

Test Number \_\_\_\_KEY\_\_\_\_ Meal Planning Test 112 points possible

**Do not write on this test! Fill in the correct answer on the Scantron Sheet.**  
**Use a #2 pencil and fill in your answers completely.**

**True or False. Mark a T if true or a F if false. (46)**

- T or F 1. Studies show that about one out of every three meals is eaten away from home.
- T or F 2. Snacks should be eliminated from your daily food pattern.
- T or F 3. Making nutritious food choices can be more difficult when you eat out.
- T or F 4. Studies show that people who skip breakfast do less work, have problems concentrating in school or on the job, and feel tired and nervous.
- T or F 5. Orange juice, pizza, and milk for breakfast is not a nutritious morning meal.
- T or F 6. Potato chips are high in nutrients, but low in calories and are therefore a good choice for snacks.
- T or F 7. Jam and jelly are classified as servings from the Fruit Group.
- T or F 8. Buying groceries from a shopping list will save on your food dollars.
- T or F 9. Shoplifting and careless handling of food by consumers do not add to the price of food.
- T or F 10. Do not buy damaged, leaking, rusty, or bulging cans of food at any price.
- T or F 11. All food stores in the United States have unit pricing.
- T or F 12. Understanding sales techniques used by stores can help you shop for food and save money.
- T or F 13. Checking the unit prices proves that larger sizes are not necessarily more economical.
- T or F 14. Coupons don't automatically mean savings.
- T or F 15. Unit pricing makes it easier for consumers to figure out the price per unit and make price comparisons among various prices and sizes.
- T or F 16. Preparing foods from scratch cannot always guarantee making it is cheaper than buying convenience.
- T or F 17. An example of an appealing meal is one with all strong-flavored foods.
- T or F 18. Pre-preparation and assembling needed items before you begin to work are basic principles in working efficiently.
- T or F 19. Meal planning helps make sure meals are nutritious.
- T or F 20. There is little that can be done to make leftovers interesting.
- T or F 21. The food at each meal should have a variety of shapes and sizes.
- T or F 22. To time a meal, plan backwards from the time the meal should be ready.
- T or F 23. The number of calories in a serving is listed on most containers of foods.
- T or F 24. Generic foods are not usually as wholesome as other foods.
- T or F 25. When planning menus, it will be best if you include no more than one food which requires last-minute preparations.
- T or F 26. A good rule to follow is to include something hot in a cold meal, and something cold in a hot meal.
- T or F 27. Mashing potatoes and making gravy would both require last minute preparations.
- T or F 28. Doing a survey of cupboards, pantry, refrigerator and freezer is a good way of determining what foods you have on hand.
- T or F 29. "Meal planning" is going to the store right before dinner time, when you are hungry, to decide what would look good for dinner that night.
- T or F 30. You should take all of your coupons to the store, even though many of the coupons are for items not on your list.
- T or F 31. Avoiding impulse purchases is easier if you are shopping on an empty stomach.
- T or F 32. Avoiding impulse purchases can help keep the family's shopping bill down and keep the family's fat intake down.
- T or F 33. A low-fat food is any food that has 5 grams or less of fat per serving.

- T or F 34. The %Daily Values on the label are based on a 3000-calorie-a-day diet.
- T or F 35. Ingredients are listed on the label by weight, with the first ingredient being present in the greatest amount.
- T or F 36. Calorie content and %Daily Values on the label are based on a single serving.
- T or F 37. "Reduced fat" means a food has 50% fewer calories than its traditional counterpart.
- T or F 38. A beverage labeled "fruit drink" is 100% fruit juice.
- T or F 39. A packaged food that says "pull by 2-25" means it should not be sold after February 25<sup>th</sup>.
- T or F 40. A label that reads "Iron - 6%" means that 6% of your Daily Value for iron is supplied in a single serving.
- T or F 41. It's a good idea to throw out your weekly menu plans at the end of each week; otherwise you might get into a rut.
- T or F 42. Lower-income families spend a lower percentage of their total income on food than wealthier families.
- T or F 43. Smart consumers plan their grocery shopping around sales, when the best prices are in effect.
- T or F 44. Convenience store prices are usually about the same as the prices at the supermarket.
- T or F 45. A soup labeled "reduced salt" must have at least 50 percent less salt than the original product.
- T or F 46. A late spring snow and freeze can increase food prices for months.

