Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_

**State Skills Review Test**

1. Which is more hazardous: a dull knife or a sharp knife (circle one)
2. Which of the following can be used to extinguish a grease fire (circle all that apply)
	1. Flour e. smother it by placing a lid over the pan
	2. Baking soda f. water
	3. Baking powder g. salt
	4. Fire extinguisher h. sugar
3. A first-degree burn should be treated with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water
4. First-Aid for a severely bleeding cut would be to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. The first line of defense for electrical shock is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What happens when you mix ammonia with bleach? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Which of the following is the safest way to thaw meat?
	1. In the microwave
	2. In the refrigerator for 2-3 days
	3. On the counter in a paper bag for however long it takes to that
	4. In the sink with water for a few hours
8. You should spend at least \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ seconds washing your hands.
9. Which one of the following would disinfect a surface?
	1. Chlorine bleach and water
	2. Soapy water
	3. Hot water
	4. Ammonia alone
10. What are four conditions necessary for bacteria to grow (\*think of what is necessary for ANYTHING to live)?
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. What is the temperature range for the “danger zone” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. E-coli comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Salmonella comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Botulism comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Hepatitis comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. Staph comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
17. What is cross contamination? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Ground meats should be cooked to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. Poultry and re-heated food should be cooked to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
20. List at least 4 of the dietary guidelines:
21. We should increase our consumption of veggies/fruits that are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in color
22. TRUE or FALSE: Oils are a group on Myplate
23. Each person’s caloric needs depend on their age, gender, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
24. What are empty calories? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
25. What does nutrient dense mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
26. How much exercise should adolescence get in a day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes
27. Complete the Myplate picture below (6 pts)

Food Group:

Food Group:

Food Group:

Color:

Color:

Color:

Nutrient:

Tip(s):

Nutrient:

Nutrient:

Tip(s):

Tip(s):

DAIRY Serving Size:

How many servings
you need in a day:

Food Group:

Color:

Food Group:

Nutrient:

Color:

Tip(s):

Nutrient:

Tip(s):

