

Lifetime Nutrition and Wellness

110 Sample Assessment Questions

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27 Recall/Reproduction Assessment Questions

1. Define teamwork.
 - a. One or two members doing the majority of the work for the group
 - b. Cooperative effort by the members of a group or team to achieve a common goal
 - c. Members of a group, subordinate to a leader, to complete a task
 - d. Members of a group divide responsibilities on a project and complete each task independently
2. Why is teamwork necessary in group work?
 - a. To ensure each member works together to complete the task
 - b. To accomplish tasks faster
 - c. To meet new people
 - d. To ensure the work is accurate and correct
3. Why is time management an important skill to have when working in groups?
 - a. It reduces stress about the assignment
 - b. It helps to boost productivity
 - c. It helps members accomplish tasks faster
 - d. It allows group members to work with a goal in mind
4. An example of a short-term goal is to:
 - a. graduate from college
 - b. start a family
 - c. buy a house
 - d. obtain a part-time summer job
5. _____ are synthesized by the body, while _____ are obtained through diet.
 - a. Non-essential nutrients; essential nutrients
 - b. Non-essential nutrients; dietary fiber
 - c. Essential nutrients; non-essential nutrients
 - d. Dietary fibers; essential nutrients
6. The two types of nutrients are _____ and _____.
 - a. dietary fibers; dietary minerals
 - b. carbohydrates; lipids
 - c. micronutrients; macronutrients
 - d. amino acids; vitamins
7. _____ has an effect on a person's health, appearance, job performance and personal life.
 - a. Nutrition
 - b. Overall well being
 - c. Diet and exercise
 - d. Wellness
8. Pregnant women need to consume _____, which is largely found in _____ to avoid spina bifida.
 - a. folate; dark green leafy vegetables
 - b. calcium; milk
 - c. potassium; bananas
 - d. iron; red meat

9. The Dietary Guidelines for Americans is _____.
- a list of rules for eating healthy and exercising
 - a list of diets examined by registered dietitians
 - a quick way to lose weight without much effort
 - a list of recommendations to help people choose an overall healthy diet
10. Where should cleaning products be stored in a kitchen?
- Under the kitchen sink
 - In a controlled environment
 - Away from food products
 - In the food pantry
11. Define food borne illness.
- An illness that results from consuming contaminated food, bacteria, viruses or parasites that contaminate food
 - An illness that occurs from consuming undercooked meats
 - A condition in which a person has nausea and vomiting after consuming cold foods
 - A condition that results when food workers do not adequately wash hands before food service
12. What is the number one way to prevent food borne illnesses?
- Check expiration dates on food before use
 - Wash and scrub hands vigorously in warm, soapy water for at least 20 seconds
 - Always sanitize all work surfaces before use
 - Keep long hair secured
13. The basic components of a recipe include:
- Yield, ingredients, directions, equipment, and time and temperature
 - Title, yield, ingredients, directions, equipment, and time and temperature
 - Yield, ingredients, directions, equipment, time and temperature, and nutritional value
 - Yield, serving size, ingredients, directions, equipment, and time and temperature
14. Identify the tool used for measuring small amounts of liquid ingredients such as milk.

a.



b.



c.



d.



15. Identify the tool used for measuring small amounts of dry ingredients such as flour.

a.



b.



c.



d.



16. Green beans should be immersed in an ice water bath after cooking in order to _____.

- a. maintain texture
- b. lower the food's temperature
- c. maintain color and nutrient value
- d. maintain temperature

17. What is a good way to save money on food?

- a. impulse shopping
- b. online shopping
- c. convenience shopping
- d. comparison shopping

18. Replacing butter in a recipe with mashed bananas is an example of _____.

- a. lowering sugar content
- b. lowering protein content
- c. lowering carbohydrate content
- d. lowering fat content

19. The host of the table sets the _____ for the meal service by letting the guest know when it is okay to begin eating, initiate conversation and by passing items located in the center of the table.

