FOODS 1 UNIT B QUESTIONS

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| **1.** | **Forks, spoons and knives are all considered what kind of tableware? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Beverageware** |
|  | **B.** | **Dinnerware** |
|  | **C.** | **Flatware** |
|  | **D.** | **Holloware** |

**Please use the following graphic for this question.**

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| **2.** | **What is item 8 in Place Setting A? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **butter knife** |
|  | **B.** | **dinner knife** |
|  | **C.** | **fish knife** |
|  | **D.** | **soup spoon** |

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| **3.** | **Fresh carrots, celery, broccoli, and cauliflower with ranch dip, fried chicken, oven fries and a cookie are served at a picnic. What flatware would be needed to eat this informal meal? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Dinner fork and steak knife** |
|  | **B.** | **Dinner knife and teaspoon** |
|  | **C.** | **No utensils are needed** |
|  | **D.** | **Salad fork and dinner knife** |

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| **4.** | **When setting the table for a formal meal, where should the dinner fork be placed? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Above the dinner plate** |
|  | **B.** | **Left of the dinner plate** |
|  | **C.** | **On the dinner plate** |
|  | **D.** | **Right of the dinner plate** |

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| **5.** | **Napkins are included in the table setting for a formal meal. Where should the napkin be placed? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **At the end of the table after the serving dishes** |
|  | **B.** | **At the front of the table before the serving dishes** |
|  | **C.** | **At the place setting on the left of the dinner plate** |
|  | **D.** | **At the place setting on the right of the dinner plate** |

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| **6.** | **When a bread and butter plate will be used in the table setting, along with a salad plate, where should it be placed? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Above the forks to the upper left** |
|  | **B.** | **Above the knife to the upper left** |
|  | **C.** | **Lower left beside the forks** |
|  | **D.** | **Toward the center above the dinner plate** |

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| **7.** | **When large groups of people need to be served, which classification of service is often used? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Buffet service** |
|  | **B.** | **Continental/Russian service** |
|  | **C.** | **Family service** |
|  | **D.** | **Plate service** |

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| **8.** | **Compared to family service, continental or Russian service is: (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **less formal.** |
|  | **B.** | **more formal.** |
|  | **C.** | **passed from person to person.** |
|  | **D.** | **used only in restaurants.** |

**Please use the following graphic for this question.**

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| **9.** | **What is item 9 in Place Setting A? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **bread and butter plate** |
|  | **B.** | **decorative plate** |
|  | **C.** | **dinner plate** |
|  | **D.** | **soup bowl** |

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| **10.** | **Goblets, tumblers, and glasses are considered what classification of tableware? (NCCTE.9\_12.FE.FN41.FF3.01)** |

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|  | **A.** | **Beverageware** |
|  | **B.** | **Dinnerware** |
|  | **C.** | **Flatware** |
|  | **D.** | **Holloware** |

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| **11.** | **The reason Janet passes the serving dishes first to the guests at the table is to ensure that all guests: (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **feel respected.** |
|  | **B.** | **get fed.** |
|  | **C.** | **know the correct seating arrangement.** |
|  | **D.** | **know what food is being served.** |

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| **12.** | **Jason is hungry but only takes one serving of meat, leaving seven pieces for the other seven guests at the table. Which example of good manners is Jim following? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Coming to the table clean and neat** |
|  | **B.** | **Honoring the elders** |
|  | **C.** | **Taking no more than one's share** |
|  | **D.** | **Working from the outside in** |

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| **13.** | **A salad is served as a first course and the main part of the meal will be served later. Two forks are part of the place setting. Good table manners guidelines indicate that a person should use what utensil to eat the salad? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Fork farthest from the plate** |
|  | **B.** | **Fork next to the plate** |
|  | **C.** | **Largest fork** |
|  | **D.** | **Small fork above the plate** |

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| **14.** | **Aaron is visiting another country on vacation and eating in a restaurant. He notices that many around him are using eating utensils differently than he is accustomed to back home. What should he do? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Ask the waitress what to do** |
|  | **B.** | **Decline to eat anything that doesn't look familiar** |
|  | **C.** | **Eat the way he is accustomed** |
|  | **D.** | **Watch others in the restaurant and eat as they do** |

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| **15.** | **David is having dinner with his elderly grandfather. Which guideline for table manners should David use? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Pull out the chair and help his grandfather be seated** |
|  | **B.** | **Seat himself and wait for his grandfather to find his chair and be seated** |
|  | **C.** | **Serve as the host for the table and keep the table conversation moving** |
|  | **D.** | **Serve himself first, then pass dishes to his grandfather** |

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| **16.** | **When a group of teens were eating out and received poor service, they became noisy and did not leave a tip.  What type of behavior did the teens display? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Acceptable** |
|  | **B.** | **Formal** |
|  | **C.** | **Inappropriate** |
|  | **D.** | **Informal** |

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| **17.** | **While eating fish, Sarah felt a bone in her mouth.  Which guideline for good table manners should Sarah use? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Call "911" for emergency help** |
|  | **B.** | **Rush to the restroom to remove the bone in private** |
|  | **C.** | **Swallow the bone to avoid making an unpleasant scene** |
|  | **D.** | **Use a napkin to remove the bone as discretely as possible** |

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| **18.** | **Judy was pruning houseplants when her mother called her to dinner. Which guideline for good table manners should Judy use? (NCCTE.9\_12.FE.FN41.FF3.02)** |

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|  | **A.** | **Be seated at the table, then get up after the salad course and go wash her hands** |
|  | **B.** | **Finish working with the plants before going to the table** |
|  | **C.** | **Wash her hands before going to the table** |
|  | **D.** | **Wipe her hands on the table napking before eating** |

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| **19.** | **Selecting low-sodium foods is an example of which food choice factor? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Comfort** |
|  | **B.** | **Enjoyment** |
|  | **C.** | **Entertainment** |
|  | **D.** | **Nutrition** |

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| **20.** | **Eating sushi for the first time is an example of which food choice factors? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Adventure** |
|  | **B.** | **Enjoyment** |
|  | **C.** | **Entertainment** |
|  | **D.** | **Wellness** |

