2019

District 3 4-H

Nutrition Quiz Bowl

Study Guide

ADA

1. What is BMI?

   A. Basal Mouth Infection
   B. Body Mass Index
   C. Body Muscle Index
   D. Big Mouth Information

   Answer: Body Mass Index (ADA, Page 21)

2. How many seconds should you wash your hands?

   A. At least 10 seconds
   B. At least 15 seconds
   C. At least 20 seconds
   D. At least 25 seconds

   Answer: At least 20 seconds (ADA, Page 288)

3. Water makes up what percent of your body?

   A. 15-35%
   B. 25-45%
   C. 35-55%
   D. 45-75%

   Answer: 45-75% (ADA, Page 155)

4. The first solid food that is usually given to an infant is:

   A. Infant Cereal
   B. Strained vegetables
   C. Meats
   D. Strained fruits

   Answer: Infant Cereal (ADA, Page 390)

5. Which vitamin promotes Normal vision and helps your eyes see normally in the dark, helping to adjust to the lower level of light?

   A. Vitamin D
   B. Vitamin A
   C. Vitamin C
   D. Vitamin B

   Answer: Vitamin A (ADA, Page 76)

6. Which vitamin is <u>not</u> a fat-soluble vitamin?

   A. Vitamin A
   B. Vitamin D
   C. Vitamin E
   D. Vitamin C

   Answer: Vitamin C (ADA, Page 75-87)

7. This disease is the leading cause of blindness, leg, and foot amputations, and kidney disease.

   A. Ricketts
   B. H1N1
   C. Scurvy
   D. Diabetes

   Answer: Diabetes (ADA, Page 566)

8. Which is not a symptom of anemia?

   A. fatigue
   B. weight gain
   C. pale skin
   D. lack of concentration

   Answer: Weight gain (ADA, Page 584)

9. Kosher is the name of the food that is produced in accordance with Jewish rabbinical law. What does the term " Kosher" mean?

   A. Proper or fit
   B. Clean and Safe
   C. Healthy and Nutritious
   D. Low in sodium and fat

   Answer: Proper or fit (ADA, Page 252)

10. What is the most significant factor leading to elevated cholesterol levels?

    A. Inactivity
    B. High Fat eating
    C. Too much screen time
    D. Exercise

    Answer: High fat eating (ADA, page 546)

11. What government agency is responsible for the regulation of food additives?

    A. FDA
    B. FSA
    C. USDA
    D. RDA

    Answer: FDA-Food and Drug Administration (ADA, Page, 201)

12. What is the name of the list of nutrition information found on all foods?

    A. Nutrition information
    B. What's Up in Nutrition
    C. Nutrition Facts
    D. Food

    Answer: Nutrition Facts (ADA, Page 245-253)

13. How many ounces of uncooked spaghetti or macaroni equals to 4 cups of cooked pasta?

    A. 4 ounces
    B. 8 ounces
    C. 10 ounces
    D. 12 ounces

    Answer: 8 ounces (ADA, Page 270)

14. Which term means to cook gently in liquid, just below boiling?

    A. grill
    B. Broil
    C. Poach
    D. Stir Fry

    Answer: Poach (ADA, Page 314)

15. Which term means to cook directly over hot coals or another heat source?

    A. Stew
    B. Steam
    C. Saute
    D. Grill

    Answer: Grill (ADA, Page 314)

16. Which term means less than 5 calories per serving?

    A. Sugar Free
    B. Calorie Free
    C. Reduced Sugar
    D. No Added Sugar

    Answer: Calorie Free (ADA, page 124)

17. Which food would contain Beta Carotene?

    A. Pumpkins
    B. Apples
    C. Onions
    D. Corn

Answer: Pumpkins (ADA, Page 109)

18. Which food has the most iron?

    A. 3 oz. lean, roasted pork
    B. 3 oz. lean broiled sirloin
    C. 3 oz. canned salmon with bone
    D. 3 oz. braised beef liver

Answer: 3 oz. Braised Beef liver (ADA, Page 105)

19. Which food has the most Iodine?

    A. 3 oz. cooked cod
    B. 1 medium cooked potato
    C. 3 oz. baked turkey breast
    D. ½ cup cooked navy beans

Answer: 3 oz. cooked cod (ADA, page 97)

20. Which food has the most Vitamin K

    A. ½ cup cooked black eye peas
    B. 1 oz. pistachios
    C. ½ cup raspberries
    D. 1 cup raw spinach

Answer: 1 cup raw spinach (ADA, page 81)

21. Adults need how many minutes of moderately intense physical activity most days?

    A. 15 minutes
    B. 30 minutes
    C. 45 minutes
    D. 60 minutes

    Answer: 30 minutes (ADA, Page 9)

22. Salt is a combination of what two nutrients?

    A. Sodium and calcium
    B. Nitrogen and chloride
    C. Sodium and Potassium
    D. Sodium and chloride

    Answer: Sodium and Chloride (ADA, Page 13)

23. What is the scientific term that refers to all fats, cholesterol and other fatlike substances.

    A. Oils
    B. Fats
    C. Lipids
    D. Triglycerides

    Answer: Lipids (ADA, Page 55)

24. Fat free is_____.

    A. Less than .5 grams of fat per serving
    B. 3 grams or less of fat per serving
    C. At least 25% less fat per serving
    D. 1/3 fewer calories or 50% less fat per serving

    Answer: Less than .5 grams of fat per serving (ADA, Page 73)

25. Which Vitamin promotes normal vision and helps your eyes see normally in the dark?

    A. Vitamin D
    B. Vitamin C
    C. Vitamin B
    D. Vitamin A

    Answer: Vitamin A (ADA, Page 76)

26. The best sources of vitamin E are?
    A. Vegetable oils
    B. Nuts
    C. Wheat Germ
    D. All of the Above

Answer: All of the above (ADA, Page 80)

27. What does phosphorus do?

    A. Helps generate energy in every cell of the body
    B. Regulates body temperature
    C. Keeps the blood healthy
    D. Plays a role in normal blood function

Answer: A. Helps generate energy in every cell of the body (ADA, Page 93)

28. An iron deficiency can lead to_____.

    A. Rickets
    B. Scurvey
    C. Anemia
    D. Anorexia

Answer: Anemia (ADA, Page 97)

29. Phytonutrients are _____in food that promote your health by helping to slow the aging process or reducing the risk for many diseases.

    A. Vitamins
    B. Bioactive Compounds
    C. Minerals
    D. Carbohydrates

Answer: Bioactive Compounds (ADA, Page 107)

30. Carbohydrates are important because glucose is the only form of energy that is used by your _____?

    A. Nerves
    B. Brain
    C. Blood
    D. Heart

    Answer: Brain (ADA, Page 115)

31. What is the most abundant substance in the human body as well as the most common substance on earth?

    A. Sodium
    B. Calcium
    C. Phosphorus
    D. Water

    Answer: Water (ADA, Page 155)

32. The danger zone for bacteria is?

    A. 32 degrees - 120 degrees
    B. 40 degrees - 140 degrees
    C. 50 degrees - 160 degrees
    D. 60 degrees - 190 degrees

    Answer: 40 degrees - 140 degrees (ADA, Page 282)

33. Who is at risk for foodborne illness?

    A. Pregnant Women
    B. Young children
    C. Older Adults
    D. All of the above

    Answer: All of the above (ADA, Page 283)

34. The ideal nourishment for babies is?

    A. Rice Cereal
    B. Breast Milk
    C. Fruit
    D. Skim Milk

Answer: Breast Milk (ADA, Page 374)

35. The need for Zinc increases by how much during pregnancy?

    A. 0 %
    B. 25%
    C. 50%
    D. 75%

Answer: 50% (ADA, Page 445)

36. Lactose usually comes from foods that contain what?
    A. Proteins
    B. Sodium
    C. Soy
    D. Milk or milk solids

Answer: Milk or milk solids (ADA, Page 525)

37. High total and LDL cholesterol levels are major risk factors for what disease?

    A. Cancer
    B. Lung Disease
    C. Heart Disease
    D. Liver Disease

Answer: Heart Disease (ADA, Page 545)

38. What does an egg separator do?

    A. Helps you easily separate the yolks from the whites.
    B. Beats eggs
    C. Separates the shell from the egg
    D. None of the Above

Answer: Helps you easily separate the yolks from the whites (ADA, Page 331)

39. Besides taste, what does sugar add to foods?

A. Aroma
B. Texture
C. Body
D. All of the above

Answer: All of the above (ADA, Page 330)

40. Where meat, poultry and seafood should be marinated in a covered nonmetallic container?

A. In the Freezer
B. On the Counter
C. In the sink
D. In the refrigerator

Answer: In the refrigerator (ADA, Page 297)

41. What is one of the three elements that carbohydrates are made from?

A. carbon
B. fat
C. fluoride
D. iron

Answer: Carbon (ADA, Page 112)

