HUNGRY? EAT HEALTHY!

Activities for Real Life Learning

by
Marian B. Latzko
HUNGRY? EAT HEALTHY!
ACTIVITIES for “REAL LIFE”

These experiences are designed to go along with HUNGRY? EAT HEALTHY! A Mini-Micropedia. * or “I CAN DO IT! A Micropedia of Living On Your Own”. The sheets are designed to be used:

- with the Mini-Micropedia to apply and practice the knowledge offered in the book.

- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the mini-micropedias to go with the “students” after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when finding a place to live.

1. MINIMAL: This is for very basic knowledge needed. It includes: choosing nutritional foods, types of restaurants, ordering from menus, recipe terminology, setting a table, names and uses of cooking utensils, preparing a day’s meals for one person.

2. INTERMEDIATE: This is for further knowledge and includes: food storage, judging food quality, buying fresh produce, labeling, comparison shopping for foods, food safety, planning and preparing a full day’s meals within a food budget, creating shopping lists for menus.

3. ADEQUATE: This unit offers more comprehensive knowledge needed. Included are: nutritious meal planning, cooking terms, food preparation, recipe adjustments, food budgeting.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner’s knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.


NOTE: THESE MATERIALS ARE TO BE USED FOR EDUCATIONAL PURPOSES ONLY. THEY SHOULD BE REPRODUCED IN ONLY ONE SCHOOL OR EDUCATIONAL SETTING
HUNGRY? EAT HEALTHY!
A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use HUNGRY? EAT HEALTHY! A Mini-Micropedia* or I CAN DO IT! A Micropedia of Living On Your Own along with these learning experiences.
- The learning experiences can be used with the Mini-Micropedia, the Micropedia, or by themselves.
- There is an oral pretest and an objective post test included.
- The activities can be reproduced in one school or educational setting.

The objectives of this unit are to:

1. Apply basic daily nutritional requirements to personal diets.
2. Understand how to order nutritional food and pay bills in fast food and cafeteria restaurants.
3. Understand how to read a menu and order nutritional foods in a family or specialty restaurant.
4. Understand names and uses of simple cooking utensils and appliances.
5. Understand basic recipe terms.
6. Set a table properly.
7. Prepare breakfast, lunch, and dinner for one person.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create list of questions for a nutrition specialist who would be a guest speaker.
2. Visit a nutrition site for the elderly food program (Title VII) and visit with person creating the menus. (Could interview older adults regarding their food habits of the past and present.)
3. Make a plan to take a meal to another person as a special gift.
4. Create a meal plan that includes family customs or traditions.
5. Gather nutritional information from local fast food restaurants and compare them.
6. Draw cartoons about good and poor eating habits.
7. Create nutritious snacks for children for a day-care center.
8. Have a “tasting party” to introduce new foods.
9. Create a puppet show about nutrition.
10. Create nutrition information on place mats.
11. Visit a store that carries kitchen utensils and see if you know what each utensil is.
12. Go to a restaurant for a meal.
13. Make a Bingo or rummy game about nutrition or recipe terms.
14. Create a restaurant menu that includes foods that would meet basic dietary guidelines.
15. Check web sights for nutrition information.
16. Visit a restaurant and talk with the manager. Find out about restaurant jobs.
**WHAT DO YOU THINK?**

List the foods that you think are good for you and bad for you. List reasons for your decisions.

<table>
<thead>
<tr>
<th>Food</th>
<th><strong>Good for you?</strong></th>
<th><strong>Reasons</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(i.e. vegetables, have vitamins, minerals, low calories)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th><strong>Bad for you?</strong></th>
<th><strong>Reasons</strong></th>
</tr>
</thead>
</table>

**Check your nutrition knowledge!** Place a T in front of true answers and an F in front of false answers.

___ 1. Dried beans are a good source of complete protein.
___ 2. Orange juice is a rich source of Vitamin C which helps to hold cells together.
___ 3. Milk’s only purpose is for the building of bones and teeth.
___ 4. Donuts belong in the bread and cereal group since they are made of flour.
___ 5. Fats are not good for you because they make you fat.
___ 6. Deep yellow/orange vegetables are one of the richest sources of vitamin A.

*Answers with explanations:*

1. False. There are 22 different building blocks (called amino acids) in protein. It is necessary to have nine of these building blocks to build and repair body tissues such as muscles. Only animal products like eggs and meat are considered **complete proteins** since they have all nine of the necessary building blocks. Foods like dried beans, rice, and legumes are **incomplete protein**. These sources can, however, be combined with other protein foods to get all of the necessary amino acids. They do not have all of the necessary ones by themselves. Vegetarians need to combine protein sources carefully to stay healthy. Remember that dried beans and legumes are still excellent, inexpensive protein sources.

2. True. Fruits and vegetables furnish many of the vitamins and minerals necessary for regulating body processes. Oranges are a rich source of vitamin C that builds the collagen that holds cells together. Since vitamin C doesn’t store well in the body, it needs to be replaced daily. (B vitamins also need to be replaced daily.)

3. False. Milk is nature’s most perfect food. It’s a rich source of protein, minerals, and many vitamins.

4. False. Donuts are so full of fat and sugars that they are placed in the fats, oils, and sweets group. The bread and cereal group is the chief source of carbohydrates (used for energy), vitamins and minerals. It’s a rich source of the B vitamins that are used for such things as healthy nerves and regulating body processes.

5. False. Fats are necessary nutrients. They are a rich source of energy and are used for such things as storage of fat soluble vitamins A and D. A diet should include no more that 1/3 of its calories from fats. Only 10% of fats should be saturated (found in meat, milk, palm oil, and coconut oil.) 20% should be unsaturated (found in vegetable oils, nuts and high-fat fish.) Partially hydrogenated vegetable oils such as those in margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol. **Weight is gained by eating too many calories from any kinds of foods.**

6. True. Deep yellow, orange and green vegetables are the richest sources of vitamin A that help to keep skin and mucous membranes healthy. Other examples: prevents night blindness and helps build bones.
DO YOU KNOW WHERE FOODS FIT?

Keeping track of nutrients you need each day is very complicated. You would need to add grams of each food eaten for: calories, protein, fat, cholesterol, carbohydrates, calcium, phosphorus, iron, potassium, sodium, all vitamins, etc. Nutritionists have come to your rescue with the food pyramid! They figured a simple way.

Write the names or numbers of the foods where they belong on the food pyramid.

1. Hershey bar  11. ice cream  17. legumes  23. rice
2. milk  12. orange juice  18. donut  24. eggs
3. carrots  13. bagel  19. margarine  25. peanuts
4. cottage cheese  14. cold cereal  20. hot dog  26. macaroni
5. soft drink  15. grapes  21. applesauce  27. pizza
7. banana  29. beef taco
8. baked beans  30. chicken
9. green tossed salad  31. oatmeal
10. broccoli  32. lasagna

Questions:
1. Did some foods fit into more than one group?
2. How do you judge where to put them?
3. Is this type of food pyramid used by people in other countries?
4. What different types of foods might be placed on the pyramid in other countries?

M 1-a
**KEEP TRACK OF YOUR DIET FOR 4 DAYS**

List all foods that you eat each day. Include any snacks and soft drinks. List according to cup measurements for fruits and vegetables unless whole pieces are eaten. Meat should be listed by ounces (a 3 oz serving is about the size of a deck of cards.)

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>Amount Eaten</th>
<th>DAY 2</th>
<th>Amount Eaten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 3</th>
<th>Amount Eaten</th>
<th>DAY 4</th>
<th>Amount Eaten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
</tbody>
</table>

MICROLIFE: Use for educational purposes only
HOW DID I DO???

