

**TEST NAME: Foods 2 Pre-test**  
**TEST ID: 3193425**  
**GRADE: 11 - Eleventh Grade**  
**SUBJECT: Consumer and Homemaking Education**  
**TEST CATEGORY: My Classroom**

Student: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

1. What condition promotes the growth of bacteria?
  - A. high acidity
  - B. low levels of moisture
  - C. food held between 70°F–125°F (21°C–52°C)
  - D. food with a pH that is highly alkaline
  
2. Which item is stored properly in the dry-storage area?
  - A. bag of sugar on the floor
  - B. canned fruit cocktail on a shelf at 60°F (15.6°C)
  - C. dish detergent next to dry cereal on a shelf
  - D. flour in an unlabeled container
  
3. How should staff make sure the chemical sanitizer being used on a food-prep surface is at the correct strength?
  - A. by rinsing it from the surface and then applying it a second time
  - B. by testing the surface first to confirm that there are no pathogens
  - C. by using a test kit to check the sanitizer's concentration when mixing it
  - D. by heating it to the temperature recommended by the manufacturer
  
4. Which is **not** one of the big factor factors contributing to foodborne illness?
  - A. genetically modified foods
  - B. foods from unsafe sources
  - C. poor personal hygiene
  - D. improper holding temperatures

5. Troy carried a platter of raw hamburgers to the grill. When the burgers were done, he returned the cooked hamburgers to the original platter. This is an example of which risk factor that makes food unsafe?
- A. time-temperature abuse
  - B. cross-contamination
  - C. poor personal hygiene
  - D. poor cleaning and sanitizing
6. Jesse is storing canned peaches in the pantry using the FIFO method. How is Jesse **most likely** storing the peaches?
- A. cans with earliest use-by dates are placed in front of cans with later dates.
  - B. cans with earliest use-by dates are placed behind cans with later dates.
  - C. cans with earliest use-by dates are placed beside cans with later dates.
  - D. cans with earliest use-by dates are placed underneath cans with later dates.
7. When transporting food off-site, how should information such as a use-by date and time be communicated to the off-site staff?
- A. telephone
  - B. text or email message
  - C. labels on food
  - D. verbal instructions
8. The avenues a business uses to reach customers, like a website, store, or advertising, defines which section of the Lean Canvas Business Model?
- A. channels
  - B. product
  - C. key metrics
  - D. revenue

9. Which is **most likely** to be a source of Hepatitis A virus?
- A. poultry and poultry products
  - B. shellfish and ready-to-eat food
  - C. uncooked ground beef
  - D. unpasteurized milk
10. Restaurants are inspected by:
- A. the Food and Drug Administration.
  - B. state and local regulatory authorities.
  - C. the Centers for Disease Control.
  - D. the United States Department of Agriculture.
11. What is the proper procedure to sanitize a food preparation area?
- A. Spray with sanitizer and wipe dry.
  - B. Wash and dry.
  - C. Wash, rinse, wipe with sanitizer, and air-dry.
  - D. Wash, spray with sanitizer, and wipe dry.
12. A fluid, simple diagram that captures a business model is a:
- A. Product Model.
  - B. Competitive Advantage Model.
  - C. Lean Canvas Business Model.
  - D. Target Market Model.
13. How should chemicals be stored?
- A. above food
  - B. away from prep areas
  - C. in food storage areas
  - D. with kitchenware

14. For which process is a variance from a regulatory authority unnecessary?
- A. smoking food as a method to preserve it
  - B. buying bean sprouts from a reputable supplier
  - C. packing food using Reduced-Oxygen Packaging (ROP)
  - D. pasteurizing juice on-site
15. What is the correct temperature to display deli meat?
- A. 41°F
  - B. 45°F
  - C. 50°F
  - D. 70°F
16. What should a server do when taking a food order from customers who have concerns about food allergies?
- A. describe each menu item to customers who ask, including "secret" ingredients
  - B. explain the symptoms of an allergic reaction to customers before they order
  - C. when customers arrive, tell them the food may cause allergic reactions
  - D. tell customers with food allergies they will not be able to receive service
17. From left to right, what goes in each compartment of a three-compartment sink?
- A. detergent and water, water and sanitizer, clean water
  - B. water and sanitizer, detergent and water, clean water
  - C. clean water, detergent and water, water and sanitizer
  - D. detergent and water, clean water, water and sanitizer