42. What does not help determine a healthy weight?

A. body mass index
B. the location and amount of fat you have
C. your health and risks for weight related problems
D. having a high caloric diet

Answer: Having a high caloric diet (ADA, Page 21)

43. A healthy body mass index would range from:

    A. 18.5 to 24.9
    B. 34.2 to 23.8
    C. 78.9 to 90.1
    D. 92.4 to 100.4

    Answer: 18.5 to 24.9 (ADA, Page 22)

44. After what age do bones slowly begin to lose minerals that give them strength?

    A. 15
    B. 25
    C. 27
    D. 30

    Answer: 30 reference (ADA, Page 101)

45. A high-protein diet may contribute a high percentage of:

    A. stress
    B. unhealthy skin
    C. body mass index
    D. calories from fat

    Answer: Calories from fat (ADA, Page 434)

46. Which of the following would not be a iron rich food:

    A. poultry
    B. fortified cereal
    C. enriched rice
    D. American cheese

    Answer: American cheese (ADA, Page 436)

47. The amount of energy for sports depends partly on:

    A. body weight
    B. body temperature
    C. sport drink consumption
    D. perspiration

    Answer: Body weight (ADA, Page 486)

48. Vitamin B12 comes from one of the following food sources

    A. carrots
    B. bread
    C. celery
    D. poultry

    Answer: Poultry (ADA, Page 587)

49. What is a liquid that should not be taken with any medications?

    A. soda
    B. water
    C. alcohol
    D. coffee

    Answer: Alcohol (ADA, Page 589)

50. Gestational diabetes is a problem for some:

    A. teenagers
    B. pregnant women
    C. senior citizens
    D. infants

    Answer: Pregnant women (ADA, Page 449)

51. Served plain with no toppings or additions, a plain baked potato is:

    A. fat-free
    B. cholesterol-free
    C. still not a healthy choice
    D. both a and b

    Answer: Both a and b (ADA, Page 350)

52. An 8-ounce carton of milk supplies how many milligrams of calcium?

    A. 300
    B. 400
    C. 500
    D. 600

    Answer: 300 (ADA, Page 350)

53. An 8-ounce carton of orange juice supplies how many milligrams of Vitamin C

    A. 40
    B. 50
    C. 75
    D. 85

    Answer: 75 (ADA, Page 350)

54. To be an organic food it must contain at least _____ percent organically produced ingredients.

    A. 80
    B. 85
    C. 90
    D. 95

    Answer: 95 (ADA, Page 252)

55. Inspection stamps on meat, poultry, and packaged meats mean the food is wholesome and was slaughtered, packed, or processed under what type of conditions?

    A. kosher
    B. unsanitary
    C. organic
    D. sanitary

    Answer: Sanitary (ADA, Page 252)

56. Reduced-fat cheese has _____percent less fat than the same full-fat cheese.

    A. 15
    B. 20
    C. 25
    D. 30

    Answer: 25 (ADA, Page 264)

57. Self-rising flour is all-purpose flour that has what two things added for making quick breads.

    A. baking powder and salt
    B. baking soda and salt
    C. sugar and salt
    D. flour and salt

    Answer: Baking powder and salt (ADA, Page 275)

<u>Choose my plate.gov</u>

58. Under the guidelines of MyPlate adults should consume how many cups of milk or dairy products every day?

    A. 1
    B. 2
    C. 3

    Answer: 3 (choosemyplate.gov)

59. Calories from solid fats and/or added sugars are called what?

    A. Carbohydrates
    B. Glucose
    C. Empty Calories
    D. All of the above

    Answer: Empty Calories (choosemyplate.gov)

60. Using the MyPlate reference, pinto beans and kidney beans are in which food group?
    A. Green Bean Group
    B. Protein Group
    C. Vegetable Group

    Answer: Protein Group (choosemyplate.gov)

61. Adults should make most of their dairy group choices what?

    A. Whole Milk
    B. Fat-Free or Low Fat
    C. Chocolate Milk

    Answer: Fat-Free or Low Fat (choosemyplate.gov)

62. MyPlate guidelines recommend adults have how many minutes of physical activity each day?

    A. 30 minutes
    B. 5 minutes
    C. 10 minutes

    Answer: 30 minutes

63. ChooseMyPlate.gov recommends children and adolescents be physically active for how many minutes daily?

    A. 60 minutes
    B. 30 minutes
    C. 90 minutes

    Answer: 60 minutes (choosemyplate.gov)

64. Choose MyPlate.gov recommends girls 9-13 years old limit their daily allowance of oils to how many teaspoons.

    A. 5 teaspoons
    B. 6 teaspoons
    C. 7 teaspoons

    Answer: 5 teaspoons (choosemyplate.gov)

65. If you cannot consume milk due to a dairy food allergy, you should choose what type of dairy products?

    A. Water-free
    B. Fat-free
    C. Lactose-free

    Answer: Lactose-free (choosemyplate.gov)

66. When eating grain products from the grain food group, MyPlate recommends choosing what for at least half of your grain choices.

    A. Refined Grain
    B. Milled Grain
    C. Whole Grain

    Answer: Whole Grain (choosemyplate.gov)

67. From recommendations of MyPlate, a serving size of cooked brown rice from the grain group is how large?

    A. ½ cup
    B. 1 cup
    C. 2 cups

    Answer: ½ cup (choosemyplate.gov)

68. Adult men should eat how many cups of fruit each day as recommended by MyPlate.gov?

    A. 2 cups
    B. 4 cups
    C. 3 cups

    Answer: 2 cups (choosemyplate.gov)

69. True or False - According to ChooseMyPlate.gov the five food groups are grains, vegetables, fruits, milk and dairy, and meat & beans.

    Answer: False (choosemyplate.gov)

70. What part of the grain is removed during the milling process?

    A. Bran & Germ
    B. Seed
    C. The Sugar Coated Frosting

    Answer: Bran & Germ (choosemyplate.gov)

71. Some grain products contain significant amounts of bran. Bran provides what – which is important for health?

    A. Sodium
    B. Sucrose
    C. Fiber

    Answer: Fiber (choosemyplate.gov)

72. True or False - Products with added bran or bran alone are always considered whole grain products:

    Answer: False (choosemyplate.gov)

73. Broccoli and spinach are known as a dark-green what?

    A. Fruits
    B. Vegetables
    C. Grains

    Answer: Vegetables (choosemyplate.gov)

74. You would place strawberry yogurt in what food group?

    A. Fruit Group
    B. Dairy Group
    C. Protein Group

    Answer: Dairy Group (choosemyplate.gov)

75. Tuna would be grouped in what food group?

    A. Grain group
    B. Dairy Group
    C. Protein Group

    Answer: Protein Group (choosemyplate.gov)

76. A baked potato would be placed in what food group under MyPlate guidelines?

    A. Protein Group
    B. Vegetable Group
    C. Dairy Group

Answer: Vegetable Group (choosemyplate.gov)

77. MyPlate places eggs in what food group.

    A. Protein Group
    B. Dairy Group
    C. Grain Group

Answer: Protein Group (choosemyplate.gov)

78. A hamburger bun is considered how many servings of bread?

    A. One
    B. Two
    C. Four

Answer: Two (chooemyplate.gov)

79. True or False - Your food and physical activity choices each day affect your Health?

Answer: True (choosemyplate.gov)

80. True or False - Eating enriched bread is the same thing as eating whole wheat bread.

Answer: False (choosemyplate.gov)

81. In what food group would you find poultry?

    A. Dairy
    B. Protein
    C. Grains

Answer: Protein (choosemyplate.gov)

82. According to recommendations from MyPlate, peanut butter would be placed in what food group?

    A. Protein
    B. Vegetable
    C. Grains

    Answer: Protein (choosemyplate.gov)

83. Butter, margarine, shortening and lard are known as what type of fat?

    A. Liquid Fat
    B. Solid Fat
    C. Organic Fat

    Answer: Solid fat (choosemyplate.gov)

84. In addition to a serving of Dairy, MyPlate divides the plate into how many sections?

    A. Three
    B. Four
    C. Five

    Answer: Four (choosemyplate.gov)

85. MyPlate recommends that half of your plate should be filled with what?

    A. Grains
    B. Dairy Products
    C. Fruits & Vegetables

    Answer: Fruits & Vegetables (choosemyplate.gov)

86. Which of the following foods count as part of the Fruit Group?

    A. Fruit Drinks
    B. Fruit Flavored Water
    C. Fruit or 100% Fruit Juice

    Answer: Fruit or 100% Fruit Juice (choosemyplate.gov)

87. Fruits in the Fruit Group may be which of the following?

    A. Fresh
    B. Canned
    C. Frozen
    D. All of the above

Answer: All of the above (choosemyplate.gov)

88. True or False - All fruit grow on trees?

Answer: False (choosemyplate.gov)

89. According to MyPlate guidelines, which of the following does not determine the amount of fruit you need to eat daily.