- a. tone
- b. pace
- c. mood
- d. environment

20. Leftover ingredients should be _____.

- a. labeled and dated before storage
- b. discarded
- c. added to a different recipe so there are no leftovers
- d. refrigerated

21. Digestion begins in the _____.
- stomach
 - esophagus
 - mouth
 - intestines
22. What is basal metabolic rate (BMR)?
- the amount of energy expended daily by humans and other animals while at rest
 - the amount of energy expended daily by humans and other animals while in motion
 - the amount of energy expended daily by humans and other animals while performing high intensity activities
 - the amount of energy expended daily by humans and other animals while sleeping
23. An example of an entrepreneurial opportunity within nutrition is:
- authoring a book
 - implementing nutritional and wellness programs at places of business
 - motivational speaking
 - All of the above
24. To which of the following places would an individual go to participate in physical activity and fitness within their local community?
- school gym
 - playground
 - community center
 - all of the above
25. How many calories burned equals one pound of fat loss?
- 1500
 - 2500
 - 3500
 - 4500
26. What is the sugar found in milk products called?
- Gluten
 - Lactose
 - Sucrose
 - Fructose
27. The level of education necessary for a career in dietetics is:
- High school
 - Bachelor's
 - Master's
 - Ph.D.

Recall/Reproduction Assessment Key

1. B
2. A
3. D
4. D
5. C
6. C
7. B
8. A
9. D
10. C
11. A
12. B
13. A
14. B
15. B
16. C
17. D
18. D
19. B
20. A
21. C
22. A
23. D
24. D
25. C
26. B
27. C

29 Skill/Concept Assessment Questions

1. What may happen if a group did NOT utilize effective teamwork skills on a group project?
 - a. The project would eventually get done, regardless of the lack of teamwork
 - b. The project would most likely have difficulty meeting standards
 - c. The lack of teamwork would force all team members to disband and begin working independently
 - d. The lack of teamwork would force one person to do the majority of the responsibility of the project
2. During group project meetings, the group members have trouble remaining on task and often socialize rather than completing the assignment. This is an example of _____.
 - a. mismanagement of time
 - b. goofing off
 - c. effective teamwork
 - d. responsibility
3. Imagine you and your classmates are preparing for the FCCLA State Competition. On the day of the event, one of your team members, the lead speaker, becomes ill and cannot attend the competition. What should you and your teammates do?
 - a. Forfeit the competition
 - b. No show to the event
 - c. Find a replacement for the ill teammate, but do not tell the judge (you do not want to get in trouble)
 - d. Redistribute the responsibilities to the remaining group members
4. Why are nutrients vital to the human body?
 - a. They give you energy, build and repair cells and help you lose weight
 - b. They give you energy, build and repair cells and regulate bodily functions
 - c. They give you energy, help you lose weight and regulate bodily functions
 - d. They build and repair cells, help you lose weight, and regulate bodily functions
5. The primary source of energy for the body is _____.
 - a. carbohydrates
 - b. fat
 - c. proteins
 - d. vitamins
6. Which of these has an effect on a person's appearance, self-esteem, physical and mental appearance, job performance and personal life?
 - a. Nutrition
 - b. Wellness
 - c. Lifestyle
 - d. Genetics
7. Which statement about breastfeeding is true?
 - a. It is easily digested and germ-free
 - b. It is an economical, natural way to feed babies
 - c. It contains important nutrients as well as antibodies
 - d. All of the above