18. Which of the following would **not** be considered an imminent health hazard and conditions to close after its health inspection?
- A. a restaurant with a backup of sewage
  - B. a restaurant with hot foods at improper temperatures
  - C. a restaurant with an infestation of insects
  - D. a restaurant with a lack of refrigeration
19. What causes preschool-age children to be at risk for foodborne illness?
- A. They have not built up strong immune systems.
  - B. They have not received all of their immunizations.
  - C. They only eat ready-to-eat food.
  - D. They have hidden allergies.
20. Which must be cleaned and sanitized, as opposed to just cleaned and rinsed?
- A. kitchen walls
  - B. storage shelves
  - C. prep tables
  - D. garbage containers
21. Collard greens, spinach, turnips, and fortified cereals are all good sources of which nutrient?
- A. vitamin B complex
  - B. iron
  - C. magnesium
  - D. sodium

22. Which food pairing provides the **least** complete protein?
- A. peas and carrots
  - B. beef and chicken
  - C. dried beans and rice
  - D. yogurt and flax seeds
23. Heather is preparing a shrimp and vegetable stir-fry. Which fat should she use if she wants to decrease LDL cholesterol and increase HDL cholesterol?
- A. butter
  - B. olive oil
  - C. stick margarine
  - D. partially hydrogenated soybean oil
24. How does eating excessive amounts of fats impact the body?
- A. by causing anemia
  - B. by causing nausea
  - C. by causing obesity
  - D. by causing osteoporosis
25. Elizabeth wants to choose a healthy snack to help her recover after a tough swim practice. Which would be the **best** choice?
- A. a bag of potato chips and a soda
  - B. a peanut butter and banana smoothie with a scoop of protein powder
  - C. a large sports drink and a chocolate muffin
  - D. a pepperoni and sausage pizza

26. The preworkout nutrition pyramid recommends consuming complex carbohydrates, lean protein, fruits and vegetables, and:
- A. healthy fats.
  - B. saturated fats.
  - C. high-sugar beverages.
  - D. fried foods.
27. Cameron is considering a dietary supplement to help him build lean muscle mass. Which type of supplement should he automatically reject?
- A. a supplement whose ingredients are listed on the label
  - B. a supplement that uses generic ingredients
  - C. a supplement that tests for banned substances
  - D. a supplement whose dosage is based on scientific research
28. Dietary fiber is essential to digestion and metabolism because:
- A. it contributes to the breaking down of carbohydrates.
  - B. it helps contribute to a healthy bowel system, lowers cholesterol, helps control blood sugar levels, and helps maintain a healthy weight.
  - C. it helps eliminate amino acids from the body.
  - D. it serves as the transportation system throughout the bloodstream.
29. Jennifer is trying to decide whether to breastfeed her baby once it is born. What is an **advantage** of breastfeeding for the mother?
- A. enhances mother's immune system
  - B. slower weight loss after pregnancy
  - C. less flexibility and convenience
  - D. saves money and time



30. Dark-colored urine, dryness of the mouth, weakness, and an increased pulse rate are results of **not** consuming enough:
- A. water.
  - B. carbohydrates.
  - C. protein.
  - D. vitamins.
31. Sam experienced painful stomach cramps during his last basketball game. What could have caused this?
- A. eating 3–4 hours before the game
  - B. drinking water during the game
  - C. eating a large meal 20 minutes before the game
  - D. eating complex carbohydrates before the game
32. Diets high in cholesterol and saturated fats are thought to contribute to:
- A. diabetes.
  - B. heart disease.
  - C. hypertension.
  - D. macular degeneration.
33. When developing an eating plan for people with diabetes, a dietitian should encourage:
- A. eating more refined grains.
  - B. eating only lean meats and vegetables.
  - C. never eating snacks.
  - D. spacing meals and snacks evenly throughout the day.