    A. Age
    B. Sex
    C. Height
    D. Level of Physical Activity

Answer: Height (choosemyplate.gov)

90. Boys and girls ages 9 – 13 need to consume how many cups of fruit daily?

    A. 2 Cups
    B. 2 ½ Cups
    C. 1 ½ Cups

Answer: 1 ½ cups (choosemyplate.gov)

91. How much fruit juice is considered a serving of fruit?

    A. ½ Cup
    B. ¾ Cup
    C. 1 Cup

Answer: 1 Cup (choosemyplate.gov)

92. What amount of dried fruit can be considered as a 1 cup serving from the Fruit Group?

    A. ½ Cup
    B. ¾ Cup
    C. 1 Cup

    Answer: ½ Cup (choosemyplate.gov)

93. In the Protein Foods Group, Vegetarian options does not include which of the following?

    A. Beans & Peas
    B. Shell Fish
    C. Nuts & Seeds

    Answer: Shell Fish (choosemyplate.gov)

94. How many ounces of processed cheese can be considered as a serving from the Dairy Group?

    A. 1 ounce
    B. 1 ½ ounce
    C. 2 ounces

    Answer: 2 ounces (choosemyplate.gov)

95. MyPlate counts how many ounces of Hard Cheese, such as cheddar and mozzarella, as a serving from the Dairy Group?

    A. 1 ounce
    B. 1 ½ ounces
    C. 2 ounces

    Answer: 1 ½ ounces (choosemyplate.gov)

96. MyPlate recommends drinking water instead of what?

    A. Low-fat Milk
    B. Sugary Drinks
    C. Fruit Juice

    Answer: Sugary Drinks (choosemyplate.gov)

97. Which of the following is not a recommendation of MyPlate to balance calories?

A. Enjoy your food, but eat less
B. Avoid oversized portions
C. Eliminate all carbohydrates

Answer: Eliminate all carbohydrates (choosemyplate.gov)

98. According to MyPlate, what is the first step to take in weight management?

A. Find out how many calories you need daily
B. Drink water
C. Eliminate red meat in your diet

Answer: Find out how many calories you need daily (choosemyplate.gov)

99. All of these are ways to avoid oversized portions except which of the following?

A. Using a smaller plate
B. Using a smaller glass
C. Using a smaller fork

Answer: Using a smaller fork (choosemyplate.gov)

100. What is a good resource for determining the sodium level in canned soup?

A. The recipe
B. The nutrition facts label
C. Your grandmother

Answer: The Nutrition Facts label (choosemyplate.gov)

101. Fat-free or low-fat (1%) milk have the same amount of calcium and other essential nutrients as whole milk, but fewer what?

A. Ounces
B. Calories
C. Flavors

Answer: Calories (choosemyplate.gov)

102. Dancing, water aerobics, and canoeing are considered what type of physical activity?

A. Vigorous
B. Moderate
C. Intensive

Answer: Moderate (choosemyplate.gov)

103. Heavy yard work, swimming, and competitive basketball are considered what type of physical activity?

A. Vigorous
B. Moderate
C. Intensive

Answer: Vigorous (choosemyplate.gov)

104. Solid fats contain more of what type of fat than oils contain?

A. Polyunsaturated fat
B. Monounsaturated fat
C. Saturated fat

Answer: Saturated fat (choosemyplate.gov)

105. Oils and solid fats both contain about how many calories per tablespoon?

A. 100
B. 120
C. 140

Answer: 120 calories (choosemyplate.gov)

106. In general, how much is considered one serving of raw vegetables?

A. ½ Cup
B. 1 Cup
C. ¾ Cup

Answer: 1 Cup (choosemyplate.gov)

107. In general, how much is considered a serving of vegetable juice?

A. ½ Cup
B. ¾ Cup
C. 1 Cup

Answer: 1 Cup (choosemyplate.gov)

108. In general, how much is considered as one serving of raw leafy greens?

A. 1 Cup
B. 2 Cups
C. 3 Cups

Answer: 2 cups (choosemyplate.gov)

109. True or False - The USDA Food Patterns classify beans and peas as a subgroup of the Vegetable Group.

Answer: True (choosemyplate.gov)

110. According to choosemyplate.gov, vegetables are organized into how many subgroups based on their nutrient content.

A. 3
B. 5
C. 7

Answer: 5 (choosemyplate.gov)

111. True or False - According to choosemyplate.gov, the amount of vegetables you need to eat depends on whether you are male or female.

Answer: True (choosemyplate.gov)

112. It is recommended to include at least 8 ounces of cooked seafood in the diet per week for everyone but what group:

A. Teens
B. Men over 50
C. Vegetarians

Answer: Vegetarians (choosemyplate.gov)

113. If choosing a higher fat choice such as chicken with the skin on, the fat counts against your maximum daily limit for what?

A. Protein
B. Oil
C. Empty Calories

Answer: Empty Calories (choosemyplate.gov)

114. Processed meats such as ham, sausage, or frankfurters have added what?

A. Sodium
B. Protein
C. Carbohydrates

Answer: Sodium (choosemyplate.gov)

115. All of these are considered good sources of omega-3 fatty acids except:

A. Trout
B. Anchovies
C. Chicken

Answer: Chicken (choosemyplate.gov)

116. All of these types of activity count toward meeting your physical activity needs except:

A. Moderate Activity
B. Vigorous Activity
C. Light Activity

Answer: Light Activity (choosemyplate.gov)

117. Oils from plant sources do not contain what?

A. Calories
B. Fat
C. Cholesterol

Answer: Cholesterol (choosemyplate.gov)

118. In order to avoid overeating when dining out, it is recommended you:

A. Take part of your meal home
B. Avoid dishes with rice
C. Eat in small groups

Answer: Take part of your meal home (choosemyplate.gov)

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119. When serving fruit juices and eggs to highly susceptible populations what type is best used?

A. Dehydrated fruit juices and dehydrated eggs
B. Fresh squeezed fruit juices and farm fresh eggs
C. Pasteurized fruit juices and pasteurized eggs

Answer: Pasteurized fruit juices and pasteurized eggs (page 48)

120. Self-rising flour has what two ingredients added to help bakery products such as biscuits or cornbread rise?

A. Baking powder and salt
B. Baking soda and salt
C. Shortening and salt

Answer: Baking powder and salt (page 122)

121. Aquaculture refers to what?

A. The bottling of drinking water for human consumption
B. Vegetables grown in water
C. Raising fish or shellfish in waterways
D. Pasteurized water

Answer: Raising fish or shellfish in waterways, ponds or tanks (Page 90)

122. When using a home bread machine what would be the best form of yeast to use?

A. Quick Rising Yeast
B. Active Dry Yeast
C. Compressed Yeast

Answer: Quick Rising Yeast (Page 134)

123. The best practice for ripening an avocado?

A. Place in the refrigerator for several days
B. Leave at room temperature
C. Wrap in newspaper and place outdoors
D. Soak in salt water solution

Answer: Leave at room temperature (page 102)

124. When a recipe states to use 1 cup of sugar, what would be your best choice to use?

A. Granulated sugar
B. Brown sugar
C. Raw sugar
D. Powdered Confectioner's Sugar

Answer: Granulated Sugar (page 125)

125. Lard is what type of product?

A. Fat extracted from sheep and cattle
B. Vegetable Shortening
C. A plastic fat extracted from hogs
D. Mixture of margarine and butter

Answer: A plastic fat extracted from hogs (page 128)

126. When pan frying or deep frying foods what type of fat or oil is preferred?

A. Lard and Tallow
B. Vegetable Oil
C. Vegetable Shortening

Answer: Vegetable Oil - more stable and has a higher smoke point (page 132)

127. Grapes will or will not improve in sweetness, quality or color after picking.

A. Will
B. Will Not

Answer: Will Not (page 105)

128. The best storage practice for potatoes are:

A. Storing in a Dark, dry, well ventilated place at temperatures between 45 degrees and 50 degrees F.
B. Room temperature between 65 degrees and 80 degrees
C. Soaking in salt water brine solution
D. A place that is well lit , wet, with little air movement between 45- 50 degrees

Answer: Dark, dry, well ventilated place at temperatures between 45 degrees and 50 degrees (page 114)

129. The best practice for thawing frozen poultry is placing it:

A. On the kitchen counter
B. In the refrigerator or in cold water
C. Microwave
D. In a convection oven

Answer: In the refrigerator or in cold water (page 93)

130. The length of time required for cooking (boiling) frozen vegetables is usually less or more than that required for cooking fresh vegetables.

A. Less
B. More

Answer: Less (page 114- this is because the blanching and freezing of vegetables tenderized them to some degree)

131. All milk and milk used in products should have what process done to it to destroy pathogenic bacteria to meet state and federal guidelines.

A. Evaporation
B. Concentration
C. Pasteurization
D. Refrigeration

Answer: Pasteurization (page 64)

132. Pasta should be cooked until " al dente" an Italian term meaning what:

A. Soft and tender
B. Crunchy and chewy
C. Tender and firm

Answer: Tender but firm (page 122)

133. If experiencing a power failure, a fully-loaded freezer usually will stay cold enough to keep food frozen for how many days if the freezer is not opened.

