables, you should red, orange, and dark green vegetables.
   True

27) True or False: Choose food and beverages low in added sugars.
   True

28) What is a deficiency of iron called?
   Anemia

29) True or False: A food label that lists honey and molasses as ingredients means that sugar has been added to the food product.
   True

30) Name one risk factor for developing high blood pressure.
   Family history, race, overweight, age sodium-sensitive or high intake, smoker, heavy alcohol intake, diabetes, high blood lipids, hypertension and inactivity

31) True or False: Cottage cheese should be stored in the refrigerator.
   True
32) When setting the table the utensil that is placed to the right of the knife is the ____________________.
   spoon

33) True or False: Some food sources that are high in cholesterol of animal origin include: egg yolks, organ meats, and shellfish.
   True

34) The order of the ingredients list is determined by:
   most to least by weight

35) True or False: Wash fresh fruits and vegetables with clean, running water and soap.
   False

36) Name one food source of Folic Acid?
   Orange juice, lentils, dry beans, spinach, broccoli, peanuts, avocados, enriched grain products

37) Scurvy and wounds that won't heal are the result of a deficiency in what vitamin?
   Vitamin C

38) The food preservation process of preserving food by using acid and salt to inhibit microbial growth is:
   Pickling

39) Which is the correct Italian cooking term meaning "to the tooth", which is a slightly firm but tender state of cooking pasta?
   al dente

40) How much cooked rice, cereal or pasta equals an ounce?
   1/2 cup

41) Bananas are best eaten when the skin is solid yellow with brown speckles.
   True

42) Butter, margarine and salad dressing are food sources of what nutrient?
   Fats

43) Health claims on food labels are regulated by the FDA (U.S Food and Drug Administration)?
   True
44) What are the 2 types of canners used for home food preservation?
   
   boiling water canner
   pressure canner

45) How many servings of milk do 9-13 year old need each day according to My Plate?

   3 Cups

46) Vitamin D is made in the skin by ultraviolet light after the light hits your skin; this is why it is called the "sunshine vitamin".

   True

47) What is a deficiency of iron called?

   Anemia

48) To avoid cross-contamination, sanitize cutting boards after each use with a chlorine bleach-water solution.

   True

49) The % daily value is the nutritional contribution of one serving based on a 2,000 calorie-per-day diet.

   a) True

50) It is recommended to bring a cooler with chill packs when shopping for perishable items if it will take longer than how many minutes to get the food into a refrigerator or freezer?

   30 Minutes

51) One pound of fat is made up of _________ calories.

   3,500

52) The order of ingredients on a food label is most to least.

   True

53) What are two animal sources of protein?

   meat, poultry, fish, eggs, milk, cheese, yogurt
54) Vegetables can be cooked by boiling, baking, steaming, stir-frying, or steaming under pressure.

**True**

55) What is the best method for storing cooked foods so they are cooled rapidly?

*In small portions and in a shallow (less than 3 inches deep) containers.*

56) There are four main principles of Fight Bac! Two of them are Clean and Separate. Name the other two.

Chill and Cook

57) Which of the following would produce a better appearance?

**Fresh eggs**

58) Nutrients and Calories are stated as one serving of food on the Nutrition Facts panel.

**True**

59) It is safe to store ground beef in the refrigerator safely for 5 days?

**False**

60) What food group best supplies calcium?

Nutrition and Health (My plate)

* c) Dairy

61) What are two characteristics that a shopper should look for when choosing sweet green/red peppers?

Medium to dark green, bright red, glossy sheen, heavy weight, firm walls/sides

62) It is important to be physically active every day?

**True**

63) Name two sources of sodium.

Table salt, Cheddar Cheese, Ham, Snack Foods

64) Name two things that bacteria need to survive and multiply.

food, moisture, warm temperature, oxygen, high protein, low acid, time
65) Water is needed by our bodies for transportation of nutrients and waste products, to lubricate joints, and regulate body temperature without water your body can become________________?

Dehydrated and/or constipated

66) Food that has been sitting out for 3 hours at room temperature needs to be:

Correctly discarded

67) Besides meat, what is one other example of a food considered that could be a protein source?

seafood, eggs, beans, peas, soy products, nuts. and seeds

68) What is the name of the food preservation method that is made from crushed or ground fruit and is less firm than jelly?

Jam

69) Potatoes should be stored in a dark, dry, well ventilated place.