8. What might NOT be an appropriate snack for a three-year old?
- Crackers
 - Raw carrot slices
 - Small cubes of cheese
 - Grape halves
9. Eating a variety of foods is important because _____.
- eating the same foods all the time is boring
 - no single food or food group supplies all the nutrients your body needs
 - it is easier to feed a family with a variety of foods
 - it is easier to stay on a diet by eating a variety of foods
10. In the kitchen, Sara is rushed and forgets to completely put away the stand mixer, leaving the cord dangling off the counter. How can Sara demonstrate proper care and safety in the kitchen in the future?
- Tell the teacher to put the equipment away when she does not have time
 - Next time make sure the cord is not dangling off the counter
 - Watch the clock and make sure to leave enough time to properly put away all the equipment
 - Come back during lunch or the end of the school day to finish putting away the equipment
11. John is experiencing diarrhea, fever and abdominal cramps several hours after eating dinner with his family. His mom prepared deviled eggs, baked chicken, rice and fresh vegetables. Which of the following illnesses could John have been exposed to?
- Salmonella
 - Shigella
 - E. Coli
 - Botulism
12. Contamination can be prevented by which of the following?
- Washing hands thoroughly in warm soapy water
 - Keep hair pulled back
 - If you are wearing gloves, wash your hands and change gloves often.
 - All of the above.
13. Recipes should be read beginning to end before beginning the recipe to ensure _____.
- accuracy
 - precision
 - comprehension
 - experience
14. If a recipe calls for volume measurement, this means to _____.
- use a liquid measuring cup
 - use a dry measuring cup
 - use measuring spoons
 - weigh the product

15. The first step in preparing fresh fruits and vegetables for a recipe is to _____.
- wash the fruits and vegetables
 - cut the fruits and vegetables
 - peel the skin off the fruit and vegetables
 - wash your hands
16. What is the term(s) for buying something you do not need just because it appeals to you?
- Browsing
 - Binge shopping
 - Impulse buying
 - Purchasing power
17. All of the following can reduce fat in recipes EXCEPT:
- substituting oil for margarine or shortening in cookie recipes
 - use reduced fat sour cream cheese, mayonnaise or yogurt
 - substitute skim milk for whole milk
 - use two egg whites instead of one egg
18. A good rule of thumb to use when several sets of flatware are present at the dining table is to:
- use the flatware from the inside out
 - use the flatware from the outside in
 - use the same fork throughout the dinner service
 - return the flatware you do not anticipate using to the server
19. This type of table setting may include a fish fork, oyster fork or fruit spoon. There are multiple beverage glasses including water and tea goblets, champagne flute or wine glasses.
- Basic
 - Formal
 - Informal
 - Buffet
20. The best way to ensure foods are cooled properly prior to refrigeration is to _____.
- transfer the food to a shallow dish
 - cool the food using an ice bath
 - cut solid foods into smaller portions
 - all of the above are acceptable methods to cool food quickly prior to refrigeration
21. The role of amino acids in metabolism is to _____.
- create tissue proteins to produce energy for the body
 - repair muscle tissue
 - aid enzymes by breaking down carbohydrates
 - recycle blood glucose
22. Kyle is 18 years old, weighs 176 pounds and is 70 inches tall. Calculate his basal metabolic rate (BMR).
- 1929
 - 1829
 - 1729
 - 1629

23. After a high intensity workout, it is best to consume _____ afterwards.
- carbohydrates
 - fats
 - proteins
 - nothing for a minimum of two hours
24. Community resources that help promote health and wellness are beneficial because _____.
- they are free to low income families
 - they usually are readily available, available at a low cost and cover a variety of health and wellness concerns
 - they are open 24 hours a day, seven days a week
 - they come with complimentary fitness consultations
25. The average teenager needs to consume _____ calories per day, depending upon their age, gender and level of physical activity.
- 1,200
 - 1,400
 - 1,800
 - 2,000
26. What might be a cause of Anorexia Nervosa?
- People eat too much food and then purge to avoid gaining weight
 - People binge regularly but do not purge or exercise
 - People see themselves as fat even if they are dangerously thin, and starve themselves
 - All of the above
27. What kind of behavior might best define someone with an eating disorder?
- Cooking low-fat meals
 - Paying attention to calorie intake
 - Working out every day after school
 - Eating secretly or disappearing after eating, often to the bathroom
28. Which of the following is NOT a recommended way to manage a food allergy?
- Assume the ingredients in home-made cookies are safe to eat
 - Read all food labels
 - Be prepared for emergencies
 - Ask the waiter for an ingredient list
29. One serving of spaghetti noodles is equal to:
- a fist
 - a palm
 - a deck of cards
 - a softball