A. 2 days
B. 4 days
C. 7 days

Answer: 2 days (Page 178)

134. What is the best method of meat storage?

A. Drying
B. Refrigeration
C. Freezing
D. Canning

Answer: Freezing (page 178)

135. To cut meat, fruit, or vegetables into long, thin, strips the technique is known as:

A. Grate
B. Mince
C. Julienne
D. Puree

Answer: Julienne (page 54)

136. A process in which foods can be exposed to ionizing radiation to lengthen storage life is?

A) Irradiation
B) Crystallization
C) Gelatinization
D) Hydrogenation

Answer: Irradiation (page 51)

137. A quick soup or stew made with okra and is characteristic of Louisiana cooking.

A. Goulash
B. Gumbo
C. Lasagna
D. Roux

Answer: Gumbo (Page 60)

138. Pasta should be stored tightly covered and well wrapped. What is the shelf life of pasta?

A. 1 month
B. 3 months
C. 1 year
D. 3 years

Answer: 1 year page (123)

139. The Spanish name for sauce. In Mexico a mixture of chopped tomatoes, peppers and onions.

A. Guacamole
B. Huevos
C. Salsa
D. Taco

Answer: Salsa (page 62)

140. What is the function of flour as a baking ingredient?

Answer: Contributes structure and rigidity. Gives stretch or elasticity. Provides thickening.

141. What is the function of sugar as a baking ingredient?

Answer: Adds sweetness. Increases volume. Helps tenderize product. Aids in browning.

142. Which federal agency is responsible for meat and poultry safety, quality and labeling?

Answer: USDA (U.S. Department of Agriculture)

143. Which product label indicates the product with the least amount of calories? Lite or Reduced

Answer: Lite or Light

144. Red 40, Blue 2, Orange B and Citrus Red are all examples of an additive. What would each of these add to a product.

Answer: Color

145. True or False - When cooking foods at 2000 feet above sea level, cooking time and temperature may need to be adjusted.

Answer: True

146. True or False - Beginning July 2010, food manufacturers were required by FDA to list trans fat contest of foods in grams separately on the Nutrition Facts label in two circumstances.

Answer: False (Beginning January 2006)

147. True or False - If a nutrition content label claims the product is sugar free then is should have no sugar or only trivial amounts of sugar in the product.

Answer: True

148. True or False - Aspartame, Saccharin, Mannitol and Acesulfame-K are all additives that are used to add sweetness to a product.

Answer: True

149. While baking bread you realize your recipe calls for 1 cup of self-rising flour but you do not have any self-rising flour. What can you use as a substitution?

Answer: 1 cup sifted all-purpose flour plus 1 ½ tsp baking powder and ½ tsp salt

150. What is the function of beaten egg whites as a baking ingredient?

A. Helps tenderize baked good
B. Incorporates air into batters
C. Helps improve taste
D. Increases moistness

Answer: Incorporates air into batters

151. What do the initials USDC NMFS stand for?

A. United States Department of Commerce New Mexico Food System
B. U. S. Department of Commerce – National Marine Fisheries Service
C. U. S. Department of Common Nature Made Food Sources

Answer: U.S. Department of Commerce – National Marine Fisheries Service

152. The U. S. Public Health Service is the agency that safe guards which of the following:

A. Dairy Products
B. Bottled Water
C. Fruits and Vegetables
D. Meat and Poultry

Answer: Dairy Products

153. Which of the following acts gave the government the authority to remove adulterated and poisonous foods from the market?

A. The Delancy Clause
B. 1958 Food Additives Amendment
C. 1906 Food and Drug Act
D. 1998 Fresh Food Act

Answer: 1906 Food and Drug Act

154. Foods exempt from mandatory nutrition labeling requirements include:

A. Foods offered for sale by small businesses
B. Infant formula
C. Foods shipped in bulk form
D. All the above

Answer: All the above

155. This ingredient can be used as a substitute for 1 cup buttermilk.

A. 1 cup Whole milk
B. 1 cup Sour cream
C. 1 cup plain yogurt
D. 1 cup evaporated milk

Answer: 1 cup plain yogurt

156. Your recipe calls for 1 ounce of unsweetened chocolate but you do not have any unsweetened chocolate. Which of the following can you use as a substitute?

A. 1 ounce unsweetened chocolate chips
B. ½ ounce unsweetened baking chocolate plus 2 Tbsp sugar
C. 3 Tbsp cocoa plus 1 Tbsp fat
D. 3 small squares of Hershey's chocolate candy bar

Answer: 3 Tbsp cocoa plus 1 Tbsp fat

157. After studying the common units of weight you would know that 1 gram equals?

A. 0.45 ounces
B. 0.035 ounces
C. 1.5 ounces
D. 0.7 ounces

Answer: 0.035 ounces

158. After studying the common units of volume you would know that 1 peck equals?

A. 4 quarts
B. 6 quarts
C. 7 quarts
D. 8 quarts

Answer: 8 quarts

159. After studying the common units of volume you would know that 1 gallon equals?

A. 4 quarts
B. 6 quarts
C. 7 quarts
D. 8 quarts

Answer: 4 quarts

160. After studying the common units of volume you would know that 1 gallon equals?

A. 8 cups
B. 16 cups
C. 10 cups
D. 20 cups

Answer: 16 cups

161. When reading a label what is the beginning percent of DV for nutrient per reference serving that is considered to be high?

A. 10%
B. 15%
C. 20%
D. 18%

Answer: 20%

162. Regarding food labeling what do the initials DV stand for?

A. Direct Validity
B. Daily Value
C. Dairy Vegetarian

Answer: Daily Value

163. Flavor enhancers do which of the following:

A. Supplement, magnify or modify the original taste and/or aroma
B. Make the taste of food more agreeable or pleasurable
C. Affect the mouth feel of foods by replacing with fat or fat substitutes
D. Affect cooking results- texture and volume

Answer: Supplement magnify or modify the original taste and/or aroma

164. The cooking term poach means to:

A. To boil until partially cooked
B. To cook by direct heat on rack or spit
C. To cook in hot liquid, being careful to retain the shape of the food
D. To cook food in steam over boiling water in a closed container

Answer: To cook in hot liquid, being careful to retain shape

165. Physical characteristics of fresh shellfish include:

A. Shell that stays opened when tapped with knife
B. Odor is strong and fishy
C. Shell that closes when tapped with knife.

Answer: Shells that close when tapped with knife

166. This ingredient can be used as a substitute for 1 cup butter.

A. 1 cup whipped margarine
B. 1 cup olive oil
C. 7/8 cup oil
D. 1 cup heavy cream

Answer: 7/8 cup oil

167. How many cups are in a half gallon?

A. 16 cups
B. 8 cups
C. 4 cups
D. 12 cups

Answer: 8 cups

168. What is the temperature of boiling water?

A. 212 degrees Fahrenheit
B. 180 degrees Fahrenheit
C. 100 degrees Centigrade
D. Both A and C

Answer: 212 Fahrenheit and 100 Centigrade

169. Federal standards require that plain ice cream contain at least what percent of milk fat?

A. 18%
B. 15%
C. 20%
D. 10%

Answer: 10%

170. Which is not a wheat product?

A. hominy
B. farina
C. semolina

Answer: hominy

171. When preserving food by drying the best temperature to use is?

A. 110°F
B. 140°F
C. 80°F
D. 200°F

Answer: 140°F

172. What are the function eggs as a baking ingredient?

A. Helps tenderize baked good
B. Provides thickening
C. Contribute to elasticity and structure
D. Increases moistness

Answer: Contribute to elasticity and structure

173. How can you increase fiber a recipe?

A. Use all-purpose flour
B. Use whole grain products
C. Use eggs as an ingredient

Answer: Use whole grain products

174. A food -borne illness associated with improperly canned food is:

A. Salmonellosis
B. Botulism
C. Staphylococcal Poisoning
D. Listerosis

Answer: Botulism

175. Which of the following is NOT are potentially hazardous foods?

A. Beef Jerky
B. Watermelon
C. Poultry
D. Raw fish

Answer: Beef Jerky

176. The purpose of Hazard Analysis Critical Control Points(HACCP) is:

A. To put a proactive step-wise method in place
B. To prevent biological, chemical, and/or physical hazards in food
C. To assure food safety
D. All the above