True

70) What is the Nutrient that builds and repairs all body tissues and helps build blood?

Protein

71) The process of pasteurizing milk helps it last longer in the refrigerator.

True

72) What is the French name for very thin pancakes?

Crepes
73) The condition of gradually wakening, brittle bones from loss of calcium and other minerals is known as osteoporosis.

   True

74) What role does vitamin D play in bone formation?

   Calcium

75) To cut food into small squares means to:

   Cube

76) The purpose of pasteurization of milk is to________?  

   Kill Bacteria

77) How many pint in one quart?

   2 pints

78) What is a common symptom of a food allergy?

   swelling

79) A known risk factor of cancer would include:

   exposure to carcinogens

80) Vitamin A is a fat soluble vitamin?

   True

81) What is the proper temperature for storing food in the pantry or cupboard?

   50' to 70°F

82) Generally speaking, a person can live without water for ____________?  

   A week or so

83) Saturated fats are liquids at room temperature?

   False

84) Why is it important to eat fiber-rich foods?

   Prevent constipation

85) It is safe to use food from cans that are bulging, leaking or that spurt liquid when opened?

   False

86) One way a person can change his or her eating habits to lower the risk for cancer is to ________?  

   Choose more colorful fruits and vegetables
87) When reading a Nutrition Facts label on a packaged food item, nutrients and calories are stated as in a single serving of food.
   
   **True**

88) What is the energy content of one gram of carbohydrate?
   
   4 calories

89) It is acceptable to thaw frozen food in the microwave?
   
   **True**

90) One safe way of thawing your food is on the countertop.
   
   **False**

91) A fiber rich diet may help you reach and keep your healthy weight.
   
   **True**

92) For kitchen chemistry, sugars do not work as multipurpose ingredients?
   
   **False**

93) Calories, total carbohydrates and vitamin C are just two of the items that can be found on a Nutrition Facts Label, Name one more.
   
   Serving size, serving per container, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, dietary fiber, sugars, protein, vitamin A, calcium, iron, potassium, % daily value

94) Why should infants not be fed directly from a jar?
   
   **Bacteria from the baby's mouth is transferred to the jar from the spoon causing leftovers to possibly spoil**

95) Name a method of preparing meat as suggested on the MyPlate.
   
   Bake, Broil or Grill

96) Nuts are a good food source for potassium?
   
   **True**

97) Your body may lose from 2 to 8 cups of water daily through perspiration (lose through skin).
   
   **True**

98) Disaster can hit anyone, anywhere. To ensure a safe water supply, disaster experts advise to store a week’s supply of bottled water for everyone in your family which would be about...
   
   **One gallon per person per day**

99) Which of the following is a type of canner used for home food preservation?
   
   **Boiling water canner**
100) Small amounts of _______ give a metallic taste to hard water?
   *Iron*

101) One way a healthy person can increase the amount of fiber in his/her diet is to:
   *Substitute whole grain products for some of those made with refined flour*

102) It is safe to thaw food on the counter top at room temperature?
   *False*

103) Bacteria generally grows the most between 0°F and 32°F.
   *False*

104) Jelly is made from_______.
   *Fruit juice*

105) What type of flour has added vitamins and minerals?
   *Enriched*

106) Wash fresh Fruits and Vegetables with soap and clean, running water.
   *False*

107) One gallon equals_____quarts.
   *4*

108) True or False: If you are on an 1,800 calorie a day diet, the percent of daily values on a food label are specific to your needs.
   *False*

109) What are the four main principles of Fight Bac!?
   *Clean, Cook, Chill, Separate*

110) Which product contains molasses, non-sugars (9ash) and moisture-granulated, brown or powdered sugar?
   *Brown Sugar*

111) Name one food source of Vitamin C.
   *all citrus fruits and juice, strawberries, cantaloupe, tomatoes, green and red peppers, raw cabbage, broccoli, kale, turnip greens, mustard greens, collards, Irish and sweet potatoes, spinach*

112) The Dietary Guidelines for American are intended for people as young as what age?
   *2 years of age*
113) There are several health risks associated with being overweight or obese. Which of the following is one of them?
   heart Disease

114) What is the term which means to cut meat, fruit, or vegetables into log, thin strips?
   Julienne

115) Other than milk, which of the following is also found in the dairy group?
   yogurt

116) A flat, pocket bread that can be stuffed with meat or salad is _______________________.
   Pita

117) Name two foods groups found on MyPlate?
   grains, vegetables, fruits, dairy, proteins

118) The essential mineral that carries oxygen from lungs to all body cells and promotes brain development is called_______________.
   Iron

119) True or False: It is important to be physically active your way for aleast 10 minutes at a time.
   True

120) What food item does not freeze well?
   Lettuce

121) Individuals with food sensitivity (allergy or intolerance) can find information by looking at the ingredients on the food label.
   True

122) There are three types of egg grades. Two of them are AA and B, what is the third egg grade?
   A
123) True or False: Cross-contamination occurs when bacteria in one food spreads to another.