It's time to analyze your diet. Find out if you ate the foods needed for being the best you can be. Remember the Pyramid Food Group requirements:

<table>
<thead>
<tr>
<th>Milk, Yogurt, and Cheese</th>
<th>Vegetable</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk or yogurt</td>
<td>1 c raw leafy vegetables</td>
<td>1 medium apple, banana, orange</td>
</tr>
<tr>
<td>1 1/2 oz of natural cheese</td>
<td>1/2 c of other vegetables</td>
<td>1/2 c chopped, cooked, canned</td>
</tr>
<tr>
<td>2 oz process cheese (3” cube)</td>
<td>cooked or chopped raw</td>
<td>1/2 c fruit juice</td>
</tr>
<tr>
<td>2 c cottage cheese</td>
<td>3/4 c vegetable juice</td>
<td>1 c fresh berries</td>
</tr>
<tr>
<td>1 1/2 slices American processed cheese</td>
<td></td>
<td>1/2 cantaloupe or grapefruit</td>
</tr>
<tr>
<td>1 3/4 c ice cream</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</th>
<th>Bread, Cereal, Rice, and Pasta</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 oz cooked lean meat, poultry, or fish</td>
<td>1 slice bread</td>
</tr>
<tr>
<td>1/2 c cooked dry beans, dry peas, or lentils</td>
<td>1/2 to 3/4 c cooked cereal, rice, or pasta</td>
</tr>
<tr>
<td>1 egg or 2 T peanut butter count as 1 oz lean meat</td>
<td>1 oz ready-to-eat cereal</td>
</tr>
<tr>
<td>1/3 c canned tuna or salmon</td>
<td>1 enriched or whole grain roll, biscuit, or muffin</td>
</tr>
<tr>
<td>1/2 c nuts</td>
<td>1/2 bagel, 1 pancake, or 1 tortilla</td>
</tr>
</tbody>
</table>

Fats, Oils, and Sweets

These are not counted since advice is “USE SPARINGLY” (includes candy, donuts, pies, sodas, etc.)

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td># Required</td>
</tr>
<tr>
<td>Milk</td>
<td>2-3</td>
</tr>
<tr>
<td>Vegetable</td>
<td>3-5</td>
</tr>
<tr>
<td>Fruit</td>
<td>2-4</td>
</tr>
<tr>
<td>Meat</td>
<td>2-3</td>
</tr>
<tr>
<td>Bread</td>
<td>6-11</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 3</th>
<th>DAY 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td># Required</td>
</tr>
<tr>
<td>Milk</td>
<td>2-3</td>
</tr>
<tr>
<td>Vegetable</td>
<td>3-5</td>
</tr>
<tr>
<td>Fruit</td>
<td>2-4</td>
</tr>
<tr>
<td>Meat</td>
<td>2-3</td>
</tr>
<tr>
<td>Bread</td>
<td>6-11</td>
</tr>
</tbody>
</table>

?? QUESTIONS TO CONSIDER ??

1. Are you pleased with your eating habits and diet?
2. What are some of the things you have control over in your food choices?
3. What are some of the things you don’t have control over in your food choices?
4. What alternatives do you have to make changes you desire?
5. What changes could you make to meet your basic food requirements?
6. What are the consequences of the changes you choose to make?

MAKE A PLAN!

<table>
<thead>
<tr>
<th>Changes to Make</th>
<th>Starting Date</th>
<th>One Week Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Did it!</td>
<td>Almost</td>
</tr>
</tbody>
</table>

Signed ____________________________ Date __________________

M -1c

MICROLIFE: Use for educational purposes only
I AM WHAT I EAT?

"YOU MEAN YOU CAN TELL WHAT I EAT BY THE WAY I LOOK AND ACT?"

THINK ABOUT IT . . . . . ANALYZE YOURSELF

Food supplies the chemicals that your body needs to build and repair itself. If some nutrients are missing from your diet, your body does the best it can with what is supplied. It can store some nutrients, but needs replacements. Look at yourself to see if you are the best that you can be. Lack of nutrients is one important indicator of your health. Check the following indicators that fit you.

- Alert and attentive
- Full of energy
- Emotionally stable
- Sensitive to noise
- Nervous
- Hair is brittle and dull
- Hair is shiny
- Firm, well formed fingernails
- Rridged, brittle fingernails
- Sick often
- Have poor resistance to infections

- Well-formed, orderly teeth that are free of decay
- Poorly-formed teeth with decayed or filled teeth
- Gums are spongy and bleed easily
- Tongue is deep red
- Tongue is swollen with raw sores
- Clear, firm skin that has good color
- Cracked, puffy, blemished skin with poor color
- Eyes are clear, bright, shiny
- Eyes are inflamed, dull, poor color
- Have poor appetite
- Am often tired

MY SIZE

Height  ft  in I'm:  Short  Medium  Tall
Weight  lbs I'm:  Light  Heavy

Ideal  Plump  Top heavy

Body build:  Endomorph (round,soft)  Ectomorph (slender)
  Mesomorph (muscular)  Combination (be specific)

Frame: (Wrap left middle finger and thumb around right wrist)
  Small frame (finger and thumb overlap)
  Medium frame (finger and thumb just touch)
  Large frame (finger and thumb do not touch)

Large body frames can carry more weight. Smaller frames should have less weight.

KEEP TRACK OF THE FOODS YOU EAT FOR A FEW DAYS. LOOK AT A CALORIE CHART AND SEE IF YOU'RE EATING THE RIGHT NUMBER OF CALORIES FOR YOUR SIZE.

My calorie intake average  My calorie needs  
I'm happy with my weight. 
I want to gain  lbs. I want to lose  lbs.

My daily nutrition is:
  Excellent  Good  Fair  Poor

These are the changes I want to make in my eating habits:

WANT TO ADD OR LOSE WEIGHT?

You need to eat 3500 calories more to gain 1 pound.

You need to eat 3500 calories less to lose 1 pound.

Figure your calorie needs.

MEDIAN HEIGHTS & WEIGHTS RECOMMENDED CALORIES

<table>
<thead>
<tr>
<th>Category</th>
<th>Age (years)</th>
<th>Weight</th>
<th>Height</th>
<th>Per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>15-18</td>
<td>145</td>
<td>69</td>
<td>3,000</td>
</tr>
<tr>
<td></td>
<td>19-24</td>
<td>160</td>
<td>70</td>
<td>2,900</td>
</tr>
<tr>
<td></td>
<td>25-50</td>
<td>174</td>
<td>70</td>
<td>2,900</td>
</tr>
<tr>
<td></td>
<td>51+</td>
<td>170</td>
<td>68</td>
<td>2,300</td>
</tr>
<tr>
<td>Females</td>
<td>15-18</td>
<td>120</td>
<td>64</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>19-24</td>
<td>128</td>
<td>65</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>25-50</td>
<td>138</td>
<td>64</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>52+</td>
<td>143</td>
<td>63</td>
<td>1,900</td>
</tr>
</tbody>
</table>

EXERCISE AND EATING GO HAND-IN-HAND

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Estimated # Calories/used per pound per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping</td>
<td>0.5</td>
</tr>
<tr>
<td>Sitting</td>
<td>0.9</td>
</tr>
<tr>
<td>Light exercise</td>
<td>1.2</td>
</tr>
<tr>
<td>(dressing, cooking, driving car)</td>
<td></td>
</tr>
<tr>
<td>Moderate exercise</td>
<td>1.9</td>
</tr>
<tr>
<td>(walking, bicycling, housework, gym)</td>
<td></td>
</tr>
<tr>
<td>Active exercise</td>
<td>2.7</td>
</tr>
<tr>
<td>(dancing, skating, golf)</td>
<td></td>
</tr>
<tr>
<td>Very active exercise</td>
<td>4.7</td>
</tr>
<tr>
<td>(football, tennis, racquetball, skiing)</td>
<td></td>
</tr>
</tbody>
</table>

M-1-d

MICROLIFE: Use for educational purposes only
"ARE FAST FOODS GOOD OR BAD FOR ME?"
THE ANSWER IS.........YES!!  It’s a bit of both.

Fast foods can be good because they have many needed nutrients in them. They can also be bad if too many are eaten. Remember that the Dietary Guidelines for Americans recommends:
* a diet low in fat, salt, and sodium
* maintaining a healthy weight
* sugar in moderation
* eating a variety of fruits, vegetables, and grains

Look at the fast food items below and see how they compare with the recommended allowances of fat and sodium (salt) per day. (Based on a 2,200 calorie diet, you need less than: 73 g of fat; 2,400 mg of sodium.) Also note the calories and compare them with your own needs per day.