34. Obesity and being overweight are major risk factors for which disease?
- A. colon cancer
  - B. diabetes
  - C. lung disease
  - D. thyroid cancer
35. Meredith is in her first trimester of pregnancy and has gained 15 pounds. What would a dietitian suggest for her second and third trimesters?
- A. consume double the recommended calories to maximize weight gain
  - B. choose nutrient-dense meals to gain 25–35 pounds total
  - C. choose processed foods and fast foods to satisfy cravings
  - D. begin a calorie-restrictive diet to avoid gaining any more weight
36. Joseph drank liquids while playing football, but he also needs a mineral in his body so that his muscles will not cramp. What mineral is this?
- A. calcium
  - B. iodine
  - C. iron
  - D. potassium
37. Mark's four-year-old son refuses to eat anything but chicken nuggets and applesauce. Which is the **best** suggestion for Mark?
- A. force his son to eat everything on his plate
  - B. continue to offer healthy choices at every meal
  - C. eat chicken nuggets and applesauce with him
  - D. take his son to the doctor to check for malnutrition

38. After eating ice cream, George has stomach cramps and diarrhea. George is **most likely** experiencing:
- A a dairy allergy.
  - B a gluten allergy.
  - C gluten intolerance.
  - D lactose intolerance.
39. Miguel wants to prevent muscle cramps during his track meets. What nutrient should he include in his pregame meals?
- A phosphorus
  - B protein
  - C potassium
  - D unsaturated fat
40. Which are **most likely** to have high amounts of trans fats?
- A citrus fruits
  - B fast foods
  - C lean meats
  - D vegetables
41. In parts of the African region, dietary laws forbid the consumption of pork or any animal product that has failed to be butchered in accordance with faith-based traditions. This is considered what type of influence on cuisine?
- A geography and climate
  - B agriculture
  - C nutritional and health issues
  - D religious customs

42. Which global cuisine region does this menu **best** represent?

Fried Tortillas with Tomato Salsa  
Pork Tamales with Cumin Rice  
Cinnamon Rice Pudding

- A. African
  - B. North American
  - C. Latin American
  - D. Asian
43. Farms that raise livestock, dairy, or fish; farms that grow produce; diversified farms; commercial fishing; and all types of gardens exemplify which stage in the food system?
- A. food production
  - B. distribution and aggregation
  - C. food processing
  - D. marketing
44. Curry and pho would exemplify popular dishes from which global region?
- A. Latin American
  - B. Mediterranean
  - C. Asian
  - D. African
45. Which region of North Carolina has become a cultural center for food, from both agricultural and culinary standpoints, with new farmers' markets, community supported agriculture arrangements, restaurants, and other food and beverage producers that prioritize local products, but also deals with food insecurity in low-income sectors of the community?
- A. the coastal plain
  - B. the sandhills
  - C. the triangle
  - D. the mountains and foot hills

46. Which is **most likely** the correct order of steps in the food supply chain?
- A. preparation and consumption, food production, marketing, food processing
  - B. marketing, preparation and consumption, food production, food processing
  - C. food production, food processing, marketing, preparation and consumption
  - D. food production, food processing, preparation and consumption, marketing
47. Feeding the Carolinas takes surplus and fruits and vegetables and gets them to those dealing with hunger and food insecurity. This is an example of an intervention at which step in the food system?
- A. marketing
  - B. preparation and consumption
  - C. resource and waste recovery
  - D. food processing
48. A popular dish called bangers and mash is essentially sausages served with mashed potatoes. It is a popular dish from which global cuisine region?
- A. African
  - B. Northern European
  - C. Asian
  - D. Mediterranean
49. Northern European cuisines often contain more substantial serving sizes of meats and other animal products. This increases the risk of:
- A. diabetes.
  - B. cancer.
  - C. cardiovascular disease.
  - D. alcoholism.

50. Which federally assisted meal program provides nutritionally balanced, low-cost or free lunches to children enrolled in public and nonprofit private schools?
- A. Supplemental Nutrition Assistance Program (SNAP)
  - B. Women, Infants, and Children (WIC)
  - C. National School Lunch Program
  - D. Head Start
51. Local food, as defined by the United States Farm Bill, must be grown and transported less than:
- A. 10 miles, or within the same city.
  - B. 400 miles, or within the same state.
  - C. 1,000 miles, or within the same country.
  - D. 5,000 miles, or within the same continent.
52. A restaurant serves on small plates a wide variety of appetizers, snacks, and other dishes that feature olives, cheeses, squid, meatballs, and other local ingredients. This is **most likely** what type of restaurant?
- A. Spanish tapas restaurant
  - B. Japanese sushi bar
  - C. American country-style buffet
  - D. English neighborhood pub
53. Borscht, a popular soup consisting of beets and garnished with sour cream, is served in which global region?
- A. Asian
  - B. Northern European
  - C. African
  - D. Latin American