   True

124) Osteoporosis is a condition of gradually weakling, brittle bones, due to a deficiency of a mineral in the diet. What is the mineral?
   Calcium

125) Sugar comes in many forms. Name two.

   White (granulated sugar), brown sugar, raw sugar, honey, corn syrup, molasses, and maple syrup

126) If you have lost the power to your freezer, is it safe to re-freeze a roast that has been partially thawed but still has some ice crystals present?

   Yes

127) An individual can use a microwave to dry fruits.

   False

128) Peaches and yogurt are examples of what two food groups?

   Fruit and Dairy

129) How long can you store canned goods before they start to lose their nutrients?

   Up to 1 year after purchase

130) Where should whole grains be stored to prevent the oil in the grains from going rancid (bad)?

   In the refrigerator or freezer

131) True or False: Canned vegetables should be stored unopened in a cool dry place.

   True

132) The last day food should be eaten is called the ________________.

   Expiration Date
133) True or False: Choose food and beverages low in added sugar.
   True

134) Refrigerators should be kept within what recommended temperature range?
    Between 34 degree F and 40 degree F

135) Vegetable oils and seeds, nuts and wheat germ are good sources of vitamin D.
    False

136) When setting the table what side of the plate should the fork be placed?
    Left of the plate

137) One key message of MyPlate is to make half our plate filled with ________________________.
    fruits and vegetables

138) A freezer should be maintained at what temperature?
    0 degree F or Below

139) High blood pressure, high cholesterol levels, heart disease, and diabetes are some health risks associated with being ____________.
    overweight

140) How does saturated fat affect a person’s cholesterol?
    increases both total and LDL cholesterol

141) The percent daily value information on a food label is based on a diet that provides how many calories?
    2000

142) The lowest shelf in the refrigerator is the best place to store raw meat, fish, poultry and eggs.
    True
143) When setting the table, the utensil that is placed to the right of the plate with the blade edge pointing toward the plate is the

*Knife*

144) What food group does pasta, such as spaghetti and macaroni belong to?

grain group

145) It is safe to thaw foods in microwave.

*True*

146) Some food sources that are high in cholesterol of animal origin include: egg yolks, organ meats, and shellfish.

*True*

147) What is one cause of cancer?

tobacco, weight, physical activity level, dietary intake, exposure to sunlight, exposure to carcinogens.
(Cancer causing agents)

148) When cooking an unshelled egg in the microwave, what should you do to the yolk?

prick it before cooking

149) Where on a can of green beans would you look for nutrition information?

*Nutrition Facts Label*

150) Can bacteria grow in the refrigerator?

YES

151) Limiting saturated fat and salt is one way to lower or raise your risk of cancer?

lower

152) It is important to have a list of ingredients on a food label for people who prefer vegetarian eating. (No animal sources)

*True*

153) Two nutrients found in the vegetable group are Vitamin A & C?

*True*
154) It is safe to use the same knife without cleaning between uses to chop meat and then chop vegetables.  
   \textit{False}

155) An example of a food high in fiber is:  
   \textit{All the above}

156) Saturated fats are firm or liquid at room temperature?  
   \textit{Firm}

157) Never cook raw eggs in the shell or reheat hard boiled eggs in the microwave.  
   \textit{True}

158) When sitting the table, what side of the plate should the fork be placed?  
   \textit{Left of the plate}

159) Bananas should be kept at room temperature until ripe, then refrigerate.  
   \textit{True}

160) Some risk factors for cancer include tobacco usage, weight, physical activity level, dietary intake and exposure to sunlight.  
   \textit{True}

161) When cleaning fruits and vegetables, should you use soap?  
   \textit{No, only clean, running water}

162) The ingredient list on packaged food gives an overview of the "recipe", with the ingredients listed from most to least.  
   \textit{True}