<table>
<thead>
<tr>
<th>SANDWICHES, ENTRIES &amp; SIDE ORDERS</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat g</th>
<th>Sodium mg</th>
<th>Sugar g</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s Filet-O-fish</td>
<td>360</td>
<td>150</td>
<td>16</td>
<td>690</td>
<td>6</td>
</tr>
<tr>
<td><strong>Burger King Whopper</strong></td>
<td>600</td>
<td>360</td>
<td>40</td>
<td>900</td>
<td>8</td>
</tr>
<tr>
<td>McDonald’s Big Mac</td>
<td>530</td>
<td>250</td>
<td>28</td>
<td>880</td>
<td>8</td>
</tr>
<tr>
<td>Wendy’s Grilled Chicken Fillet</td>
<td>310</td>
<td>70</td>
<td>8</td>
<td>790</td>
<td>8</td>
</tr>
<tr>
<td>McDonald’s McChicken Sandwich</td>
<td>510</td>
<td>270</td>
<td>30</td>
<td>820</td>
<td>5</td>
</tr>
<tr>
<td><strong>Burger King Chicken Tenders/8pcs</strong></td>
<td>350</td>
<td>200</td>
<td>22</td>
<td>940</td>
<td>0</td>
</tr>
<tr>
<td>Wendy’s Plain Hamburger</td>
<td>360</td>
<td>150</td>
<td>16</td>
<td>580</td>
<td>5</td>
</tr>
<tr>
<td><strong>Wendy’s Garden Veggie Pita</strong></td>
<td>400</td>
<td>150</td>
<td>17</td>
<td>760</td>
<td>8</td>
</tr>
<tr>
<td>Wendy’s Taco Salad (no dressing)</td>
<td>380</td>
<td>170</td>
<td>1</td>
<td>1040</td>
<td>9</td>
</tr>
<tr>
<td><strong>Wendy’s French Salad Dressing</strong></td>
<td>120</td>
<td>90</td>
<td>10</td>
<td>330</td>
<td>5</td>
</tr>
<tr>
<td>McDonald’s Garden Salad</td>
<td>80</td>
<td>35</td>
<td>4</td>
<td>60</td>
<td>5</td>
</tr>
<tr>
<td><strong>Burger King French Fries(Medium)</strong></td>
<td>400</td>
<td>190</td>
<td>21</td>
<td>820</td>
<td>0</td>
</tr>
<tr>
<td>Wendy’s Cheese Baked Potato</td>
<td>570</td>
<td>210</td>
<td>23</td>
<td>640</td>
<td>5</td>
</tr>
<tr>
<td><strong>Wendy’s Chill (Large)</strong></td>
<td>310</td>
<td>90</td>
<td>10</td>
<td>1190</td>
<td>8</td>
</tr>
<tr>
<td>McDonald’s Egg McMuffin</td>
<td>290</td>
<td>110</td>
<td>13</td>
<td>730</td>
<td>3</td>
</tr>
<tr>
<td><strong>Burger King Croissant'wich (with Sausage/ Egg and Cheese)</strong></td>
<td>530</td>
<td>370</td>
<td>41</td>
<td>13</td>
<td>4</td>
</tr>
<tr>
<td>McDonald’s Hotcakes (w/2 pats of Margarine/ Syrup) &amp; 580</td>
<td>150</td>
<td>16</td>
<td>160</td>
<td>760</td>
<td>42</td>
</tr>
<tr>
<td><strong>McDonald’s Breakfast Burrito</strong></td>
<td>320</td>
<td>180</td>
<td>20</td>
<td>600</td>
<td>2</td>
</tr>
<tr>
<td><strong>DRINKS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burger King ChocolateShake (Medium)</td>
<td>440</td>
<td>90</td>
<td>10</td>
<td>330</td>
<td>75</td>
</tr>
<tr>
<td>McDonald’s 1% Lofat Milk</td>
<td>100</td>
<td>20</td>
<td>2.5</td>
<td>115</td>
<td>13</td>
</tr>
<tr>
<td>McDonald’s Coca-Cola (Small, 16oz)</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>40</td>
</tr>
<tr>
<td>McDonald’s Orange Juice</td>
<td>80</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>18</td>
</tr>
</tbody>
</table>

1. Place a check in front of foods you would order for lunch at a McDonald’s. How many grams of fat will you eat? _____ How many mg of sodium will you eat? _____ Compare with your needs.
2. If you were ordering a meal from McDonald’s that included representatives from all food groups, what could you choose?
3. Which of the foods in the chart above would you recommend to someone who wants to lose weight?
4. Which of the foods in the chart above would you recommend for gaining weight?
5. If you were ordering a breakfast that is low in calories and fat, which items would you choose?
6. What could you do when you order foods to cut the amount of fat or sodium you would eat?

**CHALLENGE:** Gather nutrition information pamphlets from fast food restaurants. Compare other nutrients listed. Look at the additives used in the foods.
**TIME TO ORDER!**

*What'll you have?*

<table>
<thead>
<tr>
<th>Fast Food Restaurant Order Board</th>
<th>Cafeteria Restaurant Order Board</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger                 $ .79</td>
<td>Today's special: Lasagna $ 5.59</td>
</tr>
<tr>
<td>Cheeseburger              .99</td>
<td>(includes salad and drink)</td>
</tr>
<tr>
<td>Large burger special      1.22</td>
<td>Broiled chicken with rice 2.39</td>
</tr>
<tr>
<td>Fish fillet               1.19</td>
<td>Beef and mashed potatoes 2.59</td>
</tr>
<tr>
<td>Chicken nuggets (5)       1.29</td>
<td>Spaghetti with meat sauce 2.39</td>
</tr>
<tr>
<td>French fries              .59</td>
<td>Hamburger with fries 1.79</td>
</tr>
<tr>
<td>Tossed salad              1.25</td>
<td>Fruit pie 1.21</td>
</tr>
<tr>
<td>Ice cream cones           .85</td>
<td>Side dishes of vegetables .69</td>
</tr>
<tr>
<td>Milk shake                .89</td>
<td>Fruit salads (small) .89</td>
</tr>
<tr>
<td>Milk (2%)                 .59</td>
<td>Rolls (2) .45</td>
</tr>
<tr>
<td>Orange juice              .69</td>
<td>Pie slices 1.15</td>
</tr>
<tr>
<td>Coffee                    .59</td>
<td>Chocolate cake .99</td>
</tr>
<tr>
<td>Apple pie                 .88</td>
<td>Coffee .75</td>
</tr>
</tbody>
</table>

Check the items you would order if you were eating at this fast foods restaurant.

How would you place your order?
What would the total cost be?
Whom would you pay for the food?
What change would you get from $10.00?
Is tipping necessary?
Which food groups are not represented in your choices?
What other foods would you need to eat to meet your daily needs?

* Some cafeterias charge a set price for a whole meal. You may then eat whatever you choose. The meal is paid for before you are allowed to sit at a table and begin choosing your foods. Some cafeterias offer a combination of methods.

** Generally tipping is not necessary in fast foods restaurants. If service is given in a cafeteria, a tip is appreciated by the person waiting on your table. A tip is an amount of money given to a person taking an order and bringing your food in a restaurant. This amount varies from 10-20%, depending on the type of restaurant and amount of service offered.

**CHANGES I COULD MAKE**

What changes could you make so your meal furnishes at least one representative of each food group?

**ADVICE TO SHARE WITH OTHERS**

If you have eaten in a fast foods restaurant or a cafeteria, list some of your experiences and advice you can offer to others. Share the list with others.

M – 2-a

MICROLIFE: Use for educational purposes only
EATING OUT? TRY IT!

Practice makes a person feel more comfortable. So, try role playing a trip to a restaurant. You might try taking a family member, friend, or date along. The restaurant workers should be a part of your role playing. You can gather menus to use from local restaurants, make your own, or use the following.