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| **21.** | **Losing a job and attending culinary school are both examples of which individual influence on food? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Personal beliefs** |
|  | **B.** | **Religious and cultural** |
|  | **C.** | **Situational factors** |
|  | **D.** | **Social factors** |

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| **22.** | **Eating foods because everyone else likes them, even when one doesn't, is an example of which factor affecting food choices? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Family schedules** |
|  | **B.** | **Knowledge and skills** |
|  | **C.** | **Peer group** |
|  | **D.** | **Stages of life** |

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| **23.** | **Eating convenience foods because a person doesn't know how to cook is an example of which factor affecting food choices? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Family schedules** |
|  | **B.** | **Knowledge and skills** |
|  | **C.** | **Peer group** |
|  | **D.** | **Stages of life** |

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| **24.** | **Picking a certain brand of bottled water because of the attractive advertisement in a magazine is an illustration of what type of external food influence? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Economic** |
|  | **B.** | **Environmental** |
|  | **C.** | **Media** |
|  | **D.** | **Technological** |

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| **25.** | **Food processed in aseptic packaging is an illustration of what type of external food influence? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Economic** |
|  | **B.** | **Environmental** |
|  | **C.** | **Media** |
|  | **D.** | **Technological** |

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| **26.** | **Which is an example of an external influence affecting food choices? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Attitudes toward food** |
|  | **B.** | **Health limitations** |
|  | **C.** | **Religious restrictions** |
|  | **D.** | **Vitamin fortification** |

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| **27.** | **Choosing to eat pizza at home with friends and family when a parent just became unemployed helps meet which type of need? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Economic** |
|  | **B.** | **Emotional** |
|  | **C.** | **Hunger** |
|  | **D.** | **Intellectual** |

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| **28.** | **Choosing to eat pizza with friends at lunch is an example of which food choice factor? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Economy** |
|  | **B.** | **Entertainment** |
|  | **C.** | **Nutrition** |
|  | **D.** | **Wellness** |

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| **29.** | **Growing a garden in a vacant city lot to save on food costs is an illustration of what two types of external food influences on food choices? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Economic and technological** |
|  | **B.** | **Environmental and economic** |
|  | **C.** | **Media and environmental** |
|  | **D.** | **Technological and media** |

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| **30.** | **Which is an example of a technological factor influencing food choices? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Changes in climate** |
|  | **B.** | **Decreasing amounts of available land** |
|  | **C.** | **Development of shelf-stable foods** |
|  | **D.** | **Increasing supplies of a type of food product** |

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| **31.** | **A male teenager's caloric needs are different than a female teenager's caloric needs.  This is an example of which individual influence on food? (NCCTE.9\_12.FE.FN41.FF5.01)** |

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|  | **A.** | **Cultural** |
|  | **B.** | **Physiological** |
|  | **C.** | **Psychological** |
|  | **D.** | **Situational factors** |

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| **32.** | **A recommendation found in the Dietary Guidelines for Americans is to: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **burn fewer calories than one consumes.** |
|  | **B.** | **burn more calories than one consumes.** |
|  | **C.** | **gradually decrease calories burned by increasing food eaten.** |
|  | **D.** | **gradually increase calories consumed by eating more carbohydrates.** |

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| **33.** | **A recommendation found in the Dietary Guidelines for Americans is to consume foods rich in potassium, such as: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **beef and pork.** |
|  | **B.** | **cheese and yogurt.** |
|  | **C.** | **dinner rolls and oatmeal.** |
|  | **D.** | **potatoes and bananas** |

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| **34.** | **Which person should be sure to reduce sodium intake to 1500 mg? (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **Female in the first trimester of pregnancy** |
|  | **B.** | **Forty-year-old male** |
|  | **C.** | **New mother breastfeeding her infant** |
|  | **D.** | **Teenage male with diabetes** |

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| **35.** | **Which is a credible source of science-based nutrition and fitness information? (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **ChooseMy Plate.gov** |
|  | **B.** | **Food TV.com.** |
|  | **C.** | **The Atkins Diet.** |
|  | **D.** | **The National Inquirer.** |

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| **36.** | **Deborah is searching for a credible source of science-based nutrition and fitness information. Which should she use? (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **Atkins Diet** |
|  | **B.** | **Dietary Guidelines for Americans** |
|  | **C.** | **National Inquirer** |
|  | **D.** | **South Beach Diet** |

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| **37.** | **An example of food in the red section on ChooseMyPlate.gov site is: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **blackeyed peas.** |
|  | **B.** | **corn-on-the-cob.** |
|  | **C.** | **skim milk.** |
|  | **D.** | **sliced peaches.** |

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| **38.** | **Which is the BEST example of a high-fiber product? (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **Banana** |
|  | **B.** | **Flour tortilla** |
|  | **C.** | **Hamburger bun** |
|  | **D.** | **Shredded wheat** |

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| **39.** | **Carrying an armful of wood uphill into one's home is an example of: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **heavy activity.** |
|  | **B.** | **light activity.** |
|  | **C.** | **moderate activity.** |
|  | **D.** | **very light activity.** |

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| **40.** | **An example of nutrition information that a person should be cautious of is: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **consuming 1800 calories per day and burn 2100 calories per day.** |
|  | **B.** | **encouraging one to choose orange juice instead of lemonade.** |
|  | **C.** | **replacing corn with brown rice in an evening meal.** |
|  | **D.** | **the grapefruit diet that guarantees one will lose five pounds per week.** |

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| **41.** | **People and vehicles are similar because they both require: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **acceptance.** |
|  | **B.** | **clothing.** |
|  | **C.** | **energy.** |
|  | **D.** | **esteem.** |

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| **42.** | **People and vehicles are similar because both require: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **fats and carbohydrates.** |
|  | **B.** | **proteins and minerals.** |
|  | **C.** | **sources of energy and water.** |
|  | **D.** | **starches and sugars.** |

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| **43.** | **A recommendation found in the Dietary Guidelines for Americans is to eat: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **fewer processed and red meats.** |
|  | **B.** | **fish or seafood every other day.** |
|  | **C.** | **ice cream and cheese daily.** |
|  | **D.** | **potatoes boiled in water for five minutes.** |

