Name: Food and Nutrition 1 - State Test Review Pd\_\_\_\_\_

***Kitchen Equipment***

**­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -** Serrated edge for cutting bread

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -** Drains liquids; has larger holes than a strainer

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Protects counter when cutting and chopping foods - Should be plastic instead of wood

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Large triangular blade, wide at handle and narrow at the tip -Used for slicing, cutting, chopping and dicing

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Reduce temperature in oven 25 degrees

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -**Small bowl at the end of a long handle Used for dipping hot liquid from a pan

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-**Measures internal temperature of meat and poultry

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Measures internal temperature of ovens

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Used to lift and turn flat foods such as hamburgers and pancakes

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** To cut fat into flour

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** To cut or peel small food items

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Used to measure internal temperature of refrigerator/freezer

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Has a rubber end - Used to scrape out food from bowls, measuring cups, etc.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Spoon with holes - Used to take solids out of liquids

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Used for leveling off or spreading frosting.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** - Wire mesh that separates liquid from food - Usually has small sine holes

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** - Used to grip and lift hot foods

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** A tool used to take off the outer surface of vegetables and fruit

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** Used for blending liquids

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-** For cooking on top of the stove.

***Microwave***

Microwaves are attracted to what type of food?

* + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Microwaves cause molecules to vibrate. Vibration creates friction, which produces the heat that cooks the food.

Microwave safe containers include:

* + Microwave safe plastic, paper, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **NO METAL!!!**

Define Standing Time:

* the time food continues to cook after the microwave has stopped

What increases cooking and standing time?

* + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and volume

**For best results when cooking in a microwave remember too:**

A. Stir and**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** food for even cooking

B. **\_\_\_\_\_\_\_\_\_** foods holds moisture in and helps foods to cook more evenly and prevent splattering. Cover with plastic wrap, paper towel, wax paper or lid.

C. Cook in shallow **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**container for even cooking

**To prevent burns from microwaves**

A. Lift cover or **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**away from you

B. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**items can prevent exploding or splattering

C. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**hot pads/pot holders

Microwave cooking does not brown foods or give a crisp crust.

***Safety Guidelines and Safe Work Habits***

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** - Use dry hands, stand on dry floor, keep away from water; Plug cord into electrical appliance before plugging into power source.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: -** Dull knives are more dangerous and less efficient

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**

* + Cover with lid, baking soda or salt, or a fire extinguisher
  + Avoid flour or sugar

**Poisonings and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**

* + Do not mix chlorine with **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** products – creates toxic, deadly gas/fume
  + Store **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** supplies away from foods and in the original container.

**Burns: -** Lift lids on hot foods away from you

* + Saucepan handles point **\_\_\_\_\_**from the front of the range (Should be In Center or middle of range)
  + Keep clothing away from direct heat.
  + Use hot pads or oven mitts for handling hot baking pans.

**Falls:**

* + Clean up spills **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** to avoid falls
  + Use a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** stool to reach items in high cupboards
  + Store heavy items on lower shelves.

***First Aid***

**Cuts and Burns**

1. Severely bleeding – apply direct pressure over wound

2. first-degree burn – place under cold, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** water

**Electrical Shock**

1. Avoid any water and electrical contact

2. Use dry hands to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** power source

3. Disconnect power source **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**approaching injured person

***Sanitation Standards***

Hand Washing:

* + Wash with soap & hot water **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**minimum
  + Wash after sneezing, using the restroom, coughing or touching the face, changing diapers, and touching **\_\_\_\_\_\_\_\_\_\_**
  + Wear **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** when cut on hand or open sores are present
  + Wear gloves when you aren’t going to cook food after touching it.

Work Surfaces: - Keep all work surfaces clean; Disinfect work surfaces to prevent cross-contamination.

Clothing - Change **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** aprons often

Tasting Foods - Use **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** spoon and use only once

Pests and insects

* + Avoid crumbs or spills -Keep staples in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** container
  + Dispose of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** properly

Dish Washing Order

* + Rinse and scrape first
  + Glassware
  + Silverware (Flatware, Utensils)
  + Dinnerware (Plates, Bowls, Etc.)
  + Wash pots and pans **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3-sink Dishwashing Method:**

Sink 1 –

Sink 2 –

Sink 3 –

Cleaning Supplies:

* Always use cleaners and sanitizers according to manufacturers’ directions.