Skills/Concepts Assessment Key

BMR Formula	
Female	Male
$655 + (4.35 \times \text{weight in pounds})$	$66 + (6.23 \times \text{weight in pounds})$
$+ (4.7 \times \text{height in inches})$	$+ (12.7 \times \text{height in inches})$
$- (4.7 \times \text{age in years})$	$- (6.8 \times \text{age in years})$

1. B
2. A
3. D
4. B
5. A
6. B
7. D
8. B
9. B
10. C
11. A
12. D
13. C
14. D
15. D
16. C
17. A
18. B
19. B
20. D
21. A
22. A
23. C
24. B
25. D
26. C
27. D
28. A
29. A

25 Strategic Thinking Assessment Questions

1. Which of the following is the best example of responsibility in collaborative group projects?
 - a. Showing up on time to group meetings
 - b. Arriving early for group meetings with a device on which to record notes as well as any other materials needed for the project
 - c. Bringing the project guidelines to the group meeting
 - d. Participation in a group meeting via social media when you are not able to attend the meeting in person and actively participate in group discussions
2. A group of students are meeting to plan out a project on digestion and metabolism. It is getting late and many group members are beginning to lose focus. It is important to get the timeline and responsibilities of each member outlined soon. The best option the group can do to manage their time and keep energy levels high throughout the project is to _____.
 - a. go home early and start again tomorrow
 - b. elect a leader of the group who will finish delegating responsibilities based on each members' strengths to the group via online group participation such as Google Drive™
 - c. rush through the remaining responsibilities to be divided because it is better to complete it in one meeting
 - d. each group member can draw a remaining responsibility from a bowl
3. To avoid problems and conflict in group work, students can _____.
 - a. construct a peer contract that outlines duties, responsibilities and resolutions to potential problems. Each group member and the teacher can sign the peer contract
 - b. solve problems as they arrive
 - c. discuss potential problems with the teacher
 - d. agree to remove any problematic member from the group at the first sign of conflict to avoid major issues within the group
4. Some vegans lack a variety of vitamins and minerals in their diets as a result of their dietary lifestyle. Which food source provides the most nutrient value for vegans?
 - a. Water
 - b. Kale
 - c. Tofu
 - d. Hummus
5. Katie was recently diagnosed with anemia. Her doctor recommended she begin taking an iron supplement along with increased amounts of vitamin C. Why did the doctor recommend this?
 - a. Iron is easily absorbed into the blood stream with the aid of vitamin C
 - b. Vitamin C is a natural remedy for blood disorders such as anemia
 - c. Increased amounts of vitamin C in the body help fight off infections known to be caused by anemia
 - d. Vitamin C helps the white blood cells to guard against anemia

6. A person's overall wellness is greatly affected by their nutritional intake. Therefore, if a person ate only high calorie, high fat and high sodium foods for every meal for one month without physical activity, the person would most likely _____.
- develop a sedentary lifestyle
 - develop health problems such as hypercholesterol and hypertension, lower mental abilities, poor job performance, skin deficits and a slower metabolism
 - be able to continue with the same positive health, appearance and mental well-being because nutritional intake has little, if any, effect on other aspects of life
 - develop a skin condition known as seborrheic dermatitis from eating a diet high in fats
7. Calcium is responsible for strong, healthy bones and teeth. Which group of people is most likely to have a difficult time absorbing calcium and why?
- Vegans because they have a lack of vitamin D in their diets
 - Lactose intolerant people because they cannot digest lactose
 - Postmenopausal women because as people age, efficiency of calcium absorption decreases
 - Pregnant women because most of their calcium is transferred to the developing fetus
8. Michael tries to consume a diet that is high in fruits, vegetables, whole grains, lean meats and low in fats, sugars and sodium. Michael also tries to remain physically active at least three times per week. His diet is an example of one encouraged by which organization?
- MyPlate.gov
 - Texas Health and Human Services
 - MyPyramid.gov
 - Dietary Guidelines for Americans
9. While making a chicken noodle soup, Kara was rushed for time and did not wash the cutting board and knife after dicing the raw chicken. Instead, she wiped the knife with a paper towel and flipped the cutting board over to chop the raw vegetables. What conclusions can be made about the chicken noodle soup?
- The vegetables will be crunchy because they should be cooked first since they take longer than the chicken
 - The chicken will be undercooked because it was not precooked prior to adding it to the soup
 - Kara may get salmonella poisoning because she did not properly wash and sanitize the cooking tools prior to cutting the vegetables
 - Kara will need to cook the soup to an internal temperature of 165 degrees to avoid salmonella poisoning in the soup since she did not wash and sanitize the cooking tools properly
10. As the teacher is walking throughout the lab, she notices a group of students who are using the same spoon to dip into the marina sauce to taste test it before serving. What error is the group of students making?
- Only one spoon should be used per student per taste test to avoid food borne illnesses
 - Only one spoon should be used per student to avoid food borne illnesses
 - Only one spoon should be used per group per taste test to avoid food borne illnesses
 - Only one spoon should be used per group to avoid food borne illness