54. Which region of North Carolina has a strong agriculture industry with large amounts of land being used for pork, poultry, blueberries, sweet potatoes, and watermelon?
- A. the coastal plain
  - B. the triangle
  - C. the mountains and foot hills
  - D. the triad
55. What do communities expect as an impact of local foods?
- A. to increase the cost of gasoline
  - B. to reduce the cost of gasoline
  - C. to increase hunger and food insecurity
  - D. to reduce hunger and food insecurity
56. Which foods are **most likely** to have more marketing?
- A. whole fruits
  - B. processed foods
  - C. fresh meats
  - D. fresh vegetables
57. A traditional North American breakfast consists of pancakes, bacon, and eggs. This represents which component of a cuisine?
- A. food presentation
  - B. special occasion meals
  - C. religious customs
  - D. daily meal structure

58. Grass-fed beef is likely to have what health implication?
- A. higher in calories
  - B. lower in vitamin E
  - C. leaner and fewer calories
  - D. higher likelihood of contamination
59. Tom uses fresh cherries in a pie that he is baking for his family. This is an example of which step in the food system?
- A. food production
  - B. food distribution
  - C. preparation and consumption
  - D. resource and waste recovery
60. Joe is overweight and needs help lowering his sugar intake since he has been diagnosed prediabetic. His nutritionist has asked him to keep a food log. What changes to his logged breakfast below would help Joe meet his goals?

Plain bagel and strawberry cream cheese  
Hard-boiled egg  
Mocha latte

- A. replace the hard-boiled egg with a fried egg
- B. replace the hard-boiled egg with a poached egg
- C. replace the bagel and cream cheese with a pumpkin streusel muffin
- D. replace the bagel and cream cheese with oatmeal and fresh fruit



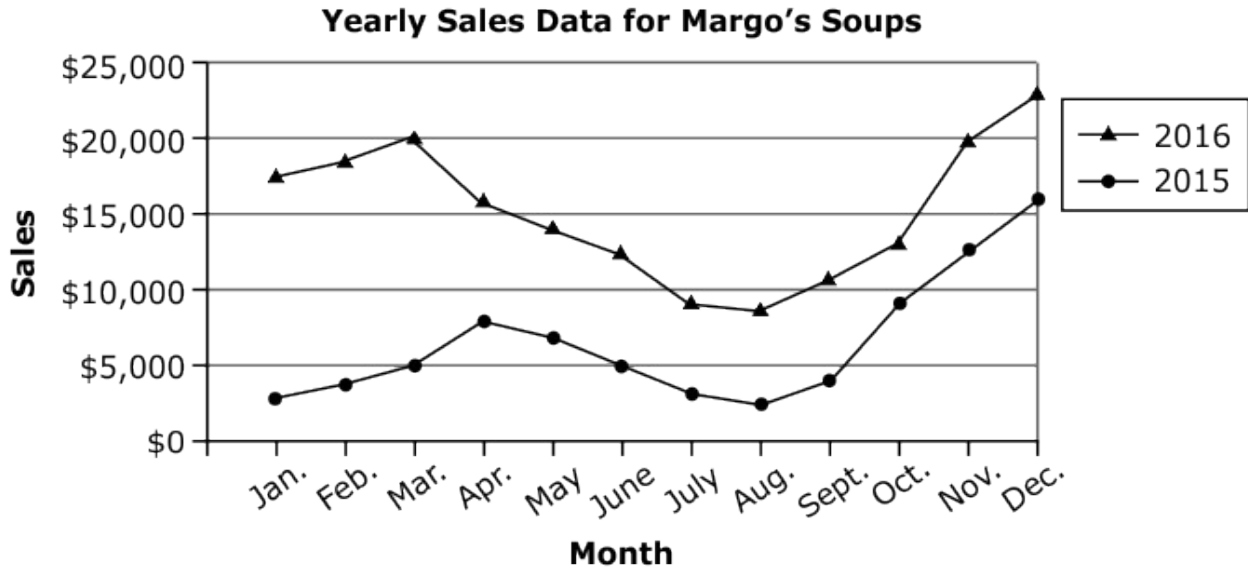
61. Planning to start a Vietnamese food truck, Jim is in the cost structure step of the Lean Canvas Business Model. He can make Vietnamese donuts for \$1.50 per dozen. He plans to sell them for \$9.00 per dozen. How much profit will he make in one day if he sells 60 dozen donuts?
- A. \$90
  - B. \$450
  - C. \$540
  - D. \$810
62. Max is finishing his monthly budget for his new business. Rent is \$1,500, utilities range from \$350 to \$525, Internet is \$150, and linens range from \$125 to \$275 per month. How much are his monthly fixed expenses?
- A. \$500–\$800
  - B. \$1,500
  - C. \$1,650
  - D. \$2,490
63. As foodservice director of a hospital, Anne is assessing the cafeteria's fried chicken recipe to make the menu lower in fat. Which change would be a good starting point for improving the recipe's heart healthiness?