1. Clean the surface.
2. Rinse the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
3. Sanitize the surface,
4. then allow the surface to air dry.

Procedure for storing dishes and utensils

* Utensils and equipment should be stored in ways that prevent contamination.
* Store utensils and**\_\_\_\_\_\_\_\_\_\_\_\_\_**that touches food at least six inches off the floor.
* Store glasses and cups upside down on a clean, sanitized **\_\_\_\_\_\_\_\_\_\_\_\_\_**, and store utensils with handles up.

Handling trash and garbage:

* Garbage can contaminate food and equipment if it isn’t **\_\_\_\_\_\_\_\_\_\_\_\_\_** safely. Remove garbage from prep areas as quickly as possible.
* Do not clean garbage containers near food prep or food storage areas.
* Clean the inside and outside of **\_\_\_\_\_\_\_\_\_\_\_\_\_** cans often.
* Close the lids on outdoor containers.

***Food-Borne Illness:***

**Result from eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods containing poisonous toxins**

Fever, headache and digestive troubles are symptoms of food-borne illness.

**General \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for bacteria growth:**

* + Warmth, Foods, Moisture

**Food with food-borne illness:**

* + Not always off-odor or off-flavor -When in doubt, throw it out!
  + Often look and smell normal

**Microbes**

* A microbe is anything too small to be visible to the naked eye.
* Three types of microbes found in food are **\_\_\_\_\_\_\_\_\_\_\_\_\_**, viruses and fungi (yeast and mold).
* Foods like milk/dairy, meat, fish, eggs, poultry, shellfish/crustaceans, baked potatoes, tofu, sprouts, cooked rice, beans and vegetables, sliced melons or tomatoes and lettuce are susceptible to **\_\_\_\_\_\_\_\_\_\_\_\_\_** growth.

**Types**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**-Associated with improperly canned foods, specifically low-acid foods. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: Bacteria spread by air from soil, ground and fecal matter to food sources. Usually found in undercooked ground beef, unpasteurized milk, fruit juices, fresh fruits and vegetables. E-coli will be killed by cooking or heating to a high enough temperature

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: - Virus from fecal matter transferred by human contact, usually through improper hand washing.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: - Bacteria often found in raw poultry and eggs.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** - Bacteria spread through human mucous contact to food sources.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** - Associated with raw produce, contaminated water, and foods that are not reheated after contact with an infected handler.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** - Associated with meats, poultry, gravy, dried or precooked foods, time/temperature abused foods.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** - Usually found in raw and undercooked poultry, unpasteurized milk, and contaminated water.

**Groups most vulnerable:**

* Population groups most vulnerable to food borne illness **\_\_\_\_\_\_\_\_\_\_\_\_\_**:
  + Young children
  + Older adults,
  + Pregnant women,
  + people with Immune systems weakened by disease or medical treatment-
* "YOPI's" [Young, Old, Pregnant, and Immune-Compromised].

**Prevent Food-borne Illness Contamination**

* Wash hands before putting on gloves and when changing to a new pair of gloves.
* Only use single-use gloves when **\_\_\_\_\_\_\_\_\_\_\_\_\_**food. Gloves should fit your hand.
* Change gloves when they get dirty or torn, before beginning a new task, or after handling raw meat, seafood, and **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Wear bandages over wounds and use a water-proof finger-cover over bandages and under gloves.

***Prevention***

Preparation: - Proper hand**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** cutting boards with soap and hot water

Storage - Store raw meat, poultry in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** so they do not drip or touch other foods

* Never place cooked food on plates that held **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**food
* Throw away any food with an off odor and do not taste or use.
* Do not buy or use bulging **\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Frequently clean and sanitize work surfaces.

Always wash hands, cutting boards, etc. with hot soapy water after they come in **\_\_\_\_\_\_\_\_\_\_\_\_\_** with raw meat, poultry or seafood.