11. Kara is a Caucasian woman in her mid-forties with a family history of osteoporosis. She has been a smoker for 25 years and does not participate in physical activity. Kara is at risk for developing which condition?
- Diabetes
 - Celica disease
 - Osteopenia
 - Rickets
12. If an injury occurs during food preparation, the person must _____.
- wash the wound and cover the wound with a bandage and gloves
 - wash the wound and cover with a bandage
 - remove themselves from lab to avoid food contamination
 - wear gloves to avoid food contamination
13. A recipe calls for you to blanch asparagus. This means you would:
- cook the asparagus directly under a heat source
 - boil briefly, then submerge in an ice bath to stop the cooking process
 - slowly cook the asparagus in liquid to tenderize it
 - simmer in liquid
14. A box of chocolate chunk cookies claims to be fat-free. According to food labeling laws, the cookies can contain a maximum of _____ percent of fat and still be considered fat-free.
- 0
 - 0.5
 - 1
 - 1.5
15. Magda poured four cups of flour onto a floured surface and created a hole in the center of the flour. In the center, she added two eggs. She used a wooden spoon to slowly incorporate the eggs into the flour. This method of incorporation is known as:
- kneading
 - mixing
 - biscuit
 - well
16. Sam purchased three limes at five for \$1.00; one bunch of cilantro at three bunches for \$1.00 and three pounds of onions at \$0.89 per pound. What is his estimated purchase cost?
- \$3.10
 - \$3.20
 - \$3.30
 - \$3.60
17. Diego is helping plan the annual Teacher Appreciation Breakfast. Last year the students served donuts, sweet rolls, muffins, scones, croissants, bacon, eggs, biscuits, iced coffee and whole milk. This year the teachers would like healthier breakfast items as part of the school's new healthful initiative. Which of the following meals would provide a low-fat, low-calorie breakfast?
- Turkey bacon, egg whites, English muffins, bagels, fresh fruit, coffee with low-calorie sweetener and reduced fat milk
 - A variety of cereal options including sugary O's, fruity O's and skim milk.
 - A waffle bar including a variety of butters, syrups, toppings, coffee and reduced fat milk.
 - Whole wheat waffles, low-calorie syrup, turkey bacon, donuts, and croissants with a variety of jams, sausage, juice and whole milk