1. Briefly describe what the following tools do
	1. Colander/ strainer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Peeler\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Tongs\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. Turner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	5. Pastry blender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	6. Wire whisk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	7. Straight edge spatula \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	8. Rolling pin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Match the following terms to their definitions
	1. Dredge to rub on a tool that shreds food
	2. Chop to incorporate air
	3. Cream to cut into extremely small pieces, the finest size
	4. Cut-in to cut into small squares
	5. Dice to cut into smaller pieces with a knife
	6. Flour to sprinkle or coat lightly with a powdered substance
	7. Fold in to work or press dough with the palms of hands
	8. Grate to blend fat and sugar together until creamy
	9. Knead to mix flour and fat with a pastry blender
	10. Mince to remove the outside layer
	11. Peel to cook in a small amount of fat
	12. Sauté to heat to just below the boiling point
	13. Simmer to cook food in the vapor of boiling water
	14. Steam to gently combine
	15. Whip to coat food heavily with flour, bread crumbs, etc.
3. Write the abbreviations for the following:
	1. Tablespoon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d. Ounce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Teaspoon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e. Pound \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Cup \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ f. Quart \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Write the equivalents for the following
	1. 1 cup = \_\_\_\_\_\_\_\_\_\_ oz
	2. ¼ cup = \_\_\_\_\_\_\_\_\_ tbsp.
	3. 1 tbsp = \_\_\_\_\_\_\_\_\_ tsp
	4. 1 pt = \_\_\_\_\_\_\_\_\_\_\_ cups
	5. 1 gallon = \_\_\_\_\_\_\_\_ cups
	6. 1 stick of butter = \_\_\_\_\_\_\_\_\_ cup or \_\_\_\_\_\_\_\_\_\_\_ tbsp.
5. Double/ half the figures below
	1. 1 cup doubled\_\_\_\_\_\_\_\_\_\_ halved \_\_\_\_\_\_\_\_\_\_\_\_\_
	2. ¼ tsp doubled\_\_\_\_\_\_\_\_\_\_ halved \_\_\_\_\_\_\_\_\_\_\_\_\_
	3. 2/3 cup doubled \_\_\_\_\_\_\_\_\_\_ halved \_\_\_\_\_\_\_\_\_\_\_\_\_
	4. 1 ½ teaspoons doubled \_\_\_\_\_\_\_\_\_\_ halved \_\_\_\_\_\_\_\_\_\_\_\_\_
6. How do you measure the following:
	1. Flour:
	2. Brown Sugar:
	3. Sugar:
	4. Shortening:
7. Microwaves are attracted to which three types of molecules?
	1. Fat d. water
	2. Sugar e. bones
	3. Meat/proteins f. plastic
8. Microwave safe materials should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in shape, and made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, plastic, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Write if each of the following are complex or simple carbohydrates
	1. Sugars \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e. snickers bar\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Starches \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ f. Rice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Whole grains \_\_\_\_\_\_\_\_\_\_\_\_\_\_ g. Pasta \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. Cereal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ h. fruits \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Which sugar comes from; fruits: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ milk: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grapes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. What portions of a person’s daily intake of carbohydrates should come from whole grains? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ %
12. Fiber works with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to move food through the digestive system and prevent constipation
13. Fiber can help prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cancer.
14. All of the following are great sources of fiber **except**:
	1. Fruits e. milk
	2. Veggies f. beans
	3. Whole grains g. Oatmeal
	4. Popcorn
15. How many grams of fiber should you eat each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. Carbs have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram
17. When cooked, pasta will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in size, and rice will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in size
18. Pasta should be cooked with the lid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, while rice cooks with the lid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. TRUE OR FALSE: Yeast is a leavening agent that works quickly, like in muffins or cookies
20. Which of the following is not a quick bread?
	1. Muffins
	2. Pancakes
	3. Crepes
	4. Cinnamon rolls
21. In products: flour provides \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fats provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and salt provides \_\_\_\_\_\_\_\_\_\_\_
22. Name the two leavening agents used in quick breads:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
23. Fats do all of the following except
	1. Carrier for vitamins KADE d. Protect internal organs
	2. Reserve sources of energy e. Build and repair body tissues
	3. Add flavor to food f. Insulate the body
24. Fats have \_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram
25. HDL is the good/bad cholesterol (circle one)
26. LDL is the good/bad cholesterol (circle one)
27. Fill in the chart for each fatty acid type

|  |  |  |  |
| --- | --- | --- | --- |
| TYPE of FAT | **HDL** | **LDL** | Sources |
| Raises | Lowers | Raises | Lowers |
| Saturated |  |  |  |  |  |
| Monounsatured |  |  |  |  |  |
| Polyunsatured  |  |  |  |  |  |

1. Proteins have \_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram
2. Proteins main purpose is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. There are \_\_\_\_\_\_ total amino acids and \_\_\_\_\_\_ essential amino acids.
4. Completed proteins come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sources. They contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Incomplete proteins come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sources
6. You can combine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to make a complete protein
	1. An example of this would be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Match the following functions of eggs to the food it is exhibited in
	1. Coating meat loaf
	2. Binding angel food cake
	3. Thickening custard/pudding
	4. Leavening mayonnaise
	5. Emulsifying breading on chicken
8. Water-soluble vitamins include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. The fat soluble vitamins are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. The vitamin that can help prevent birth defects that spinal bifida is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. TRUE or FALSE: Too many vitamins can be toxic to your body
12. When fresh fruits turn brown it is called e\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Which of the following is the **worst** cooking method for preserving nutrients?
	1. Microwaving c. boiling
	2. Steaming d. stir frying/sautéing
14. Name the macro-minerals we talked about and where to find them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Name the micro-minerals and where to find them: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. What are the electrolyte minerals and what do they do?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
17. Calcium deficiency leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Iron deficiency leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. It is recommended that adults have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ servings of milk each day
	1. What is classified as a serving? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
20. What is homogenization? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
21. What is pasteurization? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
22. What is fortifying? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
23. What many ounces of water is recommended each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
24. TRUE OR FALSE: Water is the most important nutrient
25. Water is used to carry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ products through the body and regulate body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through sweating.
26. What are the three energy producing nutrients?