***Temperature Zones***

Danger zone: - Between **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

* Foods should not be left in danger zone for more than **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Foods held in the danger zone for longer than 4 hours should be thrown out. In the industry, restaurants get 4 hours since food is delivered in a **\_\_\_\_\_\_\_\_\_\_\_\_\_** truck and moved directly to the refrigerator in the restaurant. Home use it is 2 hours.

Cooking: - Cook to proper **\_\_\_\_\_\_\_\_\_\_\_\_\_** temperatures (use meat thermometer)

* Ground meats (pork, beef, veal, lamb) to 155°F
* Seafood, beef, veal, lamb, pork: at least 145°F
* All poultry (whole or ground): to 165°F
* Egg yolks and whites cooked until **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Reheating foods: - Bring sauces, soups, to a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**when reheating; heat other leftovers to 165° F

Cold storage of foods

* 40° F or below
* Cooling foods: - Place food in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**dishes and refrigerate immediately
* Keep freezer temperature at 0 degrees Fahrenheit to keep foods frozen solid.
* Keep hot foods hot, and cold foods cold

Thawing Foods:

* In the refrigerator for 2-3 days. This is the safest method.
* In a sink of cold, running water. Or a sink full of cold water, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** the water every 30 minutes. Use food**\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* In the microwave, if using the food immediately.
* Never defrost frozen foods at room temperature.

Temperature Control

* Foods that require time or temperature controls for safety are (TCS) foods (temperature controls for safety)
* Any type of food can be contaminated, but some types allow more microbe/pathogen growth.
* The best way to **\_\_\_\_\_\_\_\_\_\_\_\_\_** pathogen growth in these items is to control time and temperature.
* Foods like milk/dairy, meat, fish, eggs, poultry, shellfish/crustaceans, baked potatoes, tofu, sprouts, cooked rice, beans and vegetables, sliced melons or **\_\_\_\_\_\_\_\_\_\_\_\_\_** and lettuce are susceptible to bacterial growth.

ABBREVIATIONS

Tablespoon = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Teaspoon = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Gallons = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Pound = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Cup = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Quart = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Ounce = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Pint = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Temperature = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Minute = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Calorie = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hour = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

EQUIVALENTS

3t = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** T

4T = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** cup

2 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**pt

4 qt = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** gal

16 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** gal

1/8 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** T

4 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**qt

2 pt = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**qt

1/3 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**T

½ c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**T

1 c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** T

¾ c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**T

60 min = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**hr

8 fl oz = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** c

½ c = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**cube/stick butter

16 oz = 1 lb

Measuring

* Use dry measuring cups for dry ingredients and level with a straight edge spatula.
* Use liquid measuring cups for liquid ingredients. Measure at eye level on a flat, level surface.
* Brown sugar is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and leveled in dry measuring cups.
* Shortening is pressed into dry measuring cups and leveled; or use water displacement method.
* Use most effective tools for **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. For example: use ¼ cup rather than 4 Tbsp.
* Use measuring spoons for ingredients less than ¼ cup.
* Do not measure directly over the mixing bowl.

DOUBLING AND CUTTING RECIPES

* Cooking temperature **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** the same
* The amount of ingredients **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**of cooking time changes
* Size of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**will be affected

***Double and Halving***

Half 1 qt = 2 cups

Half 2/3 c = 1/3 cup

Half 1 1/3 c = 2/3 cup

Half 1 T = 1 ½ tsp

Double ¼ c = ½ cup

Double ¾c = 1 ½ cups

Double 2 T = ¼ cup

Double 1/3 c = 2/3 cup

Food Preparation Terms:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** Cut into small pieces

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to work sugar and fat together until the mixture to soft and fluffy

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to cut fat into flour with a pastry blender or two knives

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to cut into very small cubes

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to coat food heavily with flour, breadcrumbs or cornmeal

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to sprinkle or coat with a powdered substance, often with crumbs or seasonings

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to mix ingredients by gently turning one part over another

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to finely divide food in various sizes by rubbing in on surface with sharp projections

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to work dough to further mix the ingredients and develop the gluten