**MOM’S PLACE**

**Appetizers**
- Stuffed mushrooms .......... $ 2.25
- Shrimp cocktail .......... $ 2.50
- Pizza bites .......... $ 1.25

**Soups**
- Soup of the day .......... $ 1.50
- French Onion .......... $ 1.35
- Split Pea .......... $1.50

**Salads**
- Tossed Green Salad .......... $ 2.25
- Cole Slaw .......... $ 2.00
- Spinach Salad .......... $ 2.50

**Entrees**
(All entrees served with vegetables and potato or rice)
- Lasagna .......... $ 5.50
- Stuffed Pork Chops .......... $ 5.75
- Meat Loaf .......... $ 4.50
- Ham Slice with Pineapple .......... $ 5.25
- Fried cod .......... $ 5.25

**Sandwiches**
- Hamburger .......... $ 1.75
- Lettuce, Bacon, and Tomato .......... $ 2.50
- Tuna Salad .......... $ 2.25
- Broiled Chicken .......... $ 2.50

**Desserts**
- Pies .......... $ 1.50
- Ice Cream Sundae .......... $ 2.50
- Chocolate cake .......... $ 1.75
- Strawberry Cheesecake .......... $ 2.75

**Beverages**
- Coffee .......... $ .75
- Low fat milk .......... $ .80
- Sodas .......... $ .90

**ALEXANDER’S**

**Appetizers**
- Smoked Salmon .......... $ 5.25
- Seafood Crepe .......... $ 4.95
- Escargot .......... $ 5.25
- Oysters of the Half Shell .......... $ 4.50

**Salads**
- Hearts of Palm .......... $ 4.25
- Hot Spinach .......... $ 4.50
- Caesar Salad (mixed at your table) .......... $ 5.25

**Soups**
- Soup du jour .......... $ 4.25
- Vichyssoise .......... $ 3.75
- Lobster Bisque .......... $ 4.50

**Entrees**
- Chateaubriand (for two) .......... $ 25.00
- Shrimp Newberg .......... $ 14.00
- Filet Mignon .......... $ 15.00
- Cranberry Baked Chicken Breast .......... $ 12.50
- Beef Ragout .......... $ 13.50
- Lobster Thermidor .......... $ 16.00

**From the Dessert Tray**
- Chocolate Mousse .......... $ 6.00
- Cinnamon Apple Pie with Caramel .......... $ 5.00
- German Cherry Chocolate Trifle .......... $ .00
- Rainbow Sherbet .......... $ 2.00

**Beverages**
- Coffee .......... $ 2.00
- Cola .......... $ 2.00
- Mineral Water .......... $ 2.00

*Ask about our wine list!*

(Gratuity of 15% is added to the bill.)

To Consider:
1. Should a reservation be made?
2. What should you do if the food you’ve been served is burned, cold, or unsatisfactory in any way?
3. What should you do if you don’t understand foods on the menu?
4. Who should sit down at the table first?
5. What table manners should you consider to make your guests and other restaurant patrons comfortable?
6. Make your choices of food and consider the amount of tip that is expected.

M-3
**WHICH ONE WILL I USE?**

Write the letter of the kitchen utensil in front of its name. Then check the columns.

<table>
<thead>
<tr>
<th>UTENSIL</th>
<th>I've Used This</th>
<th>I Want to Know More</th>
<th>I Have This</th>
<th>Alternative to Use</th>
<th>I Want This</th>
<th>I Need This</th>
</tr>
</thead>
<tbody>
<tr>
<td>bottle opener</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>can opener</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cleaver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>colander</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>corkscrew</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>egg beater</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>flour sifter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>grater</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>grinder</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>kitchen shears</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>knife</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>liquid measuring cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>measuring spoons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>dry graduated measuring cups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pancake turner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pastry blender</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pastry brush</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pastry cutter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>peelers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>rolling pin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>soup ladle</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>spatula</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>strainer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tea strainer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tongs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vegetable brush</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whip</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

M-4 MICROLIFE: Use for educational purposes only
YOU CHOOSE WHAT TO USE!

FIRST draw pictures of the items listed below that do not have illustrations.

1. Muffin tin  
2. Cookie sheet  
3. Pie pan  
4. Double boiler  
5. Skillet  
6. 9 x 13 cake pan  
7. Casserole  
8. Mixing bowls  
9. 6 quart pot  
10. Sauce pan  
11. Loaf pan  
12. Cookie sheet

NOW choose the best container for cooking the following foods. Place the number of your equipment choice in front of the food to be cooked.

- Fry a hamburger
- Heat canned beans
- Bake cupcakes
- Bake a tuna casserole
- Make soup
- Bake cookies
- Bake banana bread
- Bake a birthday cake
- Bake Rice Krispie treats
- Melt chocolate
- Bake apple pie
- Mix a cake

WHICH APPLIANCES HAVE YOU USED?

<table>
<thead>
<tr>
<th>Appliance</th>
<th>I've used it</th>
<th>I have read instructions</th>
<th>I need to know more</th>
<th>How I'll find out how to use it safely</th>
<th>I can demonstrate it!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refrigerator (self-defrosting)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refrigerator (not self-defrosting)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dishwasher</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Microwave</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electric range</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gas range</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Convection oven</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toaster</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electric coffee pot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blender</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toaster oven</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electric mixer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread maker</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

M- 4-a  MICROLIFE: Use for educational purposes only
The game of “Kitchen Jeopardy” is a fun way to test your kitchen knowledge.

RULES OF THE GAME:
1. Two or more people or teams are required to play the game.
2. The object of the game is to earn the most points.
3. There are three sets of cards. They are numbered from 1 to 3. These cards contain questions about kitchen terminology. The “# 1” cards are the easiest; “# 2” are a bit harder; “#3” are the hardest to answer.
4. The “# 1” cards earn 1 point. “# 2” cards earn 2 points. “#3” cards earn 3 points.
5. Place the cards upside down in three piles. The first pile is made of “#1” cards, the second “#2” cards, the third “#3” cards.
6. The first person taking a turn, asks for a #1, #2, or #3 card. An opposing person or team member picks up a card from the top of the pile that was requested and reads the question.
7. The person who asked for the card tries to answer the question.
8. If the correct answer is given, points are scored according to the number on the card.
9. If the answer given is not correct, the number on the card is subtracted from the score.
10. The card is then returned to the bottom of the pile. If the answer is correct, the card is placed right side up beside the pile.
11. The opposing person or team then follows the same procedure.
12. When a pile has been completely used, the person requesting a card must choose one from one of the piles that is left. When all cards are turned face up, the game is over.

SCORE BOARD

<table>
<thead>
<tr>
<th>PERSON/TEAM 1</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PERSON/TEAM 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PERSON/TEAM 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PERSON/TEAM 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PERSON/TEAM 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PERSON/TEAM 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

M-5

MICROLIFE: Use for educational purposes only
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c plus 2 2/3 T equals ____?</td>
<td>How would you measure 5/8 c?</td>
</tr>
<tr>
<td>2/3 c</td>
<td>1/2 c plus 2 T</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>How many fluid oz are there in 1 qt?</td>
<td>How would you measure 7/8 c?</td>
</tr>
<tr>
<td>32 fluid oz</td>
<td>3/4 c plus 2T</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>What technique should be used to incorporate air into egg whites?</td>
<td>How is milk scalded for making bread? <em>Heat to just below boiling point when bubbles form on edge</em></td>
</tr>
<tr>
<td>Beat very fat with egg beater or electric mixer.</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>When small pieces of butter are put on top of a casserole, it is called ____?</td>
<td>How many quarts are in a peck?</td>
</tr>
<tr>
<td><em>Dot</em></td>
<td>8 qts</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>What does the abbreviation of f.g. mean?</td>
<td>What is another term used for deep fat frying?</td>
</tr>
<tr>
<td><em>Few grains</em></td>
<td><em>French frying</em></td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>How do you measure brown sugar?</td>
<td>How can you get rid of sugar lumps before measuring?</td>
</tr>
<tr>
<td><em>Pack into dry measuring cups. Level off the tops with a straight edge.</em></td>
<td><em>Sift it. Can use strainer.</em></td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>How do you measure liquids?</td>
<td>How many T are there in a single stick of margarine?</td>
</tr>
<tr>
<td><em>Use liquid measuring cups. View at eye level for correct measurement.</em></td>
<td>8 T</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>When must flour be sifted for recipes?</td>
<td>How do you simmer water?</td>
</tr>
<tr>
<td><em>Sift only when recipe says to.</em></td>
<td><em>Cook over low heat until liquid forms small bubbles.</em></td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>What is folding process? 2 motions cut through mixture, slide across bottom of bowl to turn mixture over</td>
<td>What appliances can help to mix ingredients?</td>
</tr>
<tr>
<td>Electric mixer or blender</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>The terms fewgrains, dash or a pinch equals ____?</td>
<td>Less than 1/8 t</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>How many T are equal to 3/4 c?</td>
<td>Why is fricassee different from braising? <em>Food is usually cut into small pieces.</em></td>
</tr>
<tr>
<td>12T</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>How many T are there in 1 fluid oz?</td>
<td>What do convection ovens do? <em>Bake faster with hot air circulation.</em></td>
</tr>
<tr>
<td>2 T</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>With what can you level measurements of flour?</td>
<td>How many sticks of margarine are there in 2 c?</td>
</tr>
<tr>
<td><em>Spatula or straight knife</em></td>
<td>4 sticks</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
<tr>
<td>What cooking processes can be done in a toaster oven?</td>
<td>How would you measure 1/2 of 1/2 c?</td>
</tr>
<tr>
<td><em>Toast, bake, broil</em></td>
<td>1/4 c</td>
</tr>
<tr>
<td>#3 3 points</td>
<td>#3 3 points</td>
</tr>
</tbody>
</table>