163) What is the process called where milk is exposed to high temperatures for the purpose of destroying germs?  
   \textit{Pasteurization}

164) What could happen if you cook raw eggs in the shell in the microwave?  
   \textit{The eggs will explode}

165) Which of the following is a source of Vitamin A  
   \textit{Carrots}
166) One type of canner used for home food preservation is a boiling water canner. Name the other type

Pressure Canner

167) Sweet potatoes and corn are two examples of carbohydrates. Name another source of carbohydrates

Breads, cereals, flours, cornmeal, rice macaroni, noodles, spaghetti, Irish potatoes, dried fruits, sweetened fruits, bananas, sugar syrup, jam jellies, preserves, honey

168) When looking for an apple to buy, one characteristic to notice is that it is well colored, Name another characteristic?

firm, mature, crisp, texture and storing ability

169) Your chance of becoming overweight is 4% if one parent is obese.

True

170) Name 2 purposes for water in the body.

Regulates body temperature, transports nutrients and oxygen, carries away waste products, moistens body tissues, prevents constipation, cushions joints, protects body organs

171) What is the nutrient that keeps your body hydrated and is what your body needs in the greatest amount?

Water

172) Name one purpose for sodium

Helps regulate body fluids, helps muscles relax, Transmits nerve signals, regulates blood pressure

173) Food that contains cholesterol is only of animal origin.

True
174) When setting the table, the utensil that is placed to the right of the plate with the blade edge pointing towards the plate is the

Knife

175) Kale is an example of a green leafy vegetable.
True

176) Wash fresh fruit and vegetables with clean, running water and soap.
False

177) Which is higher in fat, grilled chicken or fried chicken?
Fried Chicken

178) A Pita is a type of pasta.
False

179) So that food is cooled rapidly, store cooked food in small portions and in shallow containers less than how many inches deep?
3

180) The "sell by" or "pull date" means the last day the food should be eaten.
False

181) A storage method for storing cheese is to freeze.
True

182) The ideal temperature for bacterial growth is between
40F - 140F

183) The vitamin that is found in salmon, sardines and tuna and is known as the sunshine vitamin is ____________.
Vitamin D

184) ______________________ is a French term meaning very thin pancakes.
crepes
185) What vitamin promotes growth and normal vision and protects against night blindness?
   Vitamin A

186) One reason you need protein is that it helps build blood. Name one more:
   - Builds and repairs all body tissue
   - Helps to form antibodies to fight infection
   - Supplies food energy

187) How many tablespoons are there in one cup?
   16 tablespoons

188) Frozen vegetables should be used within what amount of time from date of purchase?
   8-12 months

189) What is the name of the list nutrition information found on all food labels?
   Nutrition Facts

190) To keep eggs fresh longer, should they be stored in the egg tray on the refrigerator door, or in the egg carton?
   In the egg carton

191) High fiber foods help with weight management and often have less fat, calories, and added sugars.
   True

192) Which of the following is a food source for protein?
   eggs

193) How should corn be stored in the refrigerator?
   In the husks, uncovered

194) What is the name of the flour that is generally purchased for breads, cakes, pasties and cookies?
   All-purpose flour

195) What should you avoid when choosing green or red, sweet peppers?
   Soft watery spots
196) After grocery shopping it is okay to leave perishable food in the car for more than 30 minutes while running other errands.  
   *False*

197) The size of a dozen eggs is determined by the minimum weight per dozen.  
   *True*

198) The My Plate wants us to focus on fruits. That means that we should drink as much fruit juice as we want.  
   *False*

199) What is a deficiency of iron called?  
   *Anemia*

200) If corn syrup is on a food label then it means it has added sugar.  
   *False*

201) Name one risk factor for developing high blood pressure.  
   Family history, race, overweight, age, sodium sensitive or high intake, smoker, heavy alcohol intake, diabetes, high blood lipids, pre-hypertension, and gender sedentary lifestyle.

202) Cottage cheese should be stored in the refrigerator  
   *True*

203) What is the Japanese appetizer composed of vinegary rice topped with raw fish or wrapped in seaweed?  
   *Sushi*

204) How often should people eat seafood each week according to My Plate recommendations?  
   2 days

205) The order of the ingredient list is determined by the weight of the ingredient, starting with most to least or least to most?  
   Most to Least

206) Before and after every step of food preparation, wash hands, front and back, between fingers, under fingernails- in warm, soapy, free flowing water for at least how many seconds?  
   20