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| **44.** | **For a person trying to lose weight, each meal in a healthy eating plan should include: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **eight glasses of milk.** |
|  | **B.** | **foods high in nutrients and low in calories.** |
|  | **C.** | **foods with low nutrient density.** |
|  | **D.** | **three meals totaling 3000 calories per day.** |

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| **45.** | **A recommendation found in the Dietary Guidelines for Americans is to: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **follow a lifestyle that enables one to achieve a healthy weight.** |
|  | **B.** | **get physical exercise at least once a week.** |
|  | **C.** | **select foods that are high in saturated fats.** |
|  | **D.** | **select more fruits and fewer vegetables for your diet.** |

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| **46.** | **A whole-grain product is: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **cornmeal muffin.** |
|  | **B.** | **old fashioned oatmeal.** |
|  | **C.** | **refined flour tortilla.** |
|  | **D.** | **white dinner roll.** |

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| **47.** | **The food groups recommended in lesser amounts on the plate on ChooseMyPlate.gov are: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **fruits and grains.** |
|  | **B.** | **fruits and protein.** |
|  | **C.** | **grains and protein.** |
|  | **D.** | **grains and vegetables.** |

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| **48.** | **Vegetables are encouraged by ChooseMyPlate.gov through the use of the: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **blue glass to the right of the plate** |
|  | **B.** | **green section on bottom left of plate** |
|  | **C.** | **purple section on bottom right of plate** |
|  | **D.** | **red section on upper left of plate** |

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| **49.** | **To encourage good nutrition, ChooseMyPlate.gov recommends that your plate should be filled with: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **a variety of foods from each of the food groups.** |
|  | **B.** | **grains and vegetables.** |
|  | **C.** | **fruits and grains.** |
|  | **D.** | **fruits and vegetables.** |

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| **50.** | **To encourage good nutrition, ChooseMyPlate.gov recommends choosing foods that are high in: (NCCTE.9\_12.FE.FN41.FF5.02)** |

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|  | **A.** | **fiber and dense in nutrients.** |
|  | **B.** | **sodium and added sugars.** |
|  | **C.** | **sodium and added fats.** |
|  | **D.** | **water and calories.** |

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| **51.** | **Which raw vegetable has the MOST water content? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Corn** |
|  | **B.** | **Lettuce** |
|  | **C.** | **Potatoes** |
|  | **D.** | **Squash** |

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| **52.** | **An important function of water in the body is to: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **add calories to the diet.** |
|  | **B.** | **help with food digestion.** |
|  | **C.** | **protect internal organs.** |
|  | **D.** | **supply all energy.** |

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| **53.** | **Excessive sweating, dryness of the mouth, weakness and an increased pulse rate are results of not consuming enough: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **water.** |
|  | **B.** | **carbohydrates.** |
|  | **C.** | **protein.** |
|  | **D.** | **vitamins.** |

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| **54.** | **Aaron plays sports. What is the BEST meal for him to eat for high performance during the game? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Complex carbohydrates six hours before competition** |
|  | **B.** | **Complex carbohydrates three hours before competition** |
|  | **C.** | **Simple carbohydrates one hour before competition** |
|  | **D.** | **Simple carbohydrates right before competition** |

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| **55.** | **Red velvet cake, pecan pie, cheesecake, lollipops, Karo® corn syrup, and jellies are classified as: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **complex carbohydrates.** |
|  | **B.** | **fiber.** |
|  | **C.** | **simple carbohydrates.** |
|  | **D.** | **vitamins.** |

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| **56.** | **Whole wheat flour is classified as a: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **complex carbohydrate.** |
|  | **B.** | **fat.** |
|  | **C.** | **fiber.** |
|  | **D.** | **simple carbohydrate.** |

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| **57.** | **Why should a person not eat or drink foods high in sugar content before bedtime? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Acid may erode the teeth and cause tooth decay.** |
|  | **B.** | **It could cause a person not to sleep.** |
|  | **C.** | **It could stimulate hunger.** |
|  | **D.** | **It may cause a person to have bad dreams.** |

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| **58.** | **What nutrient provides energy and assists the blood with distributing vitamins to the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Carbohydrates** |
|  | **B.** | **Fats (lipids)** |
|  | **C.** | **Protein** |
|  | **D.** | **Vitamins** |

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| **59.** | **Cheese, dressings and salad oils are primary sources of which nutrient? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Carbohydrates** |
|  | **B.** | **Fats** |
|  | **C.** | **Protein** |
|  | **D.** | **Vitamins** |

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| **60.** | **If a person is on a diet to lose weight and cut back on saturated fatty acids, he/she should eat: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **fewer dressings with olive oil and canola oil.** |
|  | **B.** | **fewer fruits and vegetables.** |
|  | **C.** | **less candy and cake with coconut and palm oil.** |
|  | **D.** | **less drinking water.** |

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| **61.** | **Which fat product is hydrogenated? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Butter** |
|  | **B.** | **Crisco® oil** |
|  | **C.** | **Margarine** |
|  | **D.** | **Olive oil** |

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| **62.** | **Which type of fat lowers blood cholesterol levels? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Hydrogenated fat** |
|  | **B.** | **Polyunsaturated fat** |
|  | **C.** | **Trans fat** |
|  | **D.** | **Vegetable fat** |

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| **63.** | **How does eating excessive amounts of fats impact the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Anemia** |
|  | **B.** | **Nausea** |
|  | **C.** | **Obesity** |
|  | **D.** | **Osteoporosis** |

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| **64.** | **Jason consumed excessive amounts of protein. How is this likely to impact the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Converts the extra protein back to amino acids** |
|  | **B.** | **Converts the extra protein to fat and stores it in the fat tissues** |
|  | **C.** | **Stores extra protein in the blood** |
|  | **D.** | **Stores extra protein in the muscles** |

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| **65.** | **What is an example of an incomplete protein? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Corn and peas** |
|  | **B.** | **Beef and chicken** |
|  | **C.** | **Dried beans and rice** |
|  | **D.** | **Yogurt and flax seeds** |