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to cut or chop food as finely as possible

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to remove or strip off the skin or rind of some fruits and vegetables

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to brown or cook foods with a small amount of fat using low to medium heat

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to cook just below the boiling point

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to cook by the vapor produced when water is heated to the boiling point

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** to beat rapidly to introduce air bubbles into food

10 Tips to Healthy Diet

1. Balance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Enjoy your \_\_\_\_\_\_\_\_\_\_\_\_, but eat less
3. Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ portions
4. Foods to \_\_\_\_\_\_ more often (Vegetables, Fruits, Whole Grains, Skim or 1% dairy products)
5. Make \_\_\_\_\_\_\_\_ your plate fruits and vegetables
6. Switch to fat-free or low-fat (1%) \_\_\_\_\_\_\_\_\_\_\_\_\_
7. Make \_\_\_\_\_\_\_\_\_\_\_\_ your grains be whole grains
8. Foods to eat \_\_\_\_\_\_\_\_\_\_\_ often (solid fats, added sugars and salt)
9. Compare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in food
10. Drink \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ instead of sugary drinks.

Other tips from ChooseMyPlate:

1. Vary your \_\_\_\_\_\_\_\_\_\_\_\_ food choices
2. Eat the right amount of calories for you
3. Be\_\_\_\_\_\_\_\_\_\_\_\_active your way

6 DIETARY GUIDELINES

1. Eat nutrient dense foods. - Provides vitamins, minerals and other beneficial substances with relatively few calories.
2. Balance calories to manage weight.
   * Monitor food and beverage intake, physical **\_\_\_\_\_\_\_\_\_\_\_\_\_**, and body weight.
   * Reduce portion sizes.
   * When eating out, make**\_\_\_\_\_\_\_\_\_\_\_\_\_**choices.
   * Limit screen time.
3. Reduce sodium, fats and added sugars, refined grains and alcohol.
4. Increase **\_\_\_\_\_\_\_\_\_\_\_\_\_**, fruits, whole grains, milk, seafood (8 oz. of seafood per week) and use oils in place of solid fats.
   * Choose seafood products in place of some meat/poultry. (At least 8 oz. per week for teens/adults.)
5. Build healthy eating patterns that meet **\_\_\_\_\_\_\_\_\_\_\_\_\_** needs over time at an appropriate calorie level.
6. Include physical exercise as part of healthy eating patterns. (Children and teens should be physically active for at least 60 minutes every day.)
   * Average American diet has more fat, sodium, sugar and calories than recommended.
   * Average American diets are lower in fiber and whole grains than **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
   * Salt and sodium are usually added to processed foods and beverages and diet drinks.
   * High consumption of salt and sodium are **\_\_\_\_\_\_\_\_\_\_\_\_\_** factors to high blood pressure.

***My Plate***

Grains Group

* Choose 100% whole grain cereals, breads, crackers, rice and pasta.
* Check the ingredients list on food **\_\_\_\_\_\_\_\_\_\_\_\_\_** to find whole grain foods.
* Make at least half of your grains whole grains.

Protein Group

* Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
* Keep meat and poultry **\_\_\_\_\_\_\_\_\_\_\_\_\_** small and lean.
* Try grilling, broiling, poaching or roasting. These methods do not add extra fat.

Vegetable Group

* Chose fresh, frozen, **\_\_\_\_\_\_\_\_\_\_\_\_\_**, or dried fruits and vegetables.
* Eat more red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli in main and side dishes.

Fruit Group

* Use fruit as snacks, salads or desserts.
* Choose whole or cut-up fruits more often than **\_\_\_\_\_\_\_\_\_\_\_\_\_** juice.
* Make half your plate fruits and vegetables.

Dairy Group

* Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
* Switch to low-fat or fat-free dairy **\_\_\_\_\_\_\_\_\_\_\_\_\_**. Get your calcium rich foods.

All groups important!