**Multiple Choice. Mark the best answer to make the question complete. (29)**

- A   47. The day a product was manufactured, processed, or packaged is the  
A. packing date B. freshness date C. expiration date
- B   48. If the label reads "noodles with beef" it means the product has:  
A. more beef than noodles B. more noodles than beef
- B   49. Generic products are:  
A. imitations B. those with not brand names
- A   50. By law, nutrition labels are required:  
A. for all packaged foods B. if the product is enriched or fortified, or if nutritional or diet claims are made for it
- A   51. On food labels, additives \_\_\_\_\_ be listed.  
A. must B. need not
- B   52. When the demand for food is greater than the supply, prices tend to be:  
A. lower B. higher
- C   53. What important principle of meal planning isn't followed in this meal?

Creamed Tuna on Toast  
Yellow Beans  
Cottage Cheese and Peach Salad  
Vanilla Pudding  
Milk

- A. variety in preparation B. variety in flavor C. variety in color
- D   54. Which of the following steps is NOT important when writing a shopping list?:  
A. surveying the cupboards B. meal-planning C. surveying the freezer  
D. reading the labels of foods in your cupboard
- D   55. Which coupons should you bring to the store?:  
A. manufacturer's coupons B. store coupons C. all the coupons you have  
D. coupons ONLY for the items you have on your list
- A   56. Which of the following is a good way to avoid impulse purchases?:  
A. avoiding the snack aisle B. shopping without a list C. shopping more than once a week D. bringing extra coupons to the store

- \_\_C\_\_ 57. A food labeled 5 grams of fat per serving has \_\_\_\_\_ calories from fat.  
A. 5 B. 20 C. 45 D. 75
- \_\_B\_\_ 58. The recommendation for \_\_\_\_\_ remains the same no matter what your calorie intake:  
A. fiber B. cholesterol C. fat D. carbohydrates
- \_\_D\_\_ 59. According to health claims on labels, diets low in calcium are linked to:  
A. anemia B. high blood pressure C. cancer D. osteoporosis
- \_\_D\_\_ 60. On the food label, serving sizes are listed in:  
A. metric amounts B. household measures C. percentages D. both a and b
- \_\_C\_\_ 61. According to health claim on labels, diets high in fat, especially saturated fat, are linked to:  
A. allergies B. high blood pressure C. heart disease D. osteoporosis
- \_\_A\_\_ 62. An ingredient list is especially important for people with:  
A. food allergies B. weight problems C. cancer D. all of the above
- \_\_A\_\_ 63. Which of the following must be on a food label?  
A. nutrition facts B. nutrient content claim C. open date D. all of the above
- \_\_C\_\_ 64. Which nutrient content claim suggests the least amount of fat?  
A. reduced fat B. low fat C. fat free D. cholesterol free
- \_\_C\_\_ 65. Which product is most likely to have a “sell date”?  
A. canned corn B. frozen lima beans C. milk D. dry beans
- \_\_C\_\_ 66. If you are trying to decide whether the 18-ounce box or the 32-ounce box is the better buy, what number should you compare?  
A. net weight B. total price C. unit price D. net value
- \_\_C\_\_ 67. Which is the best buy?  
A. four bagels for \$2.00 B. six bagels for \$2.70 C. twelve bagels for \$4.20  
D. twenty bagels for \$8.00
- \_\_A\_\_ 68. Which of the following suggestions would NOT help a family plan economical meals around busy schedules?  
A. eat out as much as possible B. cook for the freezer C. collect nutritious but quick recipes D. prepare one-dish meals
- \_\_D\_\_ 69. Which of the following does NOT affect a family’s food expenditures?  
A. age of family members B. amount of food eaten away from home  
C. size of family income D. number of people who plan the menus
- \_\_B\_\_ 70. Which of the following is NOT a valid way to reduce food expenses?  
A. reducing waste by buying only what you need B. eating beans and grains less often  
C. choosing inexpensive main dishes D. reading supermarket advertisements
- \_\_D\_\_ 71. A meal of chicken fingers, steamed asparagus, raw celery and carrot strips, and bread sticks is lacking in meal appeal because:  
A. there is more than one vegetable B. there are too many different flavors.  
C. there is not enough color D. the shapes of the foods are very similar
- \_\_C\_\_ 72. Deanne is planning to serve pork chops, brown rice, sauerkraut, and applesauce. To improve the meal appeal of this menu, Deanne should:  
A. substitute white rice for the brown rice B. include more soft-textured foods  
C. include more colorful foods D. do nothing; the menu is fine as it is
- \_\_B\_\_ 73. The “flavor” rule of meal appeal suggests that if the menu includes a spicy food, you should:  
A. include other spicy foods to go with it B. include mild-flavored foods for balance  
C. serve only small amounts of the spicy food D. provide an alternative for people who don’t like spicy food
- \_\_A\_\_ 74. The “temperature” rule of meal appeal suggests that  
A. foods should be at the proper temperature when served B. hot and cold foods should be served on the same plate  
C. a meal should include only hot foods or cold foods, not both D. hot foods should be served in summer and cold foods in winter