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| **66.** | **Andrew consumed excessive amounts of fat-soluble vitamins. What impact might this have on the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Brittle bones** |
|  | **B.** | **Diarrhea** |
|  | **C.** | **Kidney failure** |
|  | **D.** | **Heart disease** |

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| **67.** | **What is a good source of vitamin D? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Being out in the sunshine** |
|  | **B.** | **Drinking juice** |
|  | **C.** | **Eating apples** |
|  | **D.** | **Eating chicken livers** |

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| **68.** | **What food source is high in antioxidants? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Blueberries** |
|  | **B.** | **Cabbage** |
|  | **C.** | **Crisco® oil** |
|  | **D.** | **Sardines** |

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| **69.** | **What food source is high in antioxidants? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Cabbage** |
|  | **B.** | **Cantaloupe** |
|  | **C.** | **Crisco® oil** |
|  | **D.** | **Sardines** |

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| **70.** | **What is the DIFFERENCE between fat-soluble and water-soluble vitamins? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Fat-soluble vitamins are easier to dissolve than water-soluble vitamins.** |
|  | **B.** | **Fat-soluble vitamins are stored in the liver and water-soluble pass through the urine.** |
|  | **C.** | **Fat-soluble vitamins pass thru the urine, and water-soluble are stored in the liver.** |
|  | **D.** | **There is no difference in the two types of vitamins.** |

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| **71.** | **Joseph drank liquids while playing football, but he is going to need another mineral in his body so that his muscles will not cramp. What mineral is this? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Calcium** |
|  | **B.** | **Iodine** |
|  | **C.** | **Iron** |
|  | **D.** | **Potassium** |

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| **72.** | **Collards, spinach, turnips and fortified cereals are all good sources of which nutrient? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **B Complex** |
|  | **B.** | **Iron** |
|  | **C.** | **Magnesium** |
|  | **D.** | **Sodium** |

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| **73.** | **Where are excessive amounts of calcium stored in the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Blood** |
|  | **B.** | **Bones** |
|  | **C.** | **Liver** |
|  | **D.** | **Muscles** |

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| **74.** | **How does excessive consumption of iron impact the body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **It is expelled through the urine.** |
|  | **B.** | **It remains in the bones.** |
|  | **C.** | **It is stored in the liver.blood** |
|  | **D.** | **It is stored in the liver.** |

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| **75.** | **Ryan is feeling weak and dizzy. He has a choice of spinach salad or tomato soup. What nutrient should he choose to make an impact on his body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Carbohydrates** |
|  | **B.** | **Iron** |
|  | **C.** | **Vitamins** |
|  | **D.** | **Water** |

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| **76.** | **Brandy is pregnant. The doctor tells her to eat foods that are high in energy. What should she choose? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Chicken** |
|  | **B.** | **Lasagna** |
|  | **C.** | **Steak** |
|  | **D.** | **Watermelon** |

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| **77.** | **A food with unsaturated fat is: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **coconut pie.** |
|  | **B.** | **cottage cheese.** |
|  | **C.** | **peanuts.** |
|  | **D.** | **pork sausage.** |

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| **78.** | **Olivia's diet is high in animal sources of protein. If she replaces animal sources of protein in her diet with plant sources, she will get: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **less fat** |
|  | **B.** | **more fat** |
|  | **C.** | **no fat** |
|  | **D.** | **the same amount of fat** |

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| **79.** | **Carbonated drinks and sports drinks are different because athletes: (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **can purchase carbonated drinks at games.** |
|  | **B.** | **like the flavor of sports drinks better.** |
|  | **C.** | **rely on carbonated drinks to supply energy.** |
|  | **D.** | **rely on sports drinks to replace lost body fluids.** |

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| **80.** | **What is an advantage of eating a serving of sweets at one time instead of eating small amounts at time intervals? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Enjoy the taste immediately** |
|  | **B.** | **Gain less weight** |
|  | **C.** | **Reduce tooth decay** |
|  | **D.** | **Stimulate the appetite** |

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| **81.** | **Which source of water is LOWEST in calories? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Decaffeinated drinks** |
|  | **B.** | **Fruits and vegetables** |
|  | **C.** | **Sweet iced tea** |
|  | **D.** | **Tap water** |

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| **82.** | **Which type of fat raises blood cholesterol levels? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Low-fat cheese** |
|  | **B.** | **Polyunsaturated fat** |
|  | **C.** | **Trans-fat** |
|  | **D.** | **Unsaturated fat** |

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| **83.** | **What are examples of complete proteins? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Apples and bananas** |
|  | **B.** | **Cheese and chicken** |
|  | **C.** | **Dried beans and tomatoes** |
|  | **D.** | **Rice and potatoes** |

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| **84.** | **Jeremy consumes no dairy products and calcium in his diet. What impact does this have on his body? (NCCTE.9\_12.FE.FN41.FF4.01)** |

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|  | **A.** | **Bones could become weak and fragile.** |
|  | **B.** | **Hair will lose its shine.** |
|  | **C.** | **It will cause indigestion.** |
|  | **D.** | **It will decrease his vision.** |

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| **85.** | **A nutritional need during breast feeding/lactation is to increase: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **caffeine.** |
|  | **B.** | **dairy products.** |
|  | **C.** | **fats.** |
|  | **D.** | **snack foods.** |

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| **86.** | **A good strategy for meeting the food needs of toddlers is to: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **introduce meats and vegetables only in mixed recipes.** |
|  | **B.** | **introduce new food textures and flavors three at a time.** |
|  | **C.** | **introduce new food textures and flavors one at a time.** |
|  | **D.** | **let the toddler decide what foods he/she wants to eat.** |

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| **87.** | **An example of nutritional needs for adults 50 years of age and older is to increase: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **fatty foods.** |
|  | **B.** | **sodium intake and vitamin C.** |
|  | **C.** | **total calories daily.** |
|  | **D.** | **vitamin B complex, vitamin D and calcium.** |

