(1) The student understands the role of nutrients in the body. The student is expected to:

(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life;

(D) compare personal food intake to recommended dietary guidelines.

**Question 1.** Margaret has been tracking what she eats. She has written down the total caloric intake for the past week.

Monday: 2,045, Tuesday: 3,209, Wednesday: 1,098, Thursday: 2,398, Friday: 3,487, Saturday: 2,378, Sunday: 2,938

What is Margaret’s approximate mean caloric intake?

a. 2,225  
b. 2,500  
c. 2,750  
d. 3,000
(1) The student understands the role of nutrients in the body. The student is expected to:

(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life;

(D) compare personal food intake to recommended dietary guidelines.

**Question 2.** Alex is trying to adhere to a strict 2,000 calorie per day diet. Every morning he eats oatmeal that has 130 calories. What percent of his daily caloric intake is reserved for lunch and dinner?

- a. 6.5%
- b. 35%
- c. 65%
- d. 93.5%

(2) The student understands the principles of digestion and metabolism. The student is expected to:

(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management.

**Question 3.** Thirty minutes of anaerobic exercise burns 100 calories. If your goal is to burn 250 calories per day, how many minutes of exercise per day do you need?

- a. 60 minutes
- b. 75 minutes
- c. 90 minutes
- d. 105 minutes
(5) The student demonstrates knowledge of food management principles. The student is expected to:

(D) use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.

**Question 4.** You are shopping for a meal that calls for 2 pounds of meat at $2.39 per pound, one onion at 77 cents, and one pound of pasta that costs $1.48. Approximately how much would it cost if you needed to triple the amounts of all ingredients?

- a. $ 4.64
- b. $ 7.03
- c. $14.06
- d. $21.09

(3) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:

(J) read and interpret food labels;

(K) examine and explain nutritional serving sizes.

**Question 5.** Barbara eats an entire bag of chips. Afterwards, she wants to know how many calories she consumed. On the label, the serving size of 12 chips has 130 calories. There are 12 servings per bag. How many calories did she consume?

- a. 144 calories
- b. 976 calories
- c. 1,560 calories
- d. 2,014 calories
(4) The student understands safety and sanitation. The student is expected to:

(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment;

(5) The student demonstrates knowledge of food management principles. The student is expected to:

(C) demonstrate correct food preparation techniques, including nutrient retentions;

(G) apply food storage principles.

**Question 6.** Tina has a twelve-pound frozen turkey. Directions say to defrost the turkey at no more than 43°F for 2.5 hours per pound. After defrosting, Tina cooks the turkey for 30 minutes per pound at 325°F. How much time total does it take to get the turkey from frozen to cooked?

a. 30 hours  
b. 36 hours  
c. 42 hours  
d. 48 hours

(5) The student demonstrates knowledge of food management principles. The student is expected to:

(D) use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.

**Question 7.** The recipe for the Crazy Good Pound Cake calls for 2 pounds of butter. If you have twelve 4 ounce packages of butter, how many packages will you have left over?

a. 8  
b. 6  
c. 4  
d. 2
(2) The student understands the principles of digestion ad metabolism. The student is expected to:

(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management.

**Question 8.** Mark is planning to go on a diet. He currently weighs 222 pounds. His goal weight is 185 pounds. If it is safe to lose no more than ten percent of his body weight every two weeks, what is the shortest time it could take for Mark to reach his goal weight?

- a. 2 weeks
- b. 4 weeks
- c. 6 weeks
- d. 8 weeks

(1) The student understands the role of nutrients in the body. The student is expected to:

(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life;

(3) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:

(I) examine the nutritional value of fast foods and convenience foods.

**Question 9.** If a study shows that an average fast food meal takes 2 hours off your life expectancy, and you eat fast food once a day for four weeks, how many days can you expect to lose from your life expectancy?

- a. $\frac{2}{3}$
- b. 28
- c. $38\frac{1}{3}$
- d. 56
(1) The student understands the role of nutrients in the body. The student is expected to:

(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood;

**Question 10.** Analyze the chart below.

Which of the following statements is a reasonable conclusion from the chart?

- a. 30-year-old people are tallest.
- b. Weight increases the most between ages 20-30.
- c. Weight increases between ages 50-70.
- d. Weight peaks around 30 years of age.

![Weight vs Time graph](image-url)
Answer Key

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