18. Kylie is perfecting a recipe for a competition piece coming up. She has prepared seared scallops with blanched asparagus and a sweet potato puree. Which presentation technique would best exemplify the plate?
- Shred the scallops and chop the asparagus then blend with the sweet potatoes in a casserole style
 - Stack the asparagus and scallops on top of the sweet potatoes
 - Cut a hole in the scallops and use as a ring around the asparagus. Then smear the sweet potatoes on the plate
 - Smear the sweet potatoes on the plate. Top with the scallops and place the asparagus next to the scallops
19. While helping the teacher put away the food delivery, Ben notices ice crystals on the box of frozen corn. What do the ice crystals signify?
- The food was thawed and refrozen
 - Poultry juice dripped on the food
 - The food is spoiled
 - The food is ready to be cooked
20. Freezer burn is preventable by:
- storing frozen good in lightweight plastic containers
 - wrapping foods in air-tight freezer paper
 - packaging foods in supermarket plastic bags
 - wrapping foods in plastic storage bags
21. Dietary fiber is essential to digestion and metabolism because:
- it contributes to the enzymatic processes responsible for breaking down carbohydrates
 - it serves as the transportation highway system throughout the bloodstream
 - it helps contribute to a healthy bowel system, lowers cholesterol, helps control blood sugar levels and helps maintain a healthy weight
 - it helps eliminate wastes in the body through urea
22. Casey and Carter are 15 year-old fraternal twins. Casey weighs 110 pounds and is 5 feet 4 inches tall. Carter weights 210 pounds and is 5 feet 6 inches tall. Calculate Casey and Carter's basal metabolic rate (BMR).
- Casey's BMR is 1364; Carter's BMR is 2111
 - Casey's BMR is 1354; Carter's BMR is 2101
 - Casey's BMR is 1344; Carter's BMR is 2091
 - Casey's BMR is 1334; Carter's BMR is 2081
23. Carter has decided to lose weight. Which of the following would be the best way to lose weight in a healthful manner?
- Set a goal of 5 pounds per week until he reaches his optimal weight
 - Restrict caloric intake to 1,000 calories a day and exercise a minimum of two hours per day
 - Set realistic, attainable goals, choose low-fat, low-calorie foods and exercise 30 minutes three times per week
 - Obtain fat loss drinks from the local health food store

24. Individuals seeking to participate in community recreation and fitness centers can search and find more information through:
- visitors Convention Bureau
 - social media
 - the city's webpage
 - all of the above
25. Although Casey and Carter are twins and share many similarities, they vary in their physical activity levels. Casey is very athletic and participates in volleyball, softball and track. Carter leads a more sedentary lifestyle and often sits on the couch after school playing video games until dinner. What caloric intake can we infer that each sibling should consume and why?
- Casey should consume more calories because she is more physically active
 - Casey should consume fewer calories because she is more physically active
 - Carter should consume more calories because he has a higher BMR and is less physically active
 - Because they are the same age, they should consume about the same amount of calories

Strategic Thinking Assessment Key

BMR Formula	
Female	Male
$655 + (4.35 \times \text{weight in pounds})$	$66 + (6.23 \times \text{weight in pounds})$
$+ (4.7 \times \text{height in inches})$	$+ (12.7 \times \text{height in inches})$
$- (4.7 \times \text{age in years})$	$- (6.8 \times \text{age in years})$

1. D
2. B
3. A
4. C
5. A
6. B
7. C
8. D
9. C
10. A
11. C
12. A
13. B
14. B
15. D
16. D
17. A
18. D
19. A
20. B
21. C
22. A
23. C
24. D
25. A