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| **88.** | **A cause of high blood pressure may be excessive: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **fruit in the diet.** |
|  | **B.** | **omega-3 supplements.** |
|  | **C.** | **salt in the diet.** |
|  | **D.** | **vegetables in the diet.** |

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| **89.** | **A symptom of bulimia nervosa may be: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **healthy teeth.** |
|  | **B.** | **obesity.** |
|  | **C.** | **stained teeth.** |
|  | **D.** | **starvation.** |

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| **90.** | **An example of a healthy food choice for a toddler is eating: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **brightly colored fruits and vegetables.** |
|  | **B.** | **cookies.** |
|  | **C.** | **high-fat cheese.** |
|  | **D.** | **processed meat every day.** |

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| **91.** | **How do healthy snacks compare to junk foods?  Healthy snacks are: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **higher in carbohydrates** |
|  | **B.** | **higher in fiber** |
|  | **C.** | **lower in fiber** |
|  | **D.** | **more expensive.** |

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| **92.** | **A common food allergen is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **apples.** |
|  | **B.** | **bread.** |
|  | **C.** | **oranges.** |
|  | **D.** | **tangerines.** |

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| **93.** | **A common food allergen is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **chicken.** |
|  | **B.** | **flounder.** |
|  | **C.** | **shrimp.** |
|  | **D.** | **turkey.** |

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| **94.** | **A common food allergen is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **carrots.** |
|  | **B.** | **kidney beans.** |
|  | **C.** | **lettuce.** |
|  | **D.** | **tofu.** |

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| **95.** | **What is a primary benefit of a Hispanic eating plan? (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **Ingredients are healthy, full of fiber, and fresh.** |
|  | **B.** | **Ingredients are pre-cooked.** |
|  | **C.** | **Ingredients are pre-packaged.** |
|  | **D.** | **Ingredients found at convenient store.** |

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| **96.** | **The primary concern and health risk related to an Asian eating plan is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **heart disease.** |
|  | **B.** | **high blood pressure.** |
|  | **C.** | **obesity.** |
|  | **D.** | **stomach cancer.** |

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| **97.** | **How does a breast-feeding woman's diet need to be modified? (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **Extra carbohydrates and water** |
|  | **B.** | **Extra protein and milk** |
|  | **C.** | **Fewer calories** |
|  | **D.** | **More salt** |

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| **98.** | **What foods have a positive impact on reducing high cholesterol? (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **Corn flakes** |
|  | **B.** | **Crispy rice cereal** |
|  | **C.** | **Oatmeal** |
|  | **D.** | **Sugared corn flakes** |

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| **99.** | **What can be done to prevent osteoporosis? (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **Drink plenty of water** |
|  | **B.** | **Eat high-calorie foods** |
|  | **C.** | **Get 8-10 hours sleep** |
|  | **D.** | **Walk and climb stairs** |

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| **100.** | **A major factor contributing to infertility among women of child-bearing age is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **dieting.** |
|  | **B.** | **growth spurts.** |
|  | **C.** | **obesity.** |
|  | **D.** | **vegetarianism.** |

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| **101.** | **An example of a healthy food choice for a teenager is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **eating fresh fruits and vegetables regularly.** |
|  | **B.** | **eating snack foods with natural sweeteners.** |
|  | **C.** | **reducing consumption of water and substituting soft drinks.** |
|  | **D.** | **skipping breakfast to avoid extra calories.** |

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| **102.** | **To cut calories, a person should select for dessert: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **apple pie and ice cream.** |
|  | **B.** | **chocolate pudding.** |
|  | **C.** | **fresh fruit cup.** |
|  | **D.** | **oatmeal raisin cookies.** |

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| **103.** | **An example of a healthy food choice for an adult is: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **eating dinner after nine p.m.** |
|  | **B.** | **picking up fast food on the way home from work.** |
|  | **C.** | **serving baked potato chips with sour cream dip.** |
|  | **D.** | **snacking on multi-grain crackers, fresh carrots, and celery.** |

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| **104.** | **A primary concern and health risk related to Caribbean eating plans is insufficient: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **fat.** |
|  | **B.** | **protein.** |
|  | **C.** | **starch.** |
|  | **D.** | **vitamins.** |

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| **105.** | **A major factor contributing to obesity among teenagers is that teens: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **are at a stage of life when it is normal to gain weight.** |
|  | **B.** | **are experiencing growth spurts.** |
|  | **C.** | **are more active than adults and children, therefore, more likely to gain weight.** |
|  | **D.** | **tend to choose many foods that are high in sugars, starches, and fats.** |

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| **106.** | **A cause of obesity may be: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **drinking diet sodas while continuing to eat high-calorie foods.** |
|  | **B.** | **exercising without getting adequate rest.** |
|  | **C.** | **having growth spurts.** |
|  | **D.** | **teaching certain ages and stages of development.** |

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| **107.** | **A person on a low-calorie diet should select: (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **canned peaches in heavy syrup.** |
|  | **B.** | **coffee with sugar substitute.** |
|  | **C.** | **low-fiber cereal.** |
|  | **D.** | **small size of milkshake.** |

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| **108.** | **Which foods should be AVOIDED for toddlers and infants? (NCCTE.9\_12.FE.FN41.FF4.02)** |

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|  | **A.** | **Cereal for infants of 12-18 months of age** |
|  | **B.** | **Cow's milk for infants 0-6 months of age** |
|  | **C.** | **Juice for infants 6-12 months of age** |
|  | **D.** | **Solid foods for toddlers 2 years of age** |

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| **109.** | **After work, Stacy stopped at the supermarket and purchased a pre-cooked rotisserie chicken and a bag of pre-cut lettuce and vegetables for a salad for dinner. The factor that MOST LIKELY affected her food choices was: (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **family food preferences.** |
|  | **B.** | **family income.** |
|  | **C.** | **family values.** |
|  | **D.** | **time available for preparing food.** |

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| **110.** | **Stan bought all fresh seafood at Sam's Seaside Shop. This type of store is MOST LIKELY a: (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **convenience store.** |
|  | **B.** | **farmer's market.** |
|  | **C.** | **specialty store.** |
|  | **D.** | **supermarket.** |