5 - a
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix fast with over-amp;over motion with spoon or beater is called</td>
<td>_____?</td>
<td>2</td>
</tr>
<tr>
<td>Beat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>To dip into boiling water for a short time is called _____?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blanch</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>How is “blend” different from “beat”?</td>
<td>How is “cream” different from “blend”?</td>
<td></td>
</tr>
<tr>
<td>Beat is to mix fast with spoon or beater. Blend is to mix til smooth.</td>
<td>Cream is to soften as well as to mix until smooth.</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>To brush pineapple juice over ham when it's baking is called _____?</td>
<td>To cook meat over hot coals is called _____?</td>
<td></td>
</tr>
<tr>
<td>Basting</td>
<td>Broiling</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>What do 8 T equal?</td>
<td>How do you sift flour?</td>
<td></td>
</tr>
<tr>
<td>1/2 c</td>
<td>Put through flour sifter or seive to aerate and separate.</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>To clean potatoes for baking you can use a _____?</td>
<td>To measure accurately in dry measuring cups you should____?</td>
<td></td>
</tr>
<tr>
<td>Vegetable brush</td>
<td>Level top with straight edge</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>What is the name of process used for making tea?</td>
<td>When you heat butter until it becomes liquid the process is_____?</td>
<td></td>
</tr>
<tr>
<td>Steeping</td>
<td>Melting</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>“To mix” means to _____?</td>
<td>Three types of shortenings are_____?</td>
<td></td>
</tr>
<tr>
<td>Stir two or more ingredients together.</td>
<td>Margarine, lard, vegetable oil, or butter.</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>What do you do with the fat when pan broiling meat?</td>
<td>The amount of food that is held between thumb and a finger is_____?</td>
<td></td>
</tr>
<tr>
<td>Pour it off as it accumulates</td>
<td>A pinch</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>To grind nuts, you can use a _____?</td>
<td>1 pt equals how many fluid oz?</td>
<td></td>
</tr>
<tr>
<td>Food chopper or grinder</td>
<td>16 fluid oz</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>What food could be measured in squares?</td>
<td>What are two terms used for taking skin off a potato?</td>
<td></td>
</tr>
<tr>
<td>Block chocolate</td>
<td>Peel or pare</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>What food could be measured in squares?</td>
<td>How is an egg poached?</td>
<td></td>
</tr>
<tr>
<td>Block chocolate</td>
<td>Cooked gently in hot liquid just below boiling point.</td>
<td></td>
</tr>
<tr>
<td>#2</td>
<td>#2</td>
<td>2</td>
</tr>
<tr>
<td>#2</td>
<td>2 points</td>
<td></td>
</tr>
</tbody>
</table>

**Total Points: 20**
<table>
<thead>
<tr>
<th>Define “bake”</th>
<th>Define “chop”</th>
<th>Define “combine”</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>To cook in the oven.</em></td>
<td><em>To cut in small pieces.</em></td>
<td><em>To mix ingredients.</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Define “coat”</th>
<th>Define “freeze”</th>
<th>Define “grate”</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>To cover food completely, usually with flour.</em></td>
<td><em>To place in freezer until firm.</em></td>
<td><em>Rub food over food grater to break into small pieces.</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What is the abbreviation for cup?</th>
<th>What is the abbreviation for “quart”?</th>
<th>What is the abbreviation for one “ounce”?</th>
</tr>
</thead>
<tbody>
<tr>
<td>“c”</td>
<td>“qt”</td>
<td>“oz”</td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What is the equivalent measurement for 2 pints?</th>
<th>What can be used to put soup into a bowl?</th>
<th>To fold and press dough with heels of hands is called ___?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 qt</td>
<td><em>Ladle</em></td>
<td><em>Knead</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What pan would you use to bake banana bread?</th>
<th>What pan would you use to bake an apple pie?</th>
<th>In what type of pan would you melt chocolate?</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Bread pan</em></td>
<td><em>Pie tin</em></td>
<td><em>Double boiler</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What would you use to strain tea leaves?</th>
<th>Define “toast”.</th>
<th>What are two abbreviations for tablespoon?</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Tea strainer</em></td>
<td><em>To brown by direct heat in toaster or oven.</em></td>
<td><em>T or tbsp</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What might you measure for a recipe in a liquid measuring cup?</th>
<th>What’s the abbreviation for a minute?</th>
<th>What’s the equivalent of 16 tablespoons?</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Liquids such as oil, milk, etc.</em></td>
<td><em>min</em></td>
<td>1 cup</td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What can you use to sift flour?</th>
<th>What pan can you use to fry an egg?</th>
<th>On what can you bake cookies in an oven?</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Flour sifter or large strainer</em></td>
<td><em>Frying pan</em></td>
<td><em>Cookie sheet</em></td>
</tr>
<tr>
<td>#1 1 point</td>
<td>#1 1 point</td>
<td>#1 1 point</td>
</tr>
</tbody>
</table>
TIME TO SET THE TABLE!

Remember:
- Silverware and plate should be placed in a straight line one inch from edge of table.
- Silverware pieces are arranged so those to be used first are farthest from the plate.
- The knife's cutting edge should face the plate. Tines of forks and bowls of spoons should be face up.

DRAW SINGLE PLACE SETTINGS FOR THE FOLLOWING MENUS
(A place setting is the area used by one person at a table. Serving pieces are sometimes set on a place mat.)

<table>
<thead>
<tr>
<th>Hamburger on a Bun</th>
<th>Tomato Soup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried Potatoes</td>
<td>Beef and Noodles</td>
</tr>
<tr>
<td>Carrot Sticks</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Milk</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td></td>
<td>Roll and Butter</td>
</tr>
<tr>
<td></td>
<td>Coffee</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
</tr>
</tbody>
</table>

DRAW A PLAN FOR A PARTY BUFFET TO SERVE 12 PEOPLE

<table>
<thead>
<tr>
<th>Ham Sandwiches</th>
<th>Relish Tray</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Chips</td>
<td>Fruit Salad</td>
</tr>
<tr>
<td>Small Cakes and Cookies</td>
<td></td>
</tr>
<tr>
<td>Taco Dip and Chips</td>
<td></td>
</tr>
<tr>
<td>Punch</td>
<td></td>
</tr>
</tbody>
</table>

NOW PLAN A REAL PARTY

Plan! Make lists. You can also draw a picture of table settings.
1. Party theme
2. Date and time
3. Guest list
4. Invitation method
5. Budget
6. Timing of preparations
7. Help needed
8. Menu
9. Recipes
10. Food shopping list
11. Party supplies (decorations, tableware, dishes, glasses, napkins. . . . .)
12. Table setting
13. Entertainment
<table>
<thead>
<tr>
<th>Menu</th>
<th>Recipe</th>
<th>Ingredients Needed</th>
<th>Utensils Needed</th>
<th>Shopping List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Menu</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch Menu</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner Menu</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Oral Pre-Test

“Hungry? Eat Healthy!!”

(Level 1 - Minimal)

1. Do you analyze what you eat each day to see if your dietary requirements are met? Do you know how to judge if your health needs are met?
   a. What is the Food Guide Pyramid and why was it created? (A guide created by nutritionists to help make healthy food choices. It was made to simplify understanding.)
   b. How many servings of bread and cereal are recommended per day? (6-11 Servings of vegetables? (3-5); Servings of fruits? (2-4))
   c. How many oz of cereal are considered a serving? (1 oz) Ounces of cooked meat? (2-3 oz)
   d. What are the values of eating the recommended foods each day? (Health, looks, energy, etc.)

