

Name: _____ hour: _____

CA2: Unit 1 Study Guide – Food Decisions

Chapter 14: Eating Patterns

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

Resources	
Perishable	
Entrée	
Values	
Eating Patterns	
Grazing	
Full-Service	
Self-Service	
Fast Food	

2. List 3 examples of perishable foods (p. 198)

3. How did WWII have an impact on eating habits? (p. 198)

4. Why is breakfast the most important meal of the day? (p. 199)

5. Who has the biggest influence of your food choices? (p. 196)

Chapter 16: Meal Planning

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

Budget	
Scratch Cooking	
Commodity	
Role	
Convenience Foods	
Staples	
Bulk Foods	
Speed-Scratch Cooking	

7. What are 3 resources for meal planning? How does meal planning benefit you? (p. 222)

8. What factors influence your food spending? (p. 223)

9. What are 2 examples of convenience foods? (p. 226)

10. What factors should you consider when planning for meal appeal? (p. 229)

Chapter 19: Food Safety & Storage

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

Contaminant	
Foodborne Illness	
Spore	
Toxin	
Rehydrate	
Freezer Burn	
Microorganism	
Cross-Contamination	
Personal Hygiene	
Sanitation	