- C 75. For most people, it's most efficient to plan meals;  
A. one at a time B. the day before C. a week or more at a time D. a year at a time

**Read the situations described below. Then answer each item as directed.  
(25)**

**This week it is Sue's turn to plan the family meals. Her family is on a tight budget, and usually no one is home to start dinner before 5:00 p. m. Mark (T) if the item represents *good meal planning*. Mark (F) if the item represents *poor meal planning*.**

- T 76. Sue remembers to check on the rest of the family's plans for the week.  
 F 77. Sue likes steak, lobster, and fresh salmon, so she has included them on the week's menus.  
 F 78. Several of the items she has planned require a lot of preparation, but she thinks they're worth it.  
 T 79. Before she finishes, she remembers to check the freezer and refrigerator to see what she already has available.  
 F 80. Wednesday night she has planned baked cod, mashed potatoes, cauliflower, and cottage cheese.  
 F 81. Since it is supposed to snow Monday and everyone might be running late, she plans chicken salad, potato salad, and gelatin with fruit.  
 T 82. She doesn't plan any meals that contain onions because her brother is allergic to them  
 T 83. She checks the grocery store ads for sales.

**Sue arrives home first one evening, so she begins to prepare the family meal. Mark a (T) if the item represents *good meal preparation technique*. Mark a (F) if the item represents *poor meal preparation technique*.**

- T 84. Sue decided to use a work plan to prepare the meal.  
 F 85. She decided that a schedule really wasn't necessary, since she was already using a work plan.  
 T 86. She began by listing the steps needed to prepare each dish in the meal.  
 F 87. She ignored pre-preparation time, since that doesn't really count in the time to prepare a meal.  
 F 88. She didn't consider setting the table; she can worry about that later.  
 T 89. She looked for ways to combine tasks to make meal preparation simpler.  
 T 90. She plans to set the table attractively on Thursday evening, even though she will be the only one home for dinner.

**Dana's family has little time for meal preparation. To help the family get nutritious meals, Dana is planning this week's menus around convenience foods. Mark a (T) if Dana's plan is likely to *help the family eat nutritious meals*. Mark a (F) if Dana's plan *will not help the family eat nutritious meals*.**

- T 91. Dana plans to use quick-cooking rice as a side dish on Monday and Thursday.