2. Have you placed an order and eaten in a fast foods or cafeteria restaurant?
   a. Where have you eaten in a cafeteria restaurant? Whom did you pay for your food? (Answers vary.)
      If your food cost is $4.39 and you paid your check with a $10.00 bill, what change would you get? ($5.61)
   b. What foods can you choose in a fast foods restaurant so that all food groups are represented?
      (Examples: hamburger, green salad, orange juice, milk.)

3. Have you read a menu and ordered a meal in a family or specialty food restaurant?
   a. What is the difference between family and specialty food restaurants? (Family restaurants serve full meals including main course, salad, soup, desserts, etc. Specialty restaurants serve special foods such as steaks, ethnic foods, fish, etc.)
   b. What is an entree? (The main course.)
   c. What is an appetizer? (A first course to encourage appetites. It is served before the meal.)
   d. What are tipping policies? (Usually 10-15% of bill before taxes are added. Sometimes the tip is automatically added to the bill. Upscale restaurants recommend 15-20% tip if special service is given and if there is more than one person waiting on the table.)
   d. How do you order your food? (From waiter/waitress at your table.)

4. Which kitchen utensils do you use for the following jobs?
   a. peel a potato? (vegetable peeler or knife) d. clean cake batter from a bowl? (spatula)
   b. flip a pancake? (pancake turner or metal spatula) e. drain spaghetti? (strainer)
   c. serve soup? (ladle or large spoon) f. measure water? (liquid measuring cup)

5. Have you prepared food for yourself for breakfast, lunch, and dinner? (Answers vary)
   a. What are some examples of the foods you prepared?
   b. Explain how you prepared one of the foods.
   c. What utensils did you use?
   d. What temperatures did you use?

6. What do the following cooking terms mean?
   a. What’s the difference between mixing and beating? (Mix means to stir two or more ingredients together. Beating is a more vigorous motion often using an electric mixer.)
   b. How do you sauté onions? (Heat them in a small amount of fat until they are transparent.)
   c. What’s the difference between dicing and mincing? (Dice is to cut into pieces the size of dice. Mincing means to cut into fine pieces similar to mince meat sizes.)
   d. What is the most difficult recipe you have made?

7. Have you set a table before?
   a. Describe a standard place setting. (Dish is in center. Fork is placed on left side of plate with tines upward. A napkin is at the left of the fork or on top of the plate. Knife is on right side of plate with knife edge toward the plate. The spoon is to the right of the knife. If more utensils are needed, they are placed in the order of their use. A soup spoon, dessert spoon or fork can also be placed at the top of the plate. A glass is placed at the tip of the knife. A cup and saucer are placed at the right of the spoon with handle parallel to table edge. Silverware and plate are placed in an even row one inch from the edge of the table.)
PLACE "T" IN FRONT OF THE STATEMENTS THAT ARE TRUE. PLACE AN "F" IN FRONT OF THE STATEMENTS THAT ARE FALSE.

1. ______ Potatoes belong in the bread and cereal food group.
2. ______ You should have 4-5 servings of fruit a day.
3. ______ A five ounce serving of meat is about the size of a deck of cards.
4. ______ Eating fat is what makes you gain weight.
5. ______ The food group pyramid is a simple healthy eating guide.
6. ______ Some of the meat group foods must be combined to be able to build body tissues.
7. ______ One cup of cooked rice is considered one bread serving.
8. ______ Brown sugar should be placed loosely in a dry measuring cup before leveling off with straight edge.
9. ______ Dried beans have all nine essential amino acids to build body tissues.
10. ______ A colander can be used to open a cork from a bottle.
11. ______ One cup of sweetened cereal can be considered as one serving of cereal.
12. ______ A toaster oven can be used to cook meat.
13. ______ Pizza fits into more that one food group.
14. ______ Convection ovens bake faster than regular ovens.
15. ______ Tips are expected in fast food restaurants.
16. ______ If gratuity is added to a restaurant bill, you don’t need to tip more.
17. ______ There are nutritious foods served in fast foods restaurants.
18. ______ Silverware pieces are arranged so those used first are farthest from the plate.
19. ______ One stick of margarine is equal to one cup.
20. ______ A buffet table is sometimes used so guests can serve themselves easily.

MATCH THE FOLLOWING MEASUREMENTS BY PLACING THE CORRECT LETTER IN FRONT OF THE MEASUREMENT.

21. ______ 5/8 c  a. 1/2 c plus 2 T
22. ______ 3 t  b. 3/4 c
23. ______ 4 T  c. 1 T
24. ______ 12 T  d. 1/2 c plus 2 2/3 T
25. ______ 2/3 c  e. 1 c
26. ______ 16 T  f. 1/4 c
27. ______ 1/2 c  g. 4 fluid oz

MATCH THE CORRECT TERM WITH ITS DEFINITION:

28. ______ poach  a. Cook gently in hot liquid just below boiling point
29. ______ simmer  b. Cut away outer skin
30. ______ boil  c. Cook until bubbles rise and break on surface of liquid.
31. ______ baste  d. Brush liquid over food as it cooks.
32. ______ pare  e. Cook over low heat until small bubbles form

MATCH THE CONTAINER WITH FOOD TO BE PREPARED:

33. ______ pancakes  a. 6 quart pot
34. ______ cupcakes  b. muffin tin
35. ______ nut bread  c. loaf pan
36. ______ vegetable soup  d. 9 x 13 cake pan
37. ______ chocolate cake  e. frying pan

PLACE AN "X" IN FRONT OF ALL OF THE CORRECT ANSWERS.

38-42. To mix with spoon by cutting through mixture and sliding spoon across bottom of bowl to turn mixture over.

____ combine
____ blend
____ mix
____ beat
____ fold

43-47. Scald means to:

____ heat to just below boiling point when bubbles form on edges
____ pour boiling water over food
____ dip food into boiling water for short time
____ cook till bubbles rise and break at surface of liquid
____ all of the above
A pepperoni pizza represents the following food groups:

- meat group
- fruit group
- bread/cereal group
- milk
- all of the above

Which of the following foods can make a person gain weight?

- pizza
- carrots
- bread
- candy bars
- potatoes

The number of servings needed for the basic food groups are:

- 2-3 for milk group
- 1-2 for meat group
- 2-4 for vegetable group
- 6-11 for bread group
- 2-5 for fruit group

Correct serving sizes for meeting one serving in the daily food requirements are:

- 1 c ice cream
- 1/2 c fruit juice
- 2 eggs
- 1/2 c raw or cooked vegetables
- 1/2 bagel

When setting the table, tableware should be placed as follows:

- salad plate to right of spoons
- bread and butter plate above forks
- cup and saucer slightly above and to the right of the spoon
- drinking glass at tip of knife
- napkins to right of spoon

Which of the following statements are true?

- Fats are necessary nutrients for the body.
- Diets should include only 1/4 of the day's calories from fat.
- Saturated fats include vegetable oils and nuts.
- Partially hydrogenated fats are found in stick margarine.
- Fat is necessary for the storage of vitamins A and D in the body.

Match the following menu terms with their meanings:

- entree
- a la carte
- table d'hote
- au jus
- appetizers

A. A fixed price for all courses of a meal
B. Small foods served before a meal to stimulate appetite
C. Each menu item is priced separately
D. Served with natural juice or gravy
E. American main course

Analyze the following menus to see if the minimum pyramid food requirements are met for one day:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz Cheerios with 1 T sugar</td>
<td>3 oz hamburger on bun</td>
<td>2 tortillas</td>
</tr>
<tr>
<td>1 c milk</td>
<td>1/2 c French fried potatoes</td>
<td>1 c refried beans</td>
</tr>
<tr>
<td>1 medium banana</td>
<td>Apple</td>
<td>1/4 c cheddar cheese</td>
</tr>
<tr>
<td>1 c coffee</td>
<td>Diet soda</td>
<td>1 c shredded lettuce</td>
</tr>
</tbody>
</table>

List the number of servings needed from each food group to meet the minimum servings required by the food pyramid?