Answer: All the above

177. This ingredient is used to help tenderize product, add flavor and increases moistness.

A. Flour
B. Sugar
C. Fat
D. Salt

Answer: Fat

178. Which of the following are considered thickening agents?

A. Tapioca
B. Irish Moss
C. Agar
D. All of the above

Answer: All of the above

179. What is best method for cooking mature birds that are less tender?

A. Roasted
B. Broiled
C. Braised or Stewed
D. Pan or deep fried

Answer: Braised or stewed

180. What size egg are recipes based on the use of?

A. Medium
B. Jumbo
C. Large
D. Small

Answer: Large

DGA

181. Individuals need to _____their intake of vegetables and fruits.

A. Increase
B. Decrease

Answer: Increase **Source- 2010 DGA, Executive Summary xi**

182. Americans need to consumer a variety of vegetables, especially_____.

A. Purple ones
B. Striped ones
C. Dark-green, red and orange ones
D. White and yellow ones.

Answer: Dark-green, red and orange ones **Source- 2010 DGA, Executive Summary xi**

183. What percentage of all grains consumed need to be whole grains?

A. 12%
B. 25%
C. 50%
D. 75%

Answer: C. 50% **Source- 2010 DGA, Executive Summary xi**

184. Consumers need to have an increase in consumption of:

A. Fat-free milk or low fat milk
B. Candy and Ice Cream
C. Fried Chicken or Chicken Fried Steak
D. Fried Apple Pies

Answer: Fat-free milk or low fat milk Source- 2010 DGA, Executive Summary xi

185. True or False - Milk products such as milk, yogurt, cheese or fortified soy beverages should be consumed.

Answer: True Source- 2010 DGA, Executive Summary xi

186. Seafood, lean meat and poultry, eggs, beans and peas are examples of:

A. Dairy Foods
B. Good Sources of Protein
C. Poor Sources of Protein
D. Excellent sources of Carbohydrates

Answer: Good Sources of Protein Source- 2010 DGA, Executive Summary xi

187. The amount and variety of seafood consumed can be chosen in place of some:

A. Seafood
B. Vegetables
C. Fortified foods
D. Meat and Poultry

Answer: Meat and Poultry Source- 2010 DGA, Executive Summary xi

188. Consumers should replace protein foods that are higher in solid fats with:

A. Choices that are lower in solid fats
B. Choices that are higher in sodium
C. Choices that are lower in calcium
D. Choices that are higher in vitamin D

Answer: Choices that are lower in solid fats Source- 2010 DGA, Executive Summary xi

189. What should be used to replace solid fats where possible?

A. Jello
B. Applesauce
C. Crisco
D. Oils

Answer: Oils Source- 2010 DGA, Executive Summary xi

190. Which are nutrient concerns in the American diets?

A. Fiber
B. Calcium
C. Vitamin D
D. All of the Above

Answer: All of the Above Source- 2010 DGA, Executive Summary xi

191. Women capable of becoming pregnant should:

A. Choose foods that are low in calcium
B. Choose foods that supply heme iron
C. Choose lots of ice cream
D. Skip breakfast

Answer: Choose foods that supply heme iron Source- 2010 DGA, Executive Summary xi

192. 400 micrograms per day of synthetic folic acid in addition to food forms of folate from a varied diet should be consumed by:

A. Young Children
B. Older Adults
C. Men
D. Women capable of becoming pregnant

Answer: Women capable of becoming pregnant Source- 2010 DGA, Executive Summary xi

193. Albacore tune consumption by pregnant women should be limited to how many ounces per week?

A. 4
B. 5
C. 6
D. 8

Answer : 6 Source- 2010 DGA, Executive Summary xi

194. Individuals ages 50 years and older should consume:

A. Foods Fortified with Vitamin B12
B. Foods with lots of fat
C. Foods high in sodium
D. Foods low in calcium

Answer: Foods fortified with Vitamin B12 Source- 2010 DGA, Executive Summary xi

195. Sources of foods fortified with vitamin B12 are:

A. Venison
B. Sunflower Seeds
C. Fortified Cereals
D. Broccoli

Answer: Fortified Cereals Source- 2010 DGA, Executive Summary xi

196. Pregnant women should take:

A. All the vitamins she can find
B. Obstetrician recommend amount of iron
C. Nurse recommend amounts of chocolate
D. Whatever they want

Answer: Obstetrician recommended amount of iron Source- 2010 DGA, Executive Summary xi

197. All food and beverages consumed should:

A. Be consumed as needed
B. Be accounted for when looking at a total healthy eating pattern
C. Be ignored
D. Be filled with sugar

Answer: Be accounted for when looking at a total healthy eating pattern Source- 2010 DGA, Executive Summary xi

198. The consumption of food that contain refined grains and added sugars should be:

A. Increased
B. Ignored
C. Limited
D. Unlimited

Answer: Limited Source- 2010 DGA, Executive Summary x

199. Alcohol consumption should be:

A. Increased
B. Ignored
C. Unlimited
D. Moderated

Answer: Moderated Source- 2010 DGA, Executive Summary x

200. If alcohol is consumed, how many drinks are recommended for women per day:

A. 1
B. 2
C.3
D. 4

Answer: 1 Source- 2010 DGA, Executive Summary x

201. Individuals need to _____their intake of vegetables and fruits.

A. Increase
B. Decrease

Answer: Increase Source- 2010 DGA, Executive Summary xi

202. Americans need to consumer a variety of vegetables, especially_____.

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B. Striped ones
C. Dark-green, red and orange ones
D. White and yellow ones.

Answer: C. Dark-green, red and orange ones Source- 2010 DGA, Executive Summary xi

203. What percentage of all grains consumed need to be whole grains?

A. 12%
B. 25%
C. 50%
D. 75%

Answer: 50% Source- 2010 DGA, Executive Summary xi

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A. Fat-free milk or low fat milk
B. Candy and Ice Cream
C. Fried Chicken or Chicken Fried Steak
D. Fried Apple Pies

Answer: Fat-free milk or low fat milk Source- 2010 DGA, Executive Summary xi

205. True or False - Milk products such as milk, yogurt, cheese or fortified soy beverages should be consumed.

Answer: True Source- 2010 DGA, Executive Summary xi

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B. Good Sources of Protein
C. Poor Sources of Protein
D. Excellent sources of Carbohydrates

Answer: Good Sources of Protein Source- 2010 DGA, Executive Summary xi

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B. Vegetables
C. Fortified foods
D. Meat and Poultry

Answer: Meat and Poultry Source- 2010 DGA, Executive Summary xi

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A. Choices that are lower in solid fats
B. Choices that are higher in sodium
C. Choices that are lower in calcium
D. Choices that are higher in vitamin D

Answer: Choices that are lower in solid fats Source- 2010 DGA, Executive Summary xi

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C. Crisco
D. Oils

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D. All of the Above

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C. Choose lots of ice cream
D. Skip breakfast

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B. Older Adults
C. Men
D. Women capable of becoming pregnant

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B. 5
C. 6
D. 8

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B. Foods with lots of fat
C. Foods high in sodium
D. Foods low in calcium

Answer: Foods fortified with Vitamin B12 Source- 2010 DGA, Executive Summary xi

215. Sources of foods fortified with vitamin B12 are:

A. Venison
B. Sunflower Seeds
C. Fortified Cereals
D. Broccoli

Answer: Fortified Cereals Source- 2010 DGA, Executive Summary xi

216. Pregnant women should take:

A. All the vitamins she can find
B. Obstetrician recommend amount of iron
C. Nurse recommend amounts of chocolate
D. Whatever they want

Answer: Obstetrician recommended amount of iron Source- 2010 DGA, Executive Summary xi

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A. Be consumed as needed
B. Be accounted for when looking at a total healthy eating pattern
C. Be ignored
D. Be filled with sugar

Answer: Be accounted for when looking at a total healthy eating pattern Source- 2010 DGA, Executive Summary xi

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A. Increased
B. Ignored
C. Limited
D. Unlimited

Answer: Limited Source- 2010 DGA, Executive Summary x

219. Alcohol consumption should be:

A. Increased
B. Ignored
C. Unlimited
D. Moderated

Answer: Moderated Source- 2010 DGA, Executive Summary x

220. If alcohol is consumed, how many drinks are recommended for women per day:

A. 1
B. 2
C.3
D. 4

Answer: 1 Source- 2010 DGA, Executive Summary x

221. By law, the Dietary Guidelines for Americans is revised, updated how often?

A. Every 5 years
B. Every year
C. Every 3 years
D. Every 10 years

Answer: Every 5 years Source- 2010 DGA, Executive Summary

222. The Dietary Guidelines for Americans, 2010 is targeted at what audience?

A. All Americans
B. Americans ages 3 years and older
C. Americans 2 years and older, including those at increased risk of chronic disease
D. Everyone

Answer: Americans 2 years and older, including those at increased risk of chronic disease Source- 2010 DGA, Executive Summary

223. To curb the obesity epidemic and improve one's health, overweight Americans may choose to do one of the following

A. Eat at home everyday
B. Decrease the number of calories they consume
C. Increase the number of calories consumed
D. Always eat with your family

Answer: Decrease the number of calories they consume Source- 2010 DGA, Executive Summary