* All food groups are important to good health.
* Each food group **\_\_\_\_\_\_\_\_\_\_\_\_\_** some, but not all of the nutrients you need.
* No one single food or food group can provide all nutrients.
* Eating a variety ensures you get all nutrients

Healthy Eating Habits

* Reading and **\_\_\_\_\_\_\_\_\_\_\_\_\_** food labels
* Portion control
* Functions and caloric value of the 6 nutrients
* People have different caloric needs depending on age, gender and activity level.

-***Carbohydrates***

* Primary function is to provide **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**have **4 calories per gram**
* Complex carbohydrates
  + Known as **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + Whole grains, cereal products, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** beans, rice, vegetables, pasta
  + Fiber is a form of a complex carbohydrate.
* Simple carbohydrates
  + Known a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Carbohydrates include:** sucrose (table sugar), fructose (fruit sugar), lactose (milk sugar), maltose (malt sugar) and **\_\_\_\_\_\_\_\_\_\_\_\_\_** (blood sugar).

Whole Grain:

* **Endosperm:** starch, protein
* **Germ:** unsaturated fatty acids, “B” Vitamins, Vitamin E, iron, zinc, other trace **\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Bran:** fiber, vitamins, minerals

***Fiber***

* 20-35 grams daily (National Cancer Institute recommends)
* Roughage
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**water to our intestines, and moves food through the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**faster
* Keeps bowel movements **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, reduces constipation
* Cellulose = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**fiber
* Food high in fiber: fruits, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (especially skins/peels)**, whole grains, legumes, bran cereal, dry beans, split peas, lentils
* Reduces risk of diverticulosis, colon & rectal **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* To add fiber to a recipe add: bananas, berries, replace flour with part whole wheat flour, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Types of rice include: brown, instant, long grain and short grain.

* Brown rice is the whole grain form of rice.
* Instant rice is precooked and then **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Long grain rice stays dry and fluffy.
* Short grain rice sticks **\_\_\_\_\_\_\_\_\_\_\_\_\_** and is also known as “sticky rice”.

Rice Cooking Method

* Bring water to a boil.
* Add rice, cover the pan and reduce heat to a simmer.
* Do not **\_\_\_\_\_\_\_\_\_\_\_\_\_** the lid while rice is cooking.
* One cup of uncooked rice makes three cups of cooked rice. (Ratio is 1:3).

***Pasta***

Pasta dishes are usually low cost **\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Store dry pasta in a tightly covered container at room temperature. Fresh or cooked pasta should be stored in a closed container in the **\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Pasta Cooking Method:

* Bring water to a boil.
* Slowly add pasta so the boiling does not stop.
* Cook uncovered until pasta is al dente (firm to the tooth), stirring **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* One cup of uncooked pasta **\_\_\_\_\_\_\_\_\_\_\_\_\_** two cups of cooked pasta. (Ratio is 1:2).Pasta test for doneness – al dente: meaning firm to the tooth

***Quick Breads***

* Non-yeast, leavened **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**based products
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**and easy to prepare
* Under-mixing cause quick breads to be crumbly, dry and have very few tunnels.
* Over-mixing causes tough products and tunnels
* Function of ingredients:
  + Flour: main **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, gives structure
  + Liquid: provides **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + Fat: provides **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, richness, and some flavor
  + Salt and sugar: taste/**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (sugar browning too)
* Leavening agents: make the bread rise. Ex -baking powder, eggs, baking soda, and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Examples of quick breads:
  + Muffins - Pancakes -Waffles
  + Biscuits -Cornbread -Popover

***Water – most essential nutrient***

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**water solublevitamins C and B through the body
* Carries **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**through the body
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**body temperature
* Prevents Dehydration
* Body cannot **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**without water
* Dehydration = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**of water
* Prevent dehydration: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**water and other fluids frequently – don’t wait to be thirsty
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – 8oz cups (64 oz) of water recommended daily**
* Urine should be pale yellow (**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**)
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**urine is indication of dehydration

Exercise Hydration

* For short duration exercise (<60 minutes) water is a good choice to drink before, during and after exercise.
* For moderate to high intensity activities lasting longer than 60 minutes sports drinks will help replace carbohydrate loss and electrolyte **\_\_\_\_\_\_\_\_\_\_\_\_**.
* Drink according to thirst during the day and include fluids with meals.
* Drink 8-20 oz of water an hour before **\_\_\_\_\_\_\_\_\_\_\_\_**.
* Continue drinking during exercise, up to 16-24 oz of fluid per hour (4-6 oz every 15 minutes).