- milk group
- meat group
- bread/cereal group
- vegetable group
- fruit group

Explain why eating the recommended foods from the food pyramid is important.
EVALUATION FOR “HUNGRY? EAT HEALTHY!
(Minimal)

Place a “T” in front of the statements that are true. Place an “F” in front of the statements that are false.
1. F___ Potatoes belong in the bread and cereal food group.
2. F___ You should have 4-5 servings of fruit a day.
3. F___ A five ounce serving of meat is about the size of a deck of cards.
4. F___ Eating fat is what makes you gain weight.
5. T___ The food group pyramid is a simple healthy eating guide.
6. F___ Some of the meat group foods must be combined to be able to build body tissues.
7. F___ One cup of cooked rice is considered one bread serving.
8. F___ Brown sugar should be placed loosely in a dry measuring cup before leveling off with straight edge.
9. F___ Dried beans have all nine essential amino acids to build body tissues.
10. F___ A colander can be used to open a cork from a bottle.
11. F___ One cup of sweetened cereal can be considered as one serving of cereal.
12. T___ A toaster oven can be used to cook meat.
13. T___ Pizza fits into more than one food group.
15. F___ Tips are expected in fast food restaurants.
16. F___ If gratuity is added to a restaurant bill, you don’t need to tip more.
17. T___ There are nutritious foods served in fast foods restaurants.
18. T___ Silverware pieces are arranged so those used first are farthest from the plate.
19. F___ One stick of margarine is equal to one cup.
20. T___ A buffet table is sometimes used so guests can serve themselves easily.

Match the following measurements by placing the correct letter in front of the measurement.
21. a___ 5/8 c   a. 1/2 c plus 2T
22. c___ 3 t   b. 3/4 c
23. f___ 4 T   c. 1 T
24. b___ 12 T   d. 1/2 c plus 2 2/3 T
25. d___ 2/3 c   e. 1 c
26. e___ 16 T   f. 1/4 c
27. g___ 1/2 c   g. 4 fluid oz

Match the correct term with its definition:
28. a___ poach   a. Cook gently in hot liquid just below boiling point
29. e___ simmer   b. Cut away outer skin
30. c___ boil   c. Cook until bubbles rise and break on surface of liquid.
31. d___ baste   d. Brush liquid over food as it cooks.
32. b___ pare   e. Cook over low heat until small bubbles form

Match the container with food to be prepared:
33. e___ pancakes   a. 6 quart pot
34. b___ cupcakes   b. muffin tin
35. c___ nut bread   c. loaf pan
36. a___ vegetable soup   d. 9 x 13 cake pan
37. d___ chocolate cake   e. frying pan

Place an “X” in front of all of the correct answers.
38-42. To mix with spoon by cutting through mixture and sliding spoon across bottom of bowl to turn mixture over.
___ combine
___ blend
___ mix
___ beat
X___ fold

43-47. Scald means to:
X___ heat to just below boiling point when bubbles form on edges
X___ pour boiling water over food
X___ dip food into boiling water for short time
___ cook till bubbles rise and break at surface of liquid
___ all of the above
48-52. A pepperoni pizza represents the following food groups:
X_____ meat group
_____ fruit group
X_____ bread/cereal group
X_____ milk
_____ all of the above

53-57. Which of the following foods can make a person gain weight?
X_____ pizza
X_____ carrots
X_____ bread
X_____ candy bars
X_____ potatoes

58-62. The number of servings needed for the basic food groups are:
X_____ 2-3 for milk group
_____ 1-2 for meat group
_____ 2-4 for vegetable group
X_____ 6-11 for bread group
_____ 2-5 for meat group

63-67. Correct serving sizes for meeting one serving in the daily food requirements are:
_____ 1 c ice cream
X_____ 1/2 c fruit juice
X_____ 2 eggs
X_____ 1/2 c raw or cooked vegetables
X_____ 1/2 bagel

68-72. When setting the table, tableware should be placed as follows:
_____ salad plate to right of spoons
X_____ bread and butter plate above forks
X_____ cup and saucer slightly above and to the right of the spoon
X_____ drinking glass at tip of knife
_____ napkins to right of spoon

73-77. Which of the following statements are true?
X_____ Fats are necessary nutrients for the body.
_____ Diets should include only 1/4 of the day’s calories from fat.
_____ Saturated fats include vegetable oils and nuts.
X_____ Partially hydrogenated fats are found in stick margarine.
X_____ Fat is necessary for the storage of vitamins A and D.

78-82. Match the following menu terms with their meanings:
e_____ entree a. A fixed price for all courses of a meal
c_____ al a carte b. Small foods served before a meal to stimulate appetite
a_____ table d hote c. Each menu item is priced separately
d_____ au jus d. Served with natural juices or gravy
b_____ appetizers e. American main course

83-93: Analyze the following menus to see if the minimum pyramid food requirements are met for one day:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz Cheerios with 1 T sugar</td>
<td>3 oz hamburger on bun</td>
<td>2 tortillas</td>
</tr>
<tr>
<td>1 c milk</td>
<td>1/2 c French fried potatoes</td>
<td>1 c refried beans</td>
</tr>
<tr>
<td>1 medium banana</td>
<td>Apple</td>
<td>1/4 c cheddar cheese</td>
</tr>
<tr>
<td>1 c coffee</td>
<td>Diet soda</td>
<td>1 c shredded lettuce</td>
</tr>
</tbody>
</table>

List the number of servings needed from each food group to meet the minimum servings required by the food pyramid?

0 _____ milk group
0 _____ meat group
1 _____ bread/cereal group
1 _____ vegetable group
0 _____ fruit group

94-95: Explain why eating the recommended foods from the food pyramid is important.

The food pyramid shows, in a simple manner, the nutrients that a body needs to perform at its best. If the recommended foods are eaten, the person stays healthier, feels better, performs to capacity, and looks better. It also stores nutrients needed for future use.
HUNGRY? EAT HEALTHY!
A Mini-Micropedia

(Level 2, INTERMEDIATE)

These experiences are designed for adequate knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use Hungry? Eat Healthy! A Mini-Micropedia or I CAN DO IT! A Micropedia Of Living On Your Own along with these added learning experiences.
- The learning materials can be used with the Mini-Micropedia, the Micropedia or by themselves.
- There is a pre-oral test and an objective post-test included.
- Activities may be reproduced in one school or educational setting.

The objectives of this unit are to:

1. Know how to store food safely
2. Understand how to judge food quality
3. Plan and prepare a full day’s meals within a food budget
4. Shop for groceries using comparative shopping techniques (specials, coupons, labels, etc.)
5. Follow instructions for preparing canned and frozen foods safely
6. Understand how to prepare and store food safely.

Suggested Added Learning Experiences
(These can be used according to the capability of the learner.)

1. Create a nutritious, safe picnic meal. Then go for a picnic.
2. Visit a farmer’s market, food pantry, or quality food store.
3. Create a holiday turkey advice sheet.
4. Create an economical meal using items found in food ads.
5. Analyze food ads to understand how people react to them and why.
6. Write a TV script to role play reasons for eating right. Consider perspective of parents, community, teenager, etc.
7. Visit an orchard and pick fallen fruit.
8. Grow bacteria from hands using petri dishes. Observe under a microscope to see growth of bacteria.
9. Keep pieces of food in the refrigerator and observe them over a period of time to see the changes. DON’T EAT THEM! (A fresh, whole fish is interesting to watch.)
10. Create a healthy bag lunch.
11. Make a drawing of a super market so shopping will be easier.
12. Analyze the placement of specials in a super market.
13. Clean cupboards and refrigerator finding ways to improve storage.
14. Interview someone who’s recently gone on his own. Ask what he wished he had known about foods.
15. Create a foods BINGO game about labels, food safety, and shopping for foods.
16. Create a community food safety campaign. Research internet for information. (FDA Hotline is a good resource.)
THINK AND COMPARE!
Answer the following questions. Then share your answers with someone else to see if you agree.