224. A healthy eating pattern limits intake of_____

A. Sodium
B. Vitamin D
C. Riboflavin
D. Fructose

Answer: Sodium **Source- 2010 DGA, Executive Summary**

225. Two of the four basic Food Safety principals are

A. Clean and Chop
B. Clean and Chill
C. Separate and Chop
D. Chop and cook

Answer: Clean and Chill **Source: 2010 DGA, Executive Summary**

226. Which one of the following is not one of the four basic food safety principles?

A. Cook
B. Chill
C. Sanitize
D. Clean

Answer: Sanitize **Source: 2010, DGA, Executive Summary,**

227. THE DASH eating plan is a dietary eating pattern that is designed to stop what?

A. Hypertension
B. Heart Attack
C. Diabetes
D. Hepatitis

Answer: Hypertension **Source: 2010, DGA, Executive Summary p.ix**

228. According to 2010 Dietary Guidelines, which of the following foods is considered to be Nutrient Dense?

A. Candy coated chocolate
B. Carrot Cake
C. Raw Carrots
D. Garlic mashed potatoes

Answer: Carrots **Source: 2010, DGA, Executive Summary p.ix**

229. According to 2010 Dietary Guidelines , Which of the following foods is considered to be Nutrient Dense?

A. Whole Milk
B. Skim Milk
C. Fried Fish
D. Sweetened condensed milk

Answer: Skim Milk **Source: 2010, DGA, Executive Summary p.ix**

230. According to 2010 Dietary Guidelines**,** which of the following foods is **not** considered to be Nutrient Dense?

A. Whole Milk
B. Low Fat Milk
C. Fat Free Milk
D. Skim Milk

Answer: Whole Milk **Source: 2010, DGA, Executive Summary p.ix**

231. Which of the following foods will most likely pose a high risk for foodborne illness?

A. Fresh Strawberries
B. Undercooked Chicken
C. Whole wheat toast
D. Dried beans

Answer: Undercooked Chicken **Source: 2010, DGA, Executive Summary p.ix**

232. According to the 2010 Dietary Guidelines for Americans, to curb the obesity epidemic and improve overall health, Americans must

A. Eat 5 meals per day
B. Exercise 2 hours per day
C. Decrease the calories we consume and increase physical activity
D. Keep a food journal

Answer: Decrease calories consumed and increase physical activity. Source: 2010, DGA, Executive Summary p.ix

233. According to the 2010 Dietary Guidelines for Americans, daily sodium intake should be less than how many milligrams per day?

A. 2300
B. 1500
C. 2000
D. 500

Answer: 2300 Source: 2010, DGA, Executive Summary p.x

234. For persons 51 and older, daily sodium intake should be less than how many milligrams?

A. 2300
B. 2000
C. 500
D. 1500

Answer: 1500 milligrams Source: 2010, DGA, Executive Summary p.x

235. Less than what percent of calories consumed should come from saturated fatty acids?

A. 15%
B. 30%
C. 10%
D. 5%

Answer: C, 10% Source: 2010, DGA, Executive Summary p.x

236. Prevention of overweight and obesity will most likely be achieved by:

A. Riding a bicycle
B. Playing computer games
C. Watching a movie
D. Sleeping 12 hours per night

Answer: riding a bicycle **Source: 2010, DGA, Executive Summary p.x**

237. According to the Dietary Guidelines for Americans, 2010, we should reduce the intake of calories from solid fats and what kind of sugars?

A. Fructose
B. Organic
C. Lactose
D. Added

Answer: Added **Source: 2010, DGA, Executive Summary p.x**

238. According to the Dietary Guidelines for Americans, 2010 we should consume less than how many milligrams of dietary cholesterol per day?

A. 100
B. 200
C. 300
D. 500

Answer: 300 **Source: 2010, DGA, Executive Summary p.x**

239. What type of fats should be consumed as little as possible?

A. Polyunsaturated
B. Monounsaturated
C. Organic
D. Trans Fats

Answer: Trans Fats **Source: 2010, DGA, Executive Summary p.x**

240. For women who might become pregnant, which of the following vitamins should be consumed each day in addition to consuming the food form of this nutrient?

A. Riboflavin
B. Thiamin
C. Folic Acid
D. Vitamin C

Answer: folic acid Source: 2010, DGA, Executive Summary p.xi

241. Daily sodium intake healthy individual should be less than how much?

A. 3000 mg.
B. 2300 mg.
C. 1500 mg.
D. 1200 mg.

Answer: 2300 mg. Source – 2010 DGA, Executive Summary

242. Daily sodium intake levels for older adults, African Americans or people who have hypertension, diabetes or chronic kidney disease should be less than how much?

A. 3000 mg.
B. 2300 mg.
C. 1500 mg.
D. 1200 mg.

Answer: 1500 mg. Source – 2010 DGA, Executive Summary

243. Less than 10 percent of calories should come from what type of fatty acids

A. Monounsaturated Fatty Acids
B. Poly Unsaturated Fatty Acids
C. Saturated Fatty Acids
D. Trans-fatty Acids

Answer: Saturated Fatty Acids Source – 2010 DGA, Executive Summary

244. Prevent and/or reduce overweight and obesity through:

A. Improving eating and consuming more calories
B. Improved eating and physical activity behaviors
C. Improving muscles, toning and weight
D. Improving eating and sleeping behaviors

Answer: Improved eating and physical activity behaviors. Source – 2010 DGA, Executive Summary

245. One way to balance calories and manage weight is to

A. Increase physical activity and reduce time spent in sedentary behaviors.
B. Join Weight Watchers.
C. Increase sleep, physical activity, and reduce time eating.
D. Increase television time and exercise less.

Answer: Increase physical activity and reduce time spent in sedentary behaviors Source – 2010 DGA, Executive Summary.

246. Which of these are responsible for reviewing the Dietary Guidelines for Americans every 5 years except:

A. The U. S. Department of Agriculture (USDA)
B. The American Dietetic Association (ADA)
C. American Medical Association (AMA)
D. The Cooperative Extension Service (CES)

Answer: The U. S. Department of Agriculture (USDA) Source – 2010 DGA, Executive Summary

247. What percentage of American households have been unable to acquire adequate food to meet their needs.

A. 10 Percent
B. 15 Percent
C. 20 Percent
D. 25 Percent

Answer: 15 percent Source – 2010 DGA, Executive Summary

248. The Dietary Guidelines for Americans, 2010 is intended for Americans:

A. 0 and older
B. 2 and older
C. 12 and older
D. 18 and older

Answer: 2 and older. Source – 2010 DGA, Executive Summary

249. What are the two major factors are contributing to an epidemic of overweight and obesity affecting men, women and children in all segments of our society.

A. Heart disease and chronic illnesses
B. Television and computers
C. Poor diet and physical inactivity
D. Peer pressure and the media

Answer: Poor diet and physical inactivity Source – 2010 DGA, Executive Summary

250. People have a difficult time achieving recommended nutrient intake while controlling calories by consuming too much of all of these but:

A. Foods with too much fiber.
B. Foods with too much sodium
C. Foods with solid fats
D. Foods with added sugar

Answer: Foods with too much fiber Source – 2010 DGA, Executive Summary

251. Maintaining calorie balance over time to achieve and sustain a healthy weight is achieved by:

A. Consuming a low carbohydrate, high protein diet.
B. Eating foods higher in calories and being less physically active.
C. Being more physically active and consuming more calories.
D. Attention to consuming only enough calories from foods and drinks to meet their needs by being physically active.

Answer: Attention to consuming only enough calories from foods and drinks to meet their needs by being physically active. Source – 2010 DGA, Executive Summary

252. The Dietary Guidelines can help individuals:

A. Choose a healthy, nutritionally balanced diet.
B. Choose an exercise plan that is nutritionally balanced.
C. Exercise less and more healthy.
D. Choose to eat less healthy.

Answer: Choose a healthy, nutritionally balanced diet. Source – 2010 DGA, Executive Summary

253. Women who are capable of becoming pregnant should choose foods higher in

A. Heme protein
B. Heme fat
C. Heme vitamins
D. Heme iron

Answer: Heme iron Source – 2010 DGA, Executive Summary

254. Good sources of Vitamin B12 for individuals 50 years and older are:

A. Fortified cereals.
B. Vitamin enriched vegetables
C. Fortified fruit juices
D. Enriched flour

Answer: Fortified cereals. Source – 2010 DGA, Executive Summary

255. Due to the high methyl mercury content individuals should limit white (albacore tuna) to how many ounces or less per week.