<p><b>Skillet-Fried Chicken</b></p> <p><math>\frac{1}{2}</math> cup all-purpose flour</p> <p>1 tablespoon paprika</p> <p><math>1\frac{1}{2}</math> teaspoons salt</p> <p>3 to <math>3\frac{1}{2}</math> lb cut-up whole chicken</p> <p><math>\frac{1}{4}</math> cup vegetable oil</p>
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- A. assess the ingredients used and consider replacing the chicken with ground beef patties
- B. assess the cooking technique used and consider an oven "fried" method
- C. assess the ingredients used and consider replacing the vegetable oil with lard
- D. assess the cooking technique used and consider a deep-fat frying method

64. Josh met with a lending service to acquire funds for his new business. After discussing his fixed and variable expenses, he feels the need to rethink his financial plan. What part of the Lean Canvas Business Model will he need to reassess to increase his finances?
- A. solution
  - B. channels
  - C. competitive advantage
  - D. revenue streams
65. A college campus's foodservice director is using a heart-healthy approach to make a cheeseburger recipe lower in cholesterol and calories. Which strategy would make the recipe more healthy?
- A. assess ingredients and replace cheddar cheese with Colby cheese
  - B. assess ingredients and replace ground beef with lean ground turkey
  - C. assess cooking techniques and cook hamburger patties on a griddle
  - D. assess cooking techniques and broil hamburger patties in an oven
66. Mary sells pasture-raised hen eggs. She was recently approached by a large corporate food business about becoming a supplier for it, but Mary would have to compromise her standards to keep up with the demand. Referring back to the Lean Canvas Business Model (LCM) for her business, Mary has decided to turn down the offer. What part of the LCM has influenced her decision?
- A. cost structure
  - B. channels
  - C. unique value proposition
  - D. revenue streams

67. Based on the first two years of sales, what can Margo's Soups assume for year three?



- A. There should be an increase in revenue for year three.
  - B. Revenue will go down for year three.
  - C. There is insufficient data to complete a projection for year three.
  - D. Revenue should be unchanged from year two to year three.
68. Mrs. Harris's husband was recently diagnosed with high cholesterol. She wants to make over his favorite brownie recipe to meet his dietary needs. Which will lower the cholesterol in the recipe?
- A. substituting three egg whites for three whole eggs
  - B. omitting the sugar
  - C. omitting the oil
  - D. using 3 teaspoons of egg yolks and 3 teaspoons of egg whites

69. Luis has an idea for a food truck. He has studied the needs of his community and the types of people that can become potential customers, and he has even developed a business slogan. Applying the Lean Canvas Business Model, what is Luis's **next** step?
- A. revenue streams
  - B. channels
  - C. key metrics
  - D. competitive advantage
70. Kim's passion for gardening has led her to sell her vegetables and flowers at the local farmers market. She already recognizes she has a competitive advantage over the other vendors, but she is stuck trying to figure out how to use that advantage in starting her own business. Applying the Lean Canvas Business Model, where is Kim in her plan presently?
- A. solution
  - B. cost structure
  - C. channels
  - D. key metrics