Hospitality and Tourism
Practicum in Hospitality Services
Multiple Choice Science Assessment Questions

All science problems address TEKS 130.229 and 130.228. Practicum in Hospitality Services.

Hospitality Services. (8) The student reviews the importance of health, safety, and environmental management systems in organizations and their importance to organization performance and regulatory compliance. The student is expected to:

(A) determine local safety and sanitation requirements

Biology. (10) Science concepts. The student knows that biological systems are composed of multiple levels. The student is expected to:

(A) describe the interactions that occur among systems that perform the functions of regulation, nutrient absorption, reproduction, and defense from injury or illness in animals

Biology. (1) Scientific processes. The student, for at least 40% of instructional time, conducts laboratory and field investigations using safe, environmentally appropriate, and ethical practices. The student is expected to:

(A) demonstrate safe practices during laboratory and field investigations
(B) demonstrate an understanding of the use and conservation of resources and the proper disposal or recycling of materials

Assessment Questions

1. Spills on the floor can cause an accident. Always clean it up
   a. at the end of the day
   b. immediately
   c. when you have time
   d. when your work shift is over
2. The proper way to put out a fire in a person’s hair or clothes, use  
   a. fire extinguisher  
   b. fire blanket, then drop and roll  
   c. cup of water  
   d. wind from a fan

**Hospitality Services.** (9) The student understands roles within teams, work units, departments, organizations, inter-organizational systems, and the larger environment. The student is expected to:  
   (B) evaluate prepared foods for quality and presentation to set quality standards in accordance with company standards  
   (C) practice basic nutrition skills by planning, preparing, and presenting quality foods

**Biology.** (9) Science concepts. The student knows the significance of various molecules involved in metabolic processes and energy conversions that occur in living organisms. The student is expected to:  
   (A) compare the structures and functions of different types of biomolecules, including carbohydrates, lipids, proteins, and nucleic acids

3. A simple way to avoid overeating is to stop eating when  
   a. when you are no longer hungry  
   b. when you are full  
   c. after you eat 100 calories  
   d. after eating a cupful of any one item

4. Sugar is one of the worst things for your body. It provides instant glucose to your system resulting in immediate energy. A short time afterward, the glucose is gone and your body is back to craving more quick energy. This cycle results in fatigue and brain fogginess. Which of the following is a complex carbohydrate that leads to a long-term source of energy:  
   a. Sugary candy  
   b. Orange  
   c. Pasta  
   d. Apple

5. Complex carbohydrates are converted into sugar during the digestive process. Which of the following is a complex carbohydrate?  
   a. Apple  
   b. potato  
   c. cabbage  
   d. watermelon

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6. Artificial sweeteners can slow down your metabolism. Which of the following food items contain artificial sweeteners?
   a. Frosted Flakes
   b. Diet Coke
   c. Milk
   d. Fresh orange juice

7. The majority of Americans do not consume the amount of vegetables recommended for good health. Adequate vegetables in the diet play an important role in weight control and in preventing heart disease, diabetes, stroke and certain types of cancer, according to the Centers for Disease Control and Prevention. At least ________ servings of vegetables per day are recommended.
   a. 7-9
   b. 5-7
   c. 3-5
   d. 1-2

8. Omega-3 fatty acids, essential nutrients found in fish and fish oil supplements, are believed to prevent heart disease. The American Heart Association recommends at least ________ 3.5-oz. servings of fatty fish such as salmon, sardines, lake trout or herring per week.
   a. 1
   b. 2
   c. 3
   d. 4

9. Portion control is recommended in a healthy diet because it promotes:
   a. moderation
   b. variety
   c. high caloric value
   d. starvation

10. Labeling laws require that ingredients in food products be listed on product in descending order of:
    a. cost
    b. importance
    c. weight
    d. caloric total
Answer Key

1) B
2) B
3) A
4) C
5) B
6) B
7) C
8) B
9) A
10) C