A. 3 ounces
B. 6 ounces
C. 8 ounces
D. 12 ounces

Answer: 6 ounces per week. Source – 2010 DGA, Executive Summary

256. Maintain calorie balance over time to _____ and_____.

A. Achieve and sustain healthy weight
B. Live and be healthy
C. Achieve and lose weight
D. Live and stay healthy

Answer: Achieve and sustain healthy weight **Source – 2010 DGA, Executive Summary**

257. To reduce foodborne illnesses follow:

A. The Dietary Guidelines.
B. Choose MyPlate
C. Food Safety Recommendations
D. Emergency Preparedness

Answer: Food Safety recommendations. **Source – 2010 DGA, Executive Summary**

258. All these foods provide potassium but:

A. Fruit
B. Meat
C. Vegetables
D. Whole grains

Answer: Meats **Source – 2010 DGA, Executive Summary**

259. One of the two concepts in the Dietary Guidelines is to focus on consuming _____ and _____.

A. Calories and Exercise
B. Fats and Sugars
C. Nutrient-dense Foods and Beverages
D. Fruits and Vegetables

Answer: Nutrient-dense Foods and Beverages **Source – 2010 DGA, Executive Summary**

260. The Dietary Guidelines should be met primarily through what?

A. Exercise
B. Vitamins
C. Water
D. Food

Answer: Food **Source – 2010 DGA, Executive Summary**

261. One of the two eating patterns that embodies the Dietary Guidelines are the:

A. Weight Watchers
B. The DASH (Dietary Approaches to Stop Hypertension)
C. Carbohydrate Counting
D. The Purine Diet

Answer: The DASH **Source – 2010 DGA, Executive Summary**

262. Replace half of all grains with:

A. More fiber
B. Whole Wheat
C. Whole Grains
D. Starchy Carbohydrates

Answer: Whole Grains Source – 2010 DGA, Executive Summary

263. Women who are pregnant or breastfeeding should consume how much seafood per week from a variety of sea foods.

A. 2 to 3 ounces
B. 8 to 12 ounces
C. 12 to 13 ounces
D. No seafood because of the dangers.

Answer: 8 to 12 ounces Source – 2010 DGA, Executive Summary

264. Increase the amount and variety of seafood by choosing seafood in place of:

A. Meat and Poultry
B. Cheese and Milk
C. Eggs and poultry
D. Beans and Rice

Answer: Meat and Poultry **Source – 2010 DGA, Executive Summary**

265. A part of a healthy eating pattern is what?

A. Increase exercise and weight
B. Increase sugars
C. Increase fiber and fats
D. Increase fruits and vegetables

Answer: Increase Fruits and Vegetables. **Source – 2010 DGA, Executive Summary**

266. Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people

A. attain and maintain a healthy weight
B. reduce their risk of chronic disease
C. promote overall good health
D. all of the above

Answer: all of the above **Reference: DGA Executive Summary pg. 1**

267. Dietary Guidelines recommendations traditionally have been intended for healthy Americans ages

A. 1 years and older
B. 2 years and older
C. 3 years and older
D. 4 years and older

Answer: 2 years and older **Reference: DGA Executive Summary pg. 1**

268. _____ _____ and _____ _____ are the most important factors contributing to an epidemic of overweight and obesity affecting Americans.

A. Tight belt and short skirts
B. Screen time and computer games
C. Poor diet and physical inactivity
D. None of the above

Answer: Poor diet and physical inactivity **Reference: DGA Executive Summary pg. 1**

269. According to the DGA, what percentage of Americans are unable to acquire adequate food to meet their needs?

A. 15%
B. 25%
C. 35%
D. 40%

Answer: 15% **Reference: DGA Executive Summary pg. 1**

270. A healthy eating pattern needs not only to promote health and help to decrease the risk of chronic diseases, but it also should prevent

A. tooth decay
B. obesity in youth
C. loss of self esteem
D. Foodborne illness

Answer: Foodborne illness **Reference: DGA Executive Summary pg. 2**

271. The four basic food safety principles work together to reduce the risk of foodborne illnesses. These four principles are:

A. Cut, Shred, Cleave and Scoop
B. Sweep, Mop, Dust and Vacuum
C. Purchase, Wash, and Freeze
D. Clean, Separate, Cook and Chill

Answer: Clean, Separate, Cook and Chill **Reference: DGA Executive Summary pg. 2**

272. To get the full benefit, individuals should carry out the _____ _____ recommendations in their entirety as part of an overall healthy eating pattern.

A. Dietary Intake
B. Dietary Guidelines
C. Dietary Recommendations
D. None of the above

Answer: Dietary Guidelines **Reference: DGA Executive Summary pg. 2**

273. Individuals need to consume less than ____ mg per day of dietary cholesterol.

A. 100
B. 200
C. 250
D. 300

Answer: 300 mg. **Reference: DGA Executive Summary pg. 3**

274. Individuals need to reduce the intake of _____ from solid fats and sugars.

A. Carbohydrates
B. Glucose
C. Calories
D. None of the above

Answer: Calories **Reference: DGA Executive Summary pg. 3**

275. If alcohol is consumed, it should be consumed in moderation. Moderation is ____ drink for women, _____ drink per day for men.

A. 1, 2
B. 1, 3
C. 2, 1
D. 2, 2

Answer: 1 women, 2 men **Reference: DGA Executive Summary pg. 3**

276. Individuals need to choose a variety of _____ foods.

A. Solid
B. Protein
C. Salty
D. Plant

Answer: Protein **Reference: DGA Executive Summary pg. 4**

277. Women who are pregnant or breastfeeding need to consume 8 to 12 ounces of _____ per week.

A. Vegetables
B. Eggs
C. Milk
D. Seafood

Answer: Seafood **Reference: DGA Executive Summary pg. 4**

278. Many other Americans consume less than optimal intake of certain nutrients even though they have adequate _____ for a healthy diet.

A. Finances
B. Time
C. Resources
D. Benefits

Answer: Resources **Reference: DGA Executive Summary pg. 2**

279. People who are most successful at achieving and maintaining a healthy weight do so through continued attention to consuming only enough calories from _____ and _____.

A. Snacks and water
B. Food and beverages
C. Cookies and coke
D. Fruit and exercise

Answer: Food and beverages **Reference: DGA Executive Summary pg. 2**

280. To curb the obesity epidemic and improve their health, many Americans must _____ the calories they consume and _____ the calories they expend through physical activity.

A. Decrease, Increase
B. Increase, Decrease
C. Add, Divide
D. Count, Subtract

Answer: Decrease and Increase **Reference: DGA Executive Summary pg. 2**

281. Eat a variety of vegetables, especially dark _____.

A. blue
B. red
C. green
D. aqua

Answer: green **Reference: DGA Executive Summary pg. 4**

282. Consume at least half of all grains as _____ grains.

A. Half
B. Fourths
C. Thirds
D. Whole

Answer: Whole **Reference: DGA Executive Summary pg. 4**

283. Individuals need to increase physical activity and reduce time spent in _____ behaviors.

A. Secondary
B. Sedentary
C. Special
D. None of the above

Answer: Sedentary **Reference: DGA Executive Summary pg. 3**

284. Individuals need to use _____ to replace solid fats where possible.

A. Oils
B. Salt
C. Lard
D. Vinegar

Answer: Oils **Reference: DGA Executive Summary pg. 4**

285. Individuals 50 years and older should consume foods fortified with Vitamin _____ such as fortified cereals or dietary supplements.

A. B6
B. B8
C. B12
D. B10

Answer: B12 **Reference: DGA Executive Summary pg. 4**

286. If a woman is pregnant, she should take an _____ supplement, as recommended by an obstetrician.

A. Zinc
B. Potassium
C. Calcium
D. Iron

Answer: Iron **Reference: DGA Executive Summary pg. 4**

287. When preparing food, follow food safety recommendations when preparing and eating foods to reduce the risk of _____ _____.