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| **111.** | **Janis wants to purchase ingredients for a casserole. Which categories of foods for a casserole would she select by color, cut, grade, fat content, expiration date, smell, and packaging? (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **Canned** |
|  | **B.** | **Dairy** |
|  | **C.** | **Fruits and vegetables** |
|  | **D.** | **Red meats** |

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| **112.** | **What is an important cost-saving strategy to consider when shopping for foods? (NCCTE.9\_12.FE.FN41.FF6.01)** |

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|  | **A.** | **Buy beauty products and cleaning products at the grocery store** |
|  | **B.** | **Buy national brands only** |
|  | **C.** | **Never shop when hungry** |
|  | **D.** | **Use whole milk over other types of milk** |

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| **113.** | **What is an important cost-saving strategy to consider when shopping for foods? (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Buy by unit pricing and need** |
|  | **B.** | **Buy foods only that you have coupons and discounts for** |
|  | **C.** | **Buy only in bulk** |
|  | **D.** | **Buy only store brands** |

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| **114.** | **Developing a food spending plan involves using which strategy? (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Determining cost per serving** |
|  | **B.** | **Shopping every day** |
|  | **C.** | **Shopping without a shopping list** |
|  | **D.** | **Spending all flexible income on food** |

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| **115.** | **What is an example of information that can be found on a food label? (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Barcode date** |
|  | **B.** | **Date it was processed** |
|  | **C.** | **Date it was sold** |
|  | **D.** | **Expiration date** |

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| **116.** | **Debbie noticed a date on the label of sliced ham. What is this information? (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **Barcode date** |
|  | **B.** | **Date it was processed** |
|  | **C.** | **Date it was sold** |
|  | **D.** | **Date food expires** |

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| **117.** | **Marcus has hypertension. The doctor told him to check for which nutrient on the food label? (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **Carbohydrates** |
|  | **B.** | **Fat** |
|  | **C.** | **Protein** |
|  | **D.** | **Sodium** |

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| **118.** | **Fresh meat, purchased for use more than just a few days, should be stored: (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **dry.** |
|  | **B.** | **frozen.** |
|  | **C.** | **on the counter.** |
|  | **D.** | **refrigerated.** |

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| --- | --- |
| **119.** | **The BEST reason for storing foods properly at home guarantees: (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **freshness, nutrition, and value.** |
|  | **B.** | **higher nutritional values after cooking.** |
|  | **C.** | **more leftovers.** |
|  | **D.** | **more servings per person** |

|  |  |
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| **120.** | **Which category of food is selected by color, smell, and touch? (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Canned beans** |
|  | **B.** | **Citrus and fresh vegetables** |
|  | **C.** | **Frozen foods** |
|  | **D.** | **Milk and cheese** |

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| **121.** | **Mrs. Flores bought a 40-ounce box of cereal, stored it in three one-gallon containers, and saved one dollar by purchasing this way. The type of store at which Mrs. Flores MOST LIKELY shopped is a/an: (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **food cooperative.** |
|  | **B.** | **online store.** |
|  | **C.** | **supermarket.** |
|  | **D.** | **warehouse store.** |

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| **122.** | **Which food product is found in the bakery section of a supermarket?**  **(NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **Fresh sourdough bread** |
|  | **B.** | **Frozen biscuits** |
|  | **C.** | **Muffin mix** |
|  | **D.** | **Seafood breader mix** |

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| **123.** | **In addition to food products, the Jolly Mart sells hair care products at a higher price. This type of store is MOST LIKELY a: (NCCTE.9\_12.FE.FN41.FF6.01)** |

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| --- | --- | --- |
|  | **A.** | **convenience store.** |
|  | **B.** | **farmer's market.** |
|  | **C.** | **specialty store.** |
|  | **D.** | **supermarket.** |

|  |  |
| --- | --- |
| **124.** | **In which category of a household budget is the cost of food found? (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Fixed expenses** |
|  | **B.** | **Flexible expenses** |
|  | **C.** | **Income** |
|  | **D.** | **Spending money** |

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| --- | --- |
| **125.** | **Nutrition information included on a food label provides information about: (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **diseases the food might prevent.** |
|  | **B.** | **how good the food will taste.** |
|  | **C.** | **nutrients and calories in the food.** |
|  | **D.** | **the color and shape of the food.** |

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| **126.** | **A person can make healthier food choices when shopping for packaged and canned foods by: (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **buying more canned than packaged foods.** |
|  | **B.** | **buying only organic food products.** |
|  | **C.** | **purchasing larger sizes.** |
|  | **D.** | **reading the nutrition labels.** |

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| **127.** | **The BEST reason for storing foods properly at home is: (NCCTE.9\_12.FE.FN41.FF6.01)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **fewer calories in foods.** |
|  | **B.** | **fewer servings per person.** |
|  | **C.** | **less retention of nutrients.** |
|  | **D.** | **more cost-effective meals.** |

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| **128.** | **Anne is trying to decide how much food to eat at each meal. She knows she needs about 2400 calories each day based on her age, body type and health. How much of Anne's nutritional needs should come from lunch? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **200 calories** |
|  | **B.** | **400 calories** |
|  | **C.** | **600 calories** |
|  | **D.** | **800 calories** |

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| --- | --- |
| **129.** | **Anne is trying to decide how much food to eat at each meal. She knows she needs about 2400 calories each day based on her age, body type and health. How many of Anne's calories should come from snacks? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **200 calories** |
|  | **B.** | **400 calories** |
|  | **C.** | **600 calories** |
|  | **D.** | **800 calories** |

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| **130.** | **Sara is trying to decide what to eat for breakfast. A good choice for her is: (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **a blueberry-flavored bagel, jelly, soda, and coffee.** |
|  | **B.** | **oatmeal with blueberries, white toast with butter and jelly, and a fruit drink.** |
|  | **C.** | **pre-sweetened cereal, juice, and breakfast pastry.** |
|  | **D.** | **whole wheat toast, omelet with low-fat cheese, banana, and glass of milk.** |

