

**Foods and Nutrition I Final Exam
Study Guide**

Name: _____ Class Period: _____ Date: _____

Directions: Answer each question and or statement completely.

1. What are the 6 major nutrients? (B1)
2. What are the functions of the six major nutrients? (B1)
3. What are fad diets? Are fad diets really helpful? (B1)
4. Define the term nutrient. (B1)
5. Explain the importance of fiber. (B1)
6. Name a source for each of the 6 major nutrients. (B1)
7. Define cholesterol. (B1)
8. Define the two types of vitamins. (B1)
9. Define the two types of minerals. (B1)
10. Name and describe the two phases of the digestion process. (B1)
11. What is a calorie? (B1)
12. Explain Myplate. (B1)
13. Identify each food group and their recommended daily values. (B1)
14. What types of food contain the most sodium? (B1)
15. Define the term binge eating? (B1)
16. What is an eating disorder? (B1)
17. What is BMI? How can you determine BMI? (B1)
18. Define foodborne illness. (C1)
19. What makes food unfit to eat? (C1)
20. Explain the steps to food safety. (C1)
21. What is the safe cooking temp to chicken and poultry? (C1)
22. What are safe cooking temps for fish, beef, and pork? (C1)
23. Define cross contamination. (C1)
24. How do you prevent the following hazards in the kitchen? (C1)
 - a. slip and falls
 - b. electric shock
 - c. choking
 - d. burns
 - e. cuts
25. Define the work triangle. (D1)
26. What are the 3 main kitchen work centers? (D1)
27. Define each of the following kitchen work centers. (D1)
 - a. one wall
 - b. u shaped
 - c. corridor
 - d. L-shaped
28. Explain the difference between a warranty and service contract. (D1)
29. Explain the difference between energy star labels and energy guide labels. (D1)
30. Name 2 measuring tools. (D1)
31. Name 2 mixing tools. (D1)

Foods And Nutrition Final Study Guide

Siddappa N.Byrareddy



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