29 Extended Thinking Assessment Questions

1. Teamwork, cooperation and a sense of responsibility are essential skills in group work. Discuss and explain why it is important for each team member to display each skill.
2. Time management is key in working on collaborative projects. Create a time management plan for working in a group of four students to execute a chocolate chip cookie recipe within a 45-minute class period.
3. Imagine you are working on a group project with three other individuals with an oral presentation to the class in one week. One group member has not contributed to the research and presentation so far. As the group leader, what problem solving strategies would you use to get your group back on track?
4. Describe at least two types of nutrients, including their function, food source and nutritional value in various foods.
5. John has begun a new job that requires him to work the late shift from 5 p.m. to 5 a.m. As a result of this change, he is eating more processed foods, consuming more carbonated drinks and is sleeping less. John is also becoming absent minded about things he normally isn't and has been late to some weekly meetings. Analyze the changes that have occurred in John's life and how each relate to his health, appearance, job performance and personal life.
6. During pregnancy, women require a variety of foods, water and exercise to maintain a healthy weight and baby. What changes, if any, would a pregnant woman need to make to ensure a healthy pregnancy? What might a pregnant woman want to avoid?
7. During the first year of life, a baby grows tremendously and undergoes several changes. Describe in detail the nutritional needs of an infant, 0 – 12 months, including what he or she may eat or drink at different times during the 12 month period. Include any foods that should be avoided during this time.
8. Increased amounts of salt and fat in the diet can lead to hypertension and heart disease. Explain how each risk can be lowered by following the Dietary Guidelines for Americans and the DASH diet.
9. Cross-contamination is a huge concern in food safety and sanitation. Create a three-step plan-of-action to use in the lab to prevent cross-contamination.
10. Draw a diagram of the lab setting, indicating where the food, kitchen equipment and cleaning supplies storage areas are. How does the flow throughout the lab space meet the needs of the cook? Does it allow for the cook(s) to practice safety and sanitation? Explain your answers in detail.
11. Name and discuss at least two types of food borne illnesses, include methods of prevention, food source and how to treat the illness.
12. Practicing positive personal hygiene is the number one way to help prevent a food borne illness. What can food service industry workers do to ensure they are practicing positive personal hygiene? What can food service managers do to encourage positive personal hygiene practices in their establishment?

13. Compare and contrast the nutritional value of fast foods and convenience foods.
14. It is important to ensure correct measurement in cooking and baking. What are the correct steps for measuring $\frac{3}{4}$ cup of milk? What are the correct steps for measuring $\frac{3}{4}$ cup of flour?
15. Give step-by-step directions for operating a stand mixer for a chocolate chip cookie recipe.
16. Describe at least two moist heat cooking methods, including the benefits of each.
17. Nutrient retention in food preparation is very significant because it increases the health benefits of the food. Broccoli is full of antioxidants, vitamins A, D, K, and C. Tell how to cook the broccoli while maintaining the texture, nutrient value and taste.
18. Imagine you are cooking for a dinner party of 5 individuals on a budget of \$100. You must create a nutritious appetizer, entrée and dessert. What strategies would you use to help calculate the estimated food costs to help maintain the budget allotted?
19. You are preparing a meal for a family member who has a history of heart disease. Your family member requires a low-fat diet. Explain how you might alter a fried chicken recipe to decrease fat and calories.
20. During a meal service at a four-star restaurant, you notice the host at your table has not yet passed the sugar bowl to the other guests at the table. Although you do not mind unsweetened tea, you prefer sweet tea. Do you reach across the table for the sugar bowl? Why or why not? Please explain your response in detail.
21. Proper food storage is essential to food safety. Draw a diagram of a refrigerator and include the following items in the proper storage area:
 - a. raw chicken
 - b. fresh salmon
 - c. raw ground beef
 - d. cake
22. What is the role of enzymes in digestion? Describe in detail. Compare and contrast two types of enzymes in the digestion process.
23. Activity metabolic rate is affected by several factors. Describe at least two factors that affect activity metabolic rate.
24. What types of foods are appropriate to eat after a high intensity work out? What effect does eating this type of food(s) have on the human body?
25. What community resources are available in your area that promote physical activity and fitness? Describe at least three community resources in your area and how they promote physical activity and fitness.
26. Suppose a classmate has been diagnosed with diabetes. What type of diet and exercise plan may he or she be placed on? Include physical activity, caloric intake and weight management in your response.

27. Food choices have a tremendous impact on the body, including mentally, emotionally and physically. Explain, in detail, at least three long-term effects food choices can have on the body.
28. Plan three meals for one day for a 50-year-old diabetic man who leads a sedentary lifestyle.
29. Create a therapeutic diet for a seven-year-old girl who is malnourished. Be sure this diet will provide the necessary dietary components to ensure she will gain the appropriate weight needed.

Extending Thinking Assessment Key

1 – 20; 22 – 29 Student Responses will vary

21.

Refrigerator Order, Top to Bottom:
Cake
Fresh salmon
Raw ground beef
Raw chicken