**FOOD AND NUTRITION I**

**PRETEST and POST TEST**

**DO NOT WRITE ON TEST- USE ANSWER SHEET- FILL IN EACH BUBBLE COMPLETELY**

1. In case of electric shock, which of the following should be done **FIRST**?

A. Pull the victim away from the source of power

B. Disconnect the power source.

C. Begin rescue breathing

D. Dial 911

2. Dull knives are:

A. Safer than very sharp knives

B. Easier to work with than sharp knives

C. More dangerous than sharp knives

D. More efficient than sharp knives

3. Which of the following is **NOT** the correct way to put out a grease fire?

A. Pouring water on the fire.

B. Smothering the fire with baking soda.

C. Covering the pan with a lid.

D. Smothering the fire with salt.

4. Which of the following is **NOT** true about hand washing?

A. Wash hands before working with any food, and after handling raw meats, poultry or eggs.

B. Wash hands before putting on an apron.

C. Wash hands after using the rest room.

D. Wash hands after sneezing, coughing, or touching hair.

5. Chlorine bleach can be:

A. Combined with other cleaning agents containing ammonia to boost its cleaning and disinfectant power.

B. Used as a dilute solution occasionally to disinfect and sanitize work surfaces in the kitchen.

C. Used to prevent food-borne illness in raw foods.

D. Stored in a cupboard with foods as long as it is in an airtight, non-breakable container.

6. People with food-borne illness:

A. Can tell they have eaten contaminated food since it has an off-odor or an off-smell.

B. Can tell they have eaten contaminated food since it will have mold or other obvious signs of spoilage.

C. Cannot tell they have eaten contaminated food since it does not have an off-odor or off-flavor.

D. Never confuse the symptoms of food-borne illness with those of flu or viral sickness.

7. E. coli is a food borne illness that:

A. Is usually found in undercooked ground beef, unpasteurized milk, and fresh fruits and vegetables.

B. Is associated with improperly canned foods

C. Is a toxin from fecal bacteria transferred by human contact usually through improper hand washing.

D. Is often found in fresh poultry and raw eggs

8. The temperature danger zone for food-borne bacteria is between:

A. 0 and 164 degrees Fahrenheit

B. 41 and 135 degrees Fahrenheit

C. 60 and 120 degrees Fahrenheit

D. 32 and 212 degrees Fahrenheit

Fill in the blanks:

9. 3 teaspoons = \_\_\_? \_\_\_\_\_ Tablespoon A. 2

10. \_\_? \_\_\_Tablespoons = 1 cup B. 16 T.

11. \_\_\_? \_\_ cups = 1 gallon C. 1

12. 1/2 cup = \_\_\_? \_\_\_\_ Tablespoons D. 8

13. \_\_? \_\_\_\_pints = 1 quart E. 16 c.

14. Which one of the following is NOT part of microwave cooking?

A. Using round containers over square containers

B. Rotating food during cooking time

C. Adding resting time to the total cooking time

D. The total cooking time is not affected by quantity of the food item.

15. A pastry blender is used to:

A. Measure the internal temperature of a cooked food

B. Drain liquids

C. To peel or cut small food items

D. To cut in shortening or fat

16. Simmer means to:

A. To brown or cook foods with a small amount of fat

B. To cook just below the boiling point.

C. To cook by the vapor produced by when water boils

D. To mix ingredients by gently turning one part over another.

17. Which of the following is NOT a carbohydrate?

A. Protein

B. Fructose

C. Glucose

D. Starch

18. Roughage and cellulose is also called:

A. Starch

B. Carbohydrate

C. Fiber

D. Protein

19. Fiber is found in:

A. Meat

B. Milk

C. Eggs

D. Whole Grains

20. When cooked, pasta will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in size.

A. Stay the same

B. Triple

C. Double

D. One and a half times

21. The largest part of the wheat kernel is the:

A. Bran

B. Cereal

C. Endosperm

D. Germ

22. When cooked, long grain rice will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ its size.

A. Double

B. Triple

C. Stay the same

D. Increase by one half

23. The amount of fiber that should be eaten daily is:

A. 10-20 grams

B. 10-15 grams

C. 20-35 grams

D. 25-30 grams

24. Quick breads do NOT use \_\_\_\_\_\_\_\_\_\_\_\_ for leavening

A. Yeast

B. Baking Soda

C. Baking Powder

D. Steam

25. Flour is used in a quick bread to:

A. Provide moisture

B. Provide flavor

C. Makes the quick bread rise

D. Provide structure

26. How many calories per gram do carbohydrates have?

A. 3

B. 4

C. 2

D. 1

27. Which of the following is NOT an example of incomplete proteins being combined to create a complete protein?

A. Beans & Rice

B. Bean Soup with a wheat roll

C. Macaroni & Cheese

D. Peanut Butter with wheat toast

28. Which of the following is a source of complete protein?

A. Rice

B. Soy Beans

C. Tofu

D. Wheat Bread

29. How many essential amino acids are there?

A. 2

B. 9

C. 11

D. 20

30. How do monounsaturated fats affect LDL & HDL cholesterol levels?

A. Lowers LDL & HDL levels

B. Lowers HDL levels & Raises LDL levels

C. Raises LDL & HDL levels

D. Raises HDL levels & lowers LDL levels

31. How many calories are in one gram of fat?

A. 3

B. 4

C. 6

D. 9

32. Used as a binder, thickener, coating, leavening agent and emulsifier are all functions of:

A. Eggs

B. Shortening

C. Milk

D. Fat

33. What is considered “bad” cholesterol?

A. IDL

B. EDL

C. HDL

D. LDL

34. Which of the following is NOT a function of fat?

A. Carrier of Vitamin B and C

B. Insulates the body

C. Protects internal organs

D. Promotes healthy skin

35. What vitamin helps to form collagen to help hold the cells together, aids in healing and prevents scurvy?

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. Vitamin D

36. What vitamin helps in the role of preventing neural tube birth disorders like spina bifida?

A. Vitamin D

B. Folate

C. Vitamin E

D. Vitamin K

37. Which of the following are classified as electrolytes:

A. Calcium, phosphorus

B. Potassium, sodium

C. Zinc, copper

D. Potassium, calcium

38. Without this mineral, you may develop anemia:

A. Iron

B. Calcium

C. Copper

D. Zinc

39. If a food is “Nutrient Dense”, that means:

A. It has a lot of calories, and few nutrients

B. It has a lot of nutrients and calories.

C. It has a lot of nutrients, and few calories.

D. It has very little nutrient value at all.

40. Foods that have solid fats and added sugars, but few nutrients have more:

A. Nutrient Density

B. Sufficient Calories

C. Complex Calories

D. Empty Calories