***Vitamins***

* Vitamin C: Helps to form collagen which holds the cells together and aids in healing. Prevents scurvy.
* Folate (folacin/folic acid) is one of the B Vitamins. Folate helps prevent neural tube birth disorders, such as spina bifida. Neural tube damage occurs during the first weeks of pregnancy before a woman may realize she is pregnant. Meeting the folate requirement before **\_\_\_\_\_\_\_\_\_\_\_\_**pregnant is essential for prevention.
* Vitamin A: Enhances hair, skin and helps prevent night blindness. Sources: Red, orange and dark green vegetables.
* Vitamin D: Manufactured by the body with exposure to sunlight. Works with the body to build and maintain healthy**\_\_\_\_\_\_**and teeth; usually added to milk products. It is also called the “Sunshine Vitamin”.
* Vitamin E: Protects membranes of white and red blood cells.
* Vitamin K: Helps blood to clot.
* Fat Soluble – A,D,E,K
* Water Soluble – B, C

***Minerals***

* Most minerals help build strong bones and teeth. Others are used to make substances that the body needs.
* Minerals are usually needed in **\_\_\_\_\_\_** amounts, but are critical to health.
* Macro minerals are needed in great quantities in the body.
* Calcium deficiency causes osteoporosis which **\_\_\_\_\_\_\_\_\_\_\_\_\_** bones to gradually lose their minerals. This causes bones to become weak and frail. Good sources of calcium are found in dairy products.
* Trace/micro minerals are needed in smaller quantities, but are just as essential as macro minerals. Iron deficiency causes anemia, or low red blood cell **\_\_\_\_\_\_\_\_\_\_\_\_\_**. Animal products provide excellent **\_\_\_\_\_\_** of iron.

Electrolytes

* Electrolytes help maintain the fluid balance in the body, help maintain the heartbeat and help muscle and nerve action.
* Electrolytes easily become **\_\_\_\_\_\_\_\_\_\_\_\_\_** in cases of dehydration, illness and diarrhea.
* Electrolytes like **\_\_\_\_\_\_\_\_\_\_\_\_\_** can be found in bananas and potatoes.
* For sodium there is so much in the food supply that it’s more of a concern to have too much.
* Label reading is a good way to identify which foods have high **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* If an athlete is trying to replace sodium, then some saltier foods are ok and also foods like bread and milk contain some sodium.

***Nutrients provided by fruits and vegetables***

* Vitamins, Minerals, Fiber, Water
* Vegetables provide the following **\_\_\_\_\_\_\_\_\_\_\_\_\_**: Vitamin A, Vitamin C, potassium, folic acid, Vitamin D, calcium, magnesium, fiber and water
* Vegetables contain no cholesterol and are low in **\_\_\_\_\_\_\_\_\_\_\_\_\_**, fat and sodium.
* Vary your vegetables.

**Preserving Nutrients:**

* Air, heat and water destroy nutrients in vegetables.
* Wash vegetables to **\_\_\_\_\_\_\_\_\_\_\_\_\_** pesticides and dirt that might remain on the skin.
* Cooking Methods:
  + Eating them raw
  + Cook in larger rather than smaller pieces when possible.
  + Microwave
  + Use small amount of water and cook only until fork tender.
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + Save the cooking liquid to use in soups or gravies for added
  + Bake/Roast nutrients.
  + Stir Fry
  + Simmer
  + Sauté

Selection:

* Select fresh fruits and vegetables that are firm, free from decay, crisp, smooth, dense (heavy for size), free from **\_\_\_\_\_\_\_\_\_\_\_\_\_** and have good color.
* Seasonal fruits and vegetables are lower in cost, plentiful and have better quality.
* Buy only what you will be able to **\_\_\_\_\_\_\_\_\_\_\_\_\_**and use. They will last about 1 week in the refrigerator.
* Fruits ripen and spoil faster at room temperature.
* Choose whole or cut-up fruits more **\_\_\_\_\_\_\_\_\_\_\_\_\_** than fruit juice.