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| **131.** | **Todd needs to eat lunch before he goes to work. A good example for a nutritious lunch would be: (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **a fast food hamburger, French fries, an orange and a glass of milk.** |
|  | **B.** | **a handful of chips, salsa, cottage cheese, and a peach milk shake.** |
|  | **C.** | **grilled chicken with salad greens, low fat cheese, a cup of tomato soup, a bran muffin, and water.** |
|  | **D.** | **spinach salad, fried chicken, yogurt, chocolate cake, and water.** |

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| **132.** | **Tonya wants to plan a dinner for her friend on Friday evening. Even though it was hot most of today, the forecast for later is rain. Which meal planning strategy will help Tonya plan her dinner with her friend? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **A one-dish meal** |
|  | **B.** | **A variety of preparation techniques The weather** |
|  | **C.** | **The weather** |
|  | **D.** | **Using take-out** |

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| **133.** | **Debbie's mom told her what was going to be served at a dinner party, starting with the main course. To what was she referring? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Meal manager's list** |
|  | **B.** | **Meal's guidelines** |
|  | **C.** | **Menu** |
|  | **D.** | **Nutrition guide** |

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| **134.** | **After planning the protein for the meal, what category of food should be planned? (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **Appetizer** |
|  | **B.** | **Beverage** |
|  | **C.** | **Bread** |
|  | **D.** | **Vegetable** |

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| **135.** | **Chris is in her first apartment which has a small kitchen. If she volunteers to prepare her family Thanksgiving dinner, which is the MOST IMPORTANT example of a meal planning principle Chris needs to use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Age and health concerns** |
|  | **B.** | **Budgeted amount for food** |
|  | **C.** | **Equipment available** |
|  | **D.** | **Time and energy available** |

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| **136.** | **Shaun knows that some small appliances can help prepare parts of a meal quickly. Which time-saving technique is BEST to use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Cooking ahead and freezing a meal** |
|  | **B.** | **Cooking a one-dish meal** |
|  | **C.** | **Using a microwave recipe** |
|  | **D.** | **Using a slow-cooker recipe** |

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| **137.** | **Janis comes home from work after a late meeting. She has a can of potatoes, a can of diced tomatoes, some celery, a few carrots and a can of chicken broth. She only has one chicken breast left in the refrigerator with no time to go to the store. She needs to prepare a quick meal for her family because of company coming later in the evening. Which time-saving technique is BEST to use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Cooking ahead and freezing a meal** |
|  | **B.** | **Cooking a one-dish meal** |
|  | **C.** | **Using a microwave recipe** |
|  | **D.** | **Using a slow-cooker recipe** |

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| **138.** | **Mrs. Jamison's FCCLA fundraising team wants to prepare a snack for sale that is healthy, easy, and takes little time to prepare. Which time-saving technique is BEST to use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Get all of the family to pitch in to prepare the meal** |
|  | **B.** | **Use a quick-cook recipe** |
|  | **C.** | **Use leftovers from another meal** |
|  | **D.** | **Use recipes that use smaller pieces to cook in less time** |

|  |  |
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| **139.** | **Kendra has a recipe for roasting a whole chicken. Since it takes forty-five minutes to cook, she had no time for lunch, is tired after work and she does not want to wait for a whole chicken to roast. Which time-saving technique is BEST to use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Get all of the family to pitch in to prepare the meal** |
|  | **B.** | **Use a quick-cook recipe** |
|  | **C.** | **Use leftovers from another meal** |
|  | **D.** | **Use recipes that use smaller pieces to cook in less time** |

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| **140.** | **Taylor wanted to fix a nice meal. She prepared lasagna the day before to save time and so the flavors would be enhanced. She did not have enough time to heat the lasagna through and took it out early in order to prepare the garlic bread. Taylor's meal lacked which meal appeal characteristic? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Color** |
|  | **B.** | **Flavor** |
|  | **C.** | **Shapes and sizes** |
|  | **D.** | **Temperatures** |

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| **141.** | **Judy bought and used whatever meat was on sale, even if it meant having it several times that week. To vary the menu, the BEST weekly planning ADVANTAGE is: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **anticipating what method will be used to prepare food.** |
|  | **B.** | **assuring all nutritional needs met.** |
|  | **C.** | **saving time in planning and shopping.** |
|  | **D.** | **using creativity and variety in meal planning.** |

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| **142.** | **When on vacation, Nick's family makes a game out of preparing meals. Each family member gets to prepare the dinner meal one night. Using this planning strategy to prepare meals for the family will help them: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **anticipate what preparation method they will us to prepare food.** |
|  | **B.** | **assure they get all of their nutritional needs met.** |
|  | **C.** | **save time in planning and shopping.** |
|  | **D.** | **use creativity and variety in meal planning.** |

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| **143.** | **Kayla lives by herself. She likes to cook but has trouble deciding what to prepare so she often just eats out. If Kayla would use weekly planning strategies, she could: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **eat at a friend's house each night.** |
|  | **B.** | **lower the cost of her grocery/food bill.** |
|  | **C.** | **prepare recipes that feed a large amount and eat the same thing each night.** |
|  | **D.** | **prepare smaller size recipes for one or two nights and then eat out the rest of the week.** |

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| **144.** | **Deborah's grandmother and little sister both have diabetes. It is important to consider individual health needs when meal planning by choosing which types of recipes? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **High fiber** |
|  | **B.** | **Low-carbohydrate** |
|  | **C.** | **Low protein** |
|  | **D.** | **Low sodium** |

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| **145.** | **Thomas' meal included his grandmother's famous original recipe for homemade chicken and dumplings. The meal preparation strategy is: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **scratch cooking.** |
|  | **B.** | **semi-homemade/speed scratch cooking.** |
|  | **C.** | **finished/convenience cooking.** |
|  | **D.** | **ordering take-out.** |

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| **146.** | **Ready-to-eat foods used with some home-prepared foods as a meal is characteristic of which meal preparation strategy? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Finished/convenience cooking** |
|  | **B.** | **Ordering take-out** |
|  | **C.** | **Scratch-cooking** |
|  | **D.** | **Semi-homemade/speed scratch cooking** |

