

CA2: Unit 1 Study Guide – Food Decisions

Chapter 14: Eating Patterns

1. Define the following terms. (p. 196-202)

Resources	People, things, and quantities that can help you reach a goal
Perishable	A food that can spoil quickly
Entrée	Main food dish
Values	Beliefs and concepts that a person holds as important
Eating Patterns	A mix of food customs and habits that include when, what and how much people eat
Grazing	Eating five or more small meals throughout the day instead of three large ones
Full-Service	Offer table service, guests are seated, and a server takes their order
Self-Service	You order at the counter or help yourself from a buffet, then pay and take your food to a table
Fast Food	Offer quick service from a limited menu, often in large portions. Not typically made for healthfulness

2. List 3 examples of perishable foods (p. 198)
Eggs, cheese, fresh fish
3. How did WWII have an impact on eating habits? (p. 198)
Women became a major part of the workforce, working long shifts in factories and shipyards
4. Why is breakfast the most important meal of the day? (p. 199)
Helps you feel alert, you may have been fasting for 10-12 hours, research shows students that eat breakfast do better in school than those who do not
5. Who has the biggest influence of your food choices? (p. 196)
Family

Chapter 16: Meal Planning

6. Define the following terms, (p. 222-229)

Budget	A plan for managing your money
Scratch Cooking	Preparing a dish from basic ingredients
Commodity	Product of agriculture, often surplus food purchased from farmers
Role	A set of responsibilities based on your different relationships with others
Convenience Foods	Foods that have been processed to make them easier and faster to us
Staples	Basic items that are used on a regular basis, such as milk, cereal, eggs and bread
Bulk Foods	Shelf-stable foods sold loose in covered bins or barrels, in just a single bag or reusable container
Speed-Scratch Cooking	Approach to cooking that uses a few convenience foods, along with basic ingredients for easier meal prep

7. What are 3 resources for meal planning? How does meal planning benefit you? (p. 222)
Time, energy, skills, equipment, available food; stay energized, gain skills for independence; ensure nutritional needs met
8. What factors influence your food spending? (p. 223)
Number of family members, age of family members, time/skills available, how often family eats out
9. What are 2 examples of convenience foods? (p. 226)
Microwavable foods, single serve foods
10. What factors should you consider when planning for meal appeal? (p. 229)
Color, flavor, shape, size, texture, temperature

Chapter 19: Food Safety & Storage

11. Define the following terms. (p. 280-295)

Contaminant	A substance, such as a chemical or organism that makes food unsafe to eat
Foodborne Illness	Sickness caused by eating food that contains a contaminant
Spore	Protected cell that develops into a bacterium when it has the right conditions of food, warmth & moisture
Toxin	Poison that can cause illness
Rehydrate	Absorb water and become soft again
Freezer Burn	Moisture loss due to improper packaging, or overly long storage in the freezer
Microorganism	Living thing so small it can only be seen through a microscope
Cross-Contamination	Spread of harmful bacteria from one food to another
Personal Hygiene	Thoroughly washing your body, face and hands to help avoid transferring harmful bacteria when transferring food
Sanitation	Prevention of illness through cleanliness

12. What are 4 possible side effects of a foodborne illness? (p. 280)

Fever, headache, vomiting, diarrhea

13. How long should you wash your hands? (p. 281)

20 seconds

14. What is the temperature danger zone? What happens in it? (p. 284)

40°-140°; bacteria grows and multiplies rapidly

15. How long should perishable foods be left out? (p. 285)

2 hours

16. Explain 3 ways you can preserve foods. (p. 291)

Canning, freezing, drying

17. What is the proper procedure for washing dishes? (p. 282)

Scrap & rinse then presoak, wash dishes in order from glass to greasy cookware last, let dishes air dry in rack or dry with a clean/dry towel