Farm to Table

* Food doesn’t start at the supermarket or restaurant.
* The five farm to table steps **\_\_\_\_\_\_\_\_\_\_\_\_\_**:

1. Farm (use of good agricultural practices)
2. Processing (monitor at critical control points)
3. Transportation (use clean vehicles and **\_\_\_\_\_\_\_\_\_\_\_\_\_** the cold chain)
4. Retail (follow the food code guidelines)
5. Table (always follow the four C’s of safety- clean, cook, control cross contamination, chill).

***Oxidation***

* When most fresh fruit is cut, the **\_\_\_\_\_\_\_\_\_\_\_\_\_** will turn brown. This is called oxidation and is caused by an enzyme in the fruit.
* Prevent oxidation of fresh fruits by dipping or covering fruit with liquid containing ascorbic acid. Another way to **\_\_\_\_\_\_\_\_\_\_\_\_\_** oxidation is to wait to cut the fruit until ready to eat.

***Protein***

* The primary function of protein is to build and repair body **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Protein provides 4 calories per gram.
* Keep meat and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** portions small and lean.
* Include at least 8 oz. of cooked seafood per week.
* Amino acids are the building blocks of protein.
* There are 22 amino acids. 9 are considered essential. The body cannot manufacture **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** amino acids so they must be obtained from **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Complete proteins contain all 9 of the essential amino acids in the right ratio for our body to use.
* Incomplete proteins contain some, but not all, of the amino acids.

Complete, Incomplete, Complimentary:

* Animal foods source such as meat, chicken, fish and milk products contain complete protein.
* Soy foods such as tofu, tempeh, soy nuts and edamame also **\_\_\_\_\_\_\_\_\_\_\_\_\_** complete protein.
* Quinoa is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** a complete protein, but is not as high in protein as animal sources or soy, so is not included as a protein food in MyPlate.
* Incomplete proteins are from other plant sources: grains, dried beans, nuts and seeds.
* Incomplete **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** can be combined to create a complementary protein. For example: beans with rice; peanut butter with whole wheat **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Complementary proteins are a grain combined with any nut, seed or legume.

***Function of Eggs***

 Functions of eggs:

 Binder (Meat loaf)

 Thickener (**\_\_\_\_\_\_\_\_\_\_\_\_\_**)

 Coating (Breading on Chicken)

 Leavening agent (Angel Food Cake)

 Emulsifier (Mayonnaise)

* Methods of cooking eggs: hard cooked, soft cooked, scrambled, fried, and poached.
* Eggs are **\_\_\_\_\_\_\_\_\_\_\_\_\_** by heat or by long exposure to heat.
* Store eggs in the original container in the refrigerator. When **\_\_\_\_\_\_\_\_\_\_\_\_\_** stored in the refrigerator, eggs may be stored for several weeks.

***Milk***

* To prevent **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**heat at low temperature and constant stirring; or heat in the microwave
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**milk = heat treated to remove harmful organisms
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**milk = fat particles mechanically broken down and evenly distributed so the fat will not separate out
* Procedure for white sauce: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**temperature and stirring constantly
* Milk should stay fresh 5-7 days after date **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**on the carton.
* 3 cups from the milk group is recommended for teens and adults.
* Eat calcium rich foods in the Dairy Group. **\_\_\_\_\_\_\_\_\_\_\_\_\_** to fat free or low fat milk.
* Milk is fortified with vitamins A and D.
* Most of the nutritional benefits of drinking raw milk are **\_\_\_\_\_\_\_\_\_\_\_\_\_** from pasteurized milk without the risk of disease that comes with drinking raw milk.
* Raw milk made into other **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** like soft cheese, ice cream, and yogurt, can still cause dangerous illnesses. When consuming these products, make sure they are made from pasteurized milk. Raw, unpasteurized milk can carry dangerous bacteria such as Salmonella, E. coli, Campylobacter, and Listeria, which are responsible for causing **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** foodborne illnesses.
* Milk replacements such as almond milk, soy milk, or rice milk are comparable with milk in regards to nutritional value and are a viable **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**for people with special dietary needs.
* Reduce fat in recipes by using a lower fat content milk. For example: substitute yogurt for mayonnaise or sour cream, substitute fat-free (skim) or low-fat (1%) milk for whole milk.