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| **147.** | **An example of a speed-scratch dish is: (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **a dessert recipe that uses a box cake mix.** |
|  | **B.** | **canned peaches.** |
|  | **C.** | **chicken salad sandwich from the deli.** |
|  | **D.** | **frozen pizza.** |

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| **148.** | **Mr. Summers chose to serve roast turkey as his protein source for dinner. Which menu category is this? (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **Appetizer** |
|  | **B.** | **Beverage** |
|  | **C.** | **Main course** |
|  | **D.** | **Side dish** |

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| **149.** | **Joan has limited time to prepare dinner tonight after a busy day at work. A time-saving meal preparation strategy Joan should consider is: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **preparing a meal from scratch and freezing leftovers.** |
|  | **B.** | **preparing from scratch a one-dish meal.** |
|  | **C.** | **using a variety of preparation techniques.** |
|  | **D.** | **using take-out.** |

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| **150.** | **Hannah is planning birthday refreshments for her grandmother and her grandmother's friends at the nursing home.  Hannah has had very little cooking experience.  To which meal planning factors should Hannah pay special attention?  (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Budgeted amount for food and food availability** |
|  | **B.** | **Equipment, time, and energy available** |
|  | **C.** | **Food preparation skills and age/health concerns** |
|  | **D.** | **Number being served and food for leftovers** |

|  |  |
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| **151.** | **A menu included grilled chicken, mashed potatoes, corn on the cob, a corn muffin, iced tea or coffee, and vanilla ice cream for dessert. This meal lacks variety of: (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **color.** |
|  | **B.** | **shapes and sizes.** |
|  | **C.** | **temperature.** |
|  | **D.** | **texture.** |

|  |  |
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| **152.** | **Jenny is learning to prepare foods authentic to different cultures.  Which meal preparation strategy does she most likely use? (NCCTE.9\_12.FE.FN41.FF6.02)** |

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| --- | --- | --- |
|  | **A.** | **Eating out** |
|  | **B.** | **Finished/convenience cooking** |
|  | **C.** | **Scratch cooking** |
|  | **D.** | **Semi-homemade cooking** |

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| **153.** | **Round steak is a less tender cut of beef, which time-saving technique should be used to cook this cut of beef? (NCCTE.9\_12.FE.FN41.FF6.02)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Cooking a one-dish meal** |
|  | **B.** | **Cooking instant rice to accompany the round steak** |
|  | **C.** | **Using a microwave recipe** |
|  | **D.** | **Using a slow-cooker recipe** |

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| --- | --- |
| **154.** | **Jason is cooking spaghetti and sauce. What step should he do while he is cooking? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Clean** |
|  | **B.** | **Consider the family's meal pattern preferences** |
|  | **C.** | **Plan the rest of the meal** |
|  | **D.** | **Review the dessert recipe** |

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| **155.** | **For maximum flavor, spices and herbs are added to a dish: (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **after the cooking process has started.** |
|  | **B.** | **at the beginning of the cooking process.** |
|  | **C.** | **at the end of the cooking process.** |
|  | **D.** | **whenever it is convenient.** |

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| **156.** | **At what step in the meal preparation process should convenience foods be considered? (NCCTE.9\_12.FE.FN41.FF6.03)** |

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| --- | --- | --- |
|  | **A.** | **Cleaning and storing leftovers** |
|  | **B.** | **Cleaning the kitchen** |
|  | **C.** | **Considering foods that produce leftovers** |
|  | **D.** | **Planning the menu** |

|  |  |
| --- | --- |
| **157.** | **Scratch, semi-homemade, convenience foods should be considered during what step of the meal preparation process? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **When cleaning and storing leftovers** |
|  | **B.** | **When considering foods that produce leftovers** |
|  | **C.** | **When planning the menu** |
|  | **D.** | **When reviewing recipes** |

|  |  |
| --- | --- |
| **158.** | **What should Ginnie do right BEFORE she washes the final dishes? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Add up the cost of the meal** |
|  | **B.** | **Evaluate the steps of the meal from menu planning to clean up** |
|  | **C.** | **Plan meals for the next day** |
|  | **D.** | **Store the leftovers** |

|  |  |
| --- | --- |
| **159.** | **Meredith found chicken breasts on sale. During which step of meal planning should she consider this? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Completing pre-preparation tasks** |
|  | **B.** | **Determining how many people she is serving** |
|  | **C.** | **Determining what leftovers she will have** |
|  | **D.** | **Planning the menu** |

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| --- | --- |
| **160.** | **To keep foods safe, store leftovers immediately AFTER: (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **all foods are allowed to stand until they come to room temperature.** |
|  | **B.** | **all foods are left out for snacking** |
|  | **C.** | **the dishes are washed and put away.** |
|  | **D.** | **the meal is eaten.** |

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| **161.** | **During what step in meal preparation would herbs and spices be added to a food product? (NCCTE.9\_12.FE.FN41.FF6.03)** |

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| --- | --- | --- |
|  | **A.** | **Gather ingredients and equipment** |
|  | **B.** | **Prepare/cook food** |
|  | **C.** | **Serve** |
|  | **D.** | **Store leftovers** |

|  |  |
| --- | --- |
| **162.** | **Alice does not have enough leftover cooked chicken for another meal. What can Alice do next to minimize costs in her food spending plan? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Add up the cost of the meal** |
|  | **B.** | **Eat all the leftover chicken then to avoid waste** |
|  | **C.** | **Throw away the chicken** |
|  | **D.** | **Use the chicken in a salad, casserole, or snack recipe** |

|  |  |
| --- | --- |
| **163.** | **The hostess chose the right menu for the party.  Guests were pleased with the food and decorations.  All the food was prepared and served at the intended time.  There were no leftovers and clean-up took almost no time. This information reflects what step in the meal preparation process? (NCCTE.9\_12.FE.FN41.FF6.03)** |

|  |  |  |
| --- | --- | --- |
|  | **A.** | **Evaluate the meal** |
|  | **B.** | **Plan future menus** |
|  | **C.** | **Serve the meal** |
|  | **D.** | **Set the table** |