A. Viral infections
B. Foodborne illnesses
C. Heart problems
D. Bone disease

Answer: foodborne illnesses **Reference: DGA Executive Summary pg. 4**

288. Increase the amount and variety of seafood consumed by choosing seafood in place of some _____ and _____.

A. Meat and poultry
B. Vegetables and fruit
C. Beans and potatoes
D. Eggs and pork

Answer: Meat and poultry **Reference: DGA Executive Summary pg. 4**

289. By law, the Dietary Guidelines for Americans is reviewed, updated if necessary and published every ___ years.

A. 2 ½
B. 3
C. 5
D. 7

Answer: 5 years **Reference: DGA Executive Summary pg. 1**

290. Poor diet and physical inactivity are associated with major causes of morbidity and _____ in the United States.

A. Monetary
B. Mercenary
C. Mortuary
D. Mortality

Answer: Mortality **Reference: DGA Executive Summary pg. 1**

<u>Safe home food storage and Nutrient needs</u>

291. What is the temperature that a refrigerator should be maintained?

A. 70° F or below
B. 40° F or below
C. 100° F or below
D. 55° F or below

Answer: 40° F or below **Source – Safe Home Food Storage**

292. This date on a package means that it is the last day the food should be eaten.

A. Sell by Date
B. Pack Date
C. Expiration Date
D. Pull Date

Answer: C – Expiration Date **Source – Safe Home Food Storage**

293. This date means that the food will be of its highest quality or flavor if consumed beforethe date on the package.

A. Pack Date
B. Sell by Date
C. Expiration Date
D. Best if Used by Date

Answer: Best if Used by Date **Source – Safe Home Food Storage**

294. This date tells the sore how long to display the food for sale.

A. Pack Date
B. Sell by or Pull Date
C. Expiration Date
D. Best of Used Before Date

Answer: Sell by or Pull Date **Source – Safe Home Food Storage**

295. This date shows when the food was packaged or processed.

A. Pack Date
B. Sell by or Pull Date
C. Expiration Date
D. Best of Used Before Date

Answer: Pack Date **Source – Safe Home Food Storage**

296. Leftovers should be reheated to what temperature?

A. 45° F
B. 65° F
C. 100° F
D. 165° F

Answer: 165° F **Source – Safe Home Food Storage**

297. What is the maximum time that flour should be kept in the pantry?

A. 2 Months
B. 4 Months
C. 8 Months
D. 12 Months

Answer: 8 Months **Source – Safe Home Food Storage**

298. How should fresh eggs be stored?

A. On the Counter
B. In the Original Carton
C. In the Egg Holder on the Door
D. In a Basket

Answer: In the Original Carton **Source – Safe Home Food Storage**

299. What is the maximum time that you should keep fresh chicken in the refrigerator?

A. 2 Days
B. 4 Days
C. 7 Days
D. 14 Days

Answer: 2 Days **Source – Safe Home Food Storage**

300. What is the recommended maximum time unopened cans of coffee should be kept?

A. 2 Years
B. 1 year
C. 6 Months
D. 1 Month

Answer: 2 Years **Source – Safe Home Food Storage**

301. What is the maximum amount of time that is safe to keep packaged lunch meat once it has been opened?

A. 2 Weeks
B. 7 -10 days
C. 6-8 days
D. 3-5 days

Answer: 3-5 days **Source – Safe Home Food Storage**

302. Unopened canned fruit may be kept up to _____.

A. 3 months
B. 6 months
C. 12 months
D. 24 months

Answer: 12 months. **Source – Safe Home Food Storage**

303. Zucchini and yellow crookneck squash fall under what varieties.

A. Winter
B. Spring
C. Summer
D. Fall

Answer: summer **Source – Safe Home Food Storage**

304. Canned opened pickles should be refrigerated and may be kept for _____ months.

A. 1 to 2 months
B. 2 to 4 months
C. 4 to 6 months
D. 12 months

Answer: 1 to 2 months **Source – Safe Home Food Storage**

305. Dry kernels of popcorn may be kept for up to _____ years.

A. 1 year
B. 2 years
C. 3 years
D. 5 years

Answer: 2 years **Source – Safe Home Food Storage**

306. Carbohydrates supply energy at _____ calories per gram to all body cells.

A. 2
B. 4
C. 6
D. 8

Answer: 4 **Source – Nutrient Needs at a Glance, E-589**

307. What nutrient supplies 9 calories per gram?

A. Protein
B. Carbohydrates
C. Fat
D. Fiber

Answer : Fat **Source – Nutrient Needs at a Glance, E-589**

308. Protein supplies food energy at _____ calories per gram.

A. 1
B. 2
C. 3
D. 4

Answer: 4 **Source – Nutrient Needs at a Glance, E-589**

309. What vitamin promotes growth and normal vision and protects against night blindness?

A. Vitamin D
B. Vitamin A
C. Vitamin E
D. Vitamin K

Answer: Vitamin A **Source – Nutrient Needs at a Glance, E-589**

310. Rickets is caused by a deficiency in which vitamin?

A. Vitamin A
B. Vitamin D
C. Vitamin E
D. Vitamin K

Answer: Vitamin D

311. A bone deformation in children is known as?

A. Bulimia
B. Anorexia
C. Scurvy
D. Rickets

Answer: Rickets

312. The inflammation of the skin is known as?

A. Edema
B. Ketosis
C. Scurvy
D. Dermatitis

Answer: Dermatitis

313. What is Osteoporosis?

A. Softening of bones in adults
B. Porous, brittle bones
C. Bone deformation in children
D. Loss of appetite

Answer: Porous, brittle bones

314. A substance that prevents deterioration or rancidity is known as?

A. Antioxidant
B. Glucose Tolerance Factor
C. Ketosis
D. Dermatitis

Answer: Antioxidant

315. Weakened cartilages and connective tissue are a condition of?

A. Scurvy
B. Ketosis
C. Hemorrhagic
D. Rickets

Answer: Scurvy

316. The highest daily intake that will not cause adverse effects is known as?

A. Adequate intake
B. Dietary Reference intakes
C. Glucose Tolerable Factor
D. Tolerable Upper Intake Level

Answer: Tolerable Upper intake Level

317. A bone deformation in children is known as?

A. Bulimia
B. Anorexia
C. Scurvy
D. Rickets

Answer: rickets **Source – Nutrient Needs at a Glance, E-589**

318. The inflammation of the skin is known as?

A. Edema
B. Ketosis
C. Scurvy
D. Dermatitis

Answer: Dermatitis **Source – Nutrient Needs at a Glance, E-589**

319. What is Osteoporosis?

A. Softening of bones in adults
B. Porous, brittle bones
C. bone deformation in children
D. Loss of appetite

Answer: Porous, brittle bones **Source – Nutrient Needs at a Glance, E-589**

320. A substance that prevents the deterioration or rancidity is known as?

A. Antioxidant
B. Glucose Tolerance Factor
C. Ketosis
D. Dermatitis

Answer: Antioxidant **Source – Nutrient Needs at a Glance, E-589**

321. Weakened cartilages and connective tissue are a condition of?

A. Scurvy
B. Ketosis
C. Hemorrhagic
D. Rickets

Answer: Scurvy **Source- Nutrient Needs at a Glance, E-589**

322. The highest daily intake that will not cause adverse effects is known as?

A. Adequate Intake
B. Dietary Reference Intakes
C. Glucose Tolerable Factor
D. Tolerable Upper Intake Level

Answer: Tolerable Upper Intake Level **Source- Nutrient Needs at a Glance, E-589**

323. A general term for a set of reference values for planning and assessing nutrient intakes of healthy people is known as?

A. Dietary Reference Intakes
B. Glucose Tolerance Factor
C. Adequate Intake
D. Tolerable Upper Intake Level

Answer: Dietary Reference Intakes **Source- Nutrient Needs at a Glance, E-589**

324. An inflammatory condition of the skin characterized by redness and itching is known as?

A. Edema
B. Eczema
C. Dermatitis
D. Hemorrhagic

Answer: Eczema **Source- Nutrient Needs at a Glance, E-589**

325. Cheilosis is known as the cracks at the corner of which part of your body?

A. Eye
B. Ear
C. Finger
D. Mouth

Answer: Mouth **Source- Nutrient Needs at a Glance, E-589**

326. A compound that forms the actual part in an enzyme after combining with a protein component is?

A. Cachexia
B. Cheilosis
C. Coenzyme
D. Ataxia

Answer: Coenzyme **Source- Nutrient Needs at a Glance, E-589**

327. Which Water-Soluble vitamin provided in citrus fruits helps heal wounds?

A. Vitamin A
B. Vitamin B
C. Vitamin C
D. Vitamin E

Answer: Vitamin C **Source- Nutrient Needs at a Glance, E-589**

328. Which nutrient may be used to help lower cholesterol?

A. Protein
B. Fat
C. Carbohydrates
D. Fiber

Answer: Fiber **Source- Nutrient Needs at a Glance, E-589**

329. Which of the following is not a Fat-Soluble Vitamin?

A. Vitamin A
B. Vitamin C
C. Vitamin E
D. Vitamin K

Answer: Vitamin C **Source- Nutrient Needs at a Glance, E-589**

330. Which of the following is not Mineral/Element?

A. Calcium
B. Protein
C. Copper
D. Iron

Answer: Protein **Source- Nutrient Needs at a Glance, E-589**

331. Which of the following is an example of an electrolyte?

A. Protein
B. Copper
C. Iron
D. Potassium

Answer: Potassium **Source- Nutrient Needs at a Glance, E-589**

332. The following transports nutrients and waste throughout your body?

A. Germs
B. Blood
C. Water
D. Bacteria

Answer: Water **Source- Nutrient Needs at a Glance, E-589**

333. Which main nutrient aids in bowel mobility.

A. Carbohydrates
B. Fiber
C. Protein
D. Fat

Answer: Fiber "Keep Your Colon Rolling" **Source- Nutrient Needs at a Glance, E-589**

334. The following is a mineral that helps to build bones and teeth.

A. Cheese
B. Milk
C. Calcium
D. Yogurt

Answer: Calcium **Source- Nutrient Needs at a Glance, E-589**

335. The following mineral makes teeth resistant to decay; most effective in young children.

A. Calcium
B. Fluoride
C. Cavity
D. Magnesium

Answer: Fluoride **Source- Nutrient Needs at a Glance, E-589**

336. Too much of this mineral may cause tooth loss.

A. Chloride
B. Chromium
C. Calcium
D. Choline

Answer: Chloride **Source- Nutrient Needs at a Glance, E-589**