***Fats***

* Functions:
  + Carrier for fat soluble vitamins (ADEK)
  + Adds flavor to foods
  + Supplies**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + Protects internal organs from shock and injury.
  + Insulates the body from shock and **\_\_\_\_\_\_\_\_\_\_\_\_\_** changes.
  + Promotes healthy skin.
  + Satisfies hunger and helps you feel full longer.
* Fats provide 9 calories per gram. It is the most **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**source of energy.
* Choose lean meats and lower fat dairy **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
* Replace solid fats with oils.
* Oils are not a food group, but they help deliver essential nutrients.

***Cholesterol***

* Cholesterol is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for many body processes. Cholesterol produces hormones and bile acids. It is found in animal tissues, but is never present in plants.
* The body has High Density Lipoprotein-(HDL) cholesterol and Low Density Lipoprotein-(LDL).
* HDL cholesterol is considered “good/healthy” cholesterol because it transports excess cholesterol found in the blood stream back to the liver. LDL’s take cholesterol from the liver to wherever it is needed in the body. LDL cholesterol is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** “bad/loser” cholesterol because if too much LDL cholesterol is circulating in the blood stream, it can build up in the arties and increase the chance of heart disease or stroke.
* High levels of LDL cholesterol is one factor related to heart disease and obesity.

***Saturated, mono-unsaturated, poly-unsaturated FATS***

Most solid fats are high in saturated fats and are solid at room temperature.

* Saturated Fats:
  + Raise the LDL and HDL levels of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in the blood.
  + Examples of saturated fats include: meat, poultry skin, whole milk, tropical oils, butter, shortening and lard.
* Polyunsaturated Fats:
  + Lower both the LDL and HDL cholesterol levels in the blood.
  + Examples of polyunsaturated fats include: corn oil, soybean oil and safflower oil.
* Monounsaturated Fats:
  + Lower LDL and raise HDL levels of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** in the blood.
  + Examples of monounsaturated fats include: olive oil, olives, avocados, peanuts and canola oil.

***Calories per gram***

* 9 calories per gram of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* 4 calories per gram of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* 4 calories per gram of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* [((gram of fat) x 9)/(total calories)] x 100
  + Gets percentage of calories from fat.
* [((gram of Carbs) x 4)/(total calories)] x 100
  + Gets percentage of calories from carbs.
* [((gram of protein) x 4)/(total calories)] x 100
  + Gets percentage of calories from protein.

***Know This***

* Ammonia and Chlorine make a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**noxious gas that can be deadly.
* 20-35 Grams of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**needed daily
* Water Soluble Vitamins – B and C (B Vitamins **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Riboflavin, Cobalamin, Thiamin, Niacin, Pyrodoxine, Folic Acid)
* Fat Soluble **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– ADEK
* Green and Orange Vegetables need to be eaten **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **NEVER** cleaning chemicals near food. Always store cleaning chemicals away from food!

***Functions of Nutritents***

* \_\_\_\_\_\_\_\_\_\_\_\_\_ – Hydrates (prevents dehydration), carries water soluble (B&C) vitamins, Carries waste through the body, Regulates body temperature. (most important nutrient)
* \_\_\_\_\_\_- Carrier for vitamins A, D, E, and K, Reserve supply of energy, Adds flavor in food, Satisfies hunger, Protects internal organs from shock and injury, Insulates the body from shock and temperature changes, Promotes healthy skin, Satisfies hunger and helps you feel full longer.
* \_\_\_\_\_\_\_\_\_– Builds and repairs body tissues
* \_\_\_\_\_\_\_\_\_– builds and strengthens bones and teeth
* \_\_\_\_\_\_\_\_\_ –body processes that are regulated by vitamins: nerves, muscles and skin. Folate (folacin/folic acid) prevents neural tube birth disorders.