1. Why should grocery bags be emptied as soon as they are brought home?
2. How can you protect food such as corn meal from bugs?
3. How should eggs be stored?
4. What should be done with lettuce before storage?
5. Why should cheese be tightly wrapped?
6. Which of the foods would be stored best in a dry, moderately cool spot?
7. Should frozen fish and poultry be frozen in their original containers?
8. What would a date written on a package of bologna mean?
9. Where should bread be stored?
10. What should you do with the canned corn if the can is bulging?
11. Why should food be dated when it is put into a freezer?
12. What temperature is best for storing canned goods?
13. How can a quantity of meat be prepared to freeze in smaller portions for later use?
14. What should you do with eggs that got cracked on the way home?
15. Where should you thaw turkey if you want to use it in two days?
16. What should you do if the wrappings on frozen foods have been torn?
17. Where should bananas be stored?
18. Where should packages of compressed yeast be stored?
19. Where should packages of dry yeast be stored?
20. Have you ever emptied grocery bags for a full week's shopping before?

I - 1
JUDGING FRESH PRODUCE

Various governmental agencies protect the food sold in the United States. Such concerns as safety, grading, processing, enforcement, labeling, and food processing are carefully controlled. Most foods are graded for quality. Eggs, for example are Graded AA, A, and B. Eggs are also graded by size.

Since fresh fruits and vegetables deteriorate quickly, quality and grading are difficult. For this reason it’s important to be able to judge the quality yourself before you buy. Fresh produce gives the most nutrition and taste for your $$$.

Do you know how to judge the quality of produce? Here’s a research challenge.

RESEARCH PROCESS:

1. Gather some ripe fruits and vegetables and observe them as they age. Leave them at room temperature for observation. (Very ripe and over-ripe produce can be found at grocery stores where produce departments are getting rid of them. They can also be gathered from homes.)

2. Research how to judge quality of fresh fruits and vegetables. List names of fruits and vegetables. Write or draw how each can be judged for quality. Use books or the internet. (You might like to share the job with someone.)

3. Plan to interview a supermarket produce manager or someone knowledgeable about produce. Prepare questions beforehand. (i.e. What is done with older produce? Do you recycle? What hints can you suggest for purchasing fruits and vegetables? Where is produce purchased? What is “organic” produce? What can I do if produce I buy in a package is rotten? What education is needed to become a produce manager? etc.)

4. Visit a grocery store to explore the quality of produce. You will probably find fruits and vegetables that you haven’t seen or tasted before. Answer the following questions:

Which produce was not top quality?

What produce had you not seen before?

What produce haven’t you tasted? (You might like to plan a tasting party!)

What did you learn from this research?
HOW TO TELL WHAT’S INSIDE...

Let’s look inside an egg!

shell
egg white (albumin)
egg yolk
egg cell (sac)

It’s difficult to see what’s inside an egg to tell if it’s fresh or not. Government regulations can help. Eggs are graded according to weight and to the size of the air cell inside the egg. As an egg ages, the cell (sac) grows larger, the white and yolk get thinner. When an old egg is broken open, the yolk and white flatten out. When a fresh egg is broken open, the white and the yolk give a high, rounded appearance. If the egg is very old, it smells very bad when broken open! (Don’t eat it!) If you are not sure about an egg’s freshness, it is best to break it into a dish to check it. (If you break it into a batter, for example, you could ruin the whole batter.) Eggs are graded and dated on the package sometimes on each egg. As eggs grow older, their quality lessens. Eggs are graded as AA for freshest followed by A and B. Sizes range from Jumbo (30oz), followed by Extra Large, Large, Medium, Small, Pee wee.

Want to see inside an egg? [ ] You’ll need: a cardboard tube from kitchen toweling; an egg; a flashlight; a dark room. Hold the egg on an open end of the tube. Flash the light in the other end. Look at the egg to find the air cell and the yolk. (You will have to test several eggs to see the differences in age.) This process, done a bit differently by egg producers, is called candling.

WHAT CAN I DO TO SEE INSIDE CANS?

Government agencies like the USDA (United States Department of Agriculture) set up standards for canned goods. The goods are graded, starting with Grade A (Fancy), Grade B (Extra Standard), Grade C (Standard), and Grade D (Sub-standard). Labels on cans will give the grading information. You will find that qualities vary. Manufacturers may pack several grades of foods and use a different brand name for each to indicate its quality. There will be: generic brands, name brands, house brands, economy brands. Prices will vary. The only true way to decide which brand and quality you like is to buy a can and try it. Choose what is best for your purposes. Lesser quality tomatoes, for example, are great for sauces.

1. Tour your cupboards to read the labels. 2. Buy 3 qualities of a product. Taste and compare.

WHAT ABOUT MEAT PACKAGES?

Meats are graded also. As an example, the best quality of beef is labeled Choice followed by Select, Standard (Commercial), Utility (cutter and canner). Standard (commercial) are often sold as store brand or ungraded. Utility is seldom found in the retail market. Hamburger is labeled with the amount of fat content in the meat. The labels should also be dated so the buyer can judge freshness and length of time to keep the meat before use.

- Pork is generally not graded because of its tenderness.
- Veal is either Prime or Choice.
- Poultry’s top grade of A is usually found in retail markets. Grades B and C are usually used in places where it can be cut up into pieces.

Explore your meat market cases to see the difference in qualities.


Explore market shelves.
IT'S YOUR CHOICE.... YOU'RE THE CHEF!
PLAN and PREPARE LOW COST MENUS FOR ONE DAY

(Most single persons spend less than 15% of their income on their food per month.)
If your take home pay is $200.00 per week, what can you spend for food each week? $200 x .15 = $_______
What can you spend for one day? $_________

Prepare a day's menus using the amount figured above for a full day's meals. Consider using low cost foods, coupons, and “specials” listed in newspaper ads. (Choose where you can shop easily so you don’t have extra transportation costs.) Be creative! Also remember to plan to get foods required in the food pyramid.

Meal Menu Items         Recipe ingredients         Cost/serving         I did it!

Breakfast

Lunch

Dinner

What was the total cost of the meals $___________ Did you meet your budgeted amount? _____
Did you meet your dietary needs? ______

I-3

MICROLIFE: Use for educational purposes only
CONFUSED? LABELS HELP!

**NUTRITION FACTS**
Serving Size 2.5 oz
(70g/about 1/3 box)
(Makes about 1 cup)
Servings per container about 3

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>In Box</th>
<th>Prep*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
<td>410</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>25</td>
<td>170</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g**</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>560mg</td>
<td>23%</td>
</tr>
</tbody>
</table>

*Prepared with Margarine and 2% reduced fat milk.
**Amount in Box. When prepared, one serving (about 1 cup) contains an additional 16 g total fat (3.5 g sat. fat), 190 mg sodium, and 1 g total carbohydrate (1 g sugars).
***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WHAT’S IN THE BOX?
1. What do you think the above product is?
2. Are there words that you don’t understand?
3. If you were concerned with losing weight, how would you prepare this product?
4. What other information do you think would be on the box?
5. If you ate two servings of this product, how much more salt (sodium) should you have during the day to eat the recommended amount?
6. You really like this product and want to eat all 3 cups of it. How much more fat should you have during the day to eat the recommended amount?
7. Can this product be considered a high protein source?
8. How many servings from the bread and cereal group are in one cup of this product?

Plan a menu with this product. (Yes, it is macaroni and cheese!)
Have the menu include a representative of each food group. You’d better have two from the vegetable group to meet your daily needs.

Now take a look at 3 or more cereal boxes.
Compare the nutrients.
Compare cost per serving.
Decide which you’d buy.

**WHAT’S IN THIS BOX**?

**INGREDIENTS**
Sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, partially hydrogenated soybean and cottonseed oil, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate, dicalcium phosphate, aluminum sulfate), wheat starch, modified corn starch, propylene glycol monoesters, lactose, salt, dextrose, monoglycerides, maltodextrin, sodium-stearoyl lactylate, diacetylated tartaric acid esters of monoglycerides, xanthan gum, mono and diglycerides, artificial flavor, sodium caseinate, corn starch, dried corn syrup, yellow 5 & 6, freshness preserved by tocopherol and citric acid.

Do you feel that you need to be a food chemist to read this?
Why are food additives added to food products?
Which additives should concern you?
You might try finding out more using the Internet!
How do these ingredients compare to a home made cake?

* * Would you believe it’s a yellow cake mix?
SUPER SHOPPER SCAVENGER

Ever been on a grocery store scavenger hunt? Here's a list of what you need to find. Fill in the blanks.

(Hint: If you can draw a floor plan of the store where you'll be hunting, you'll find things much faster. Make a picture of the aisles and the location of the special departments such as bakery, produce, meat.)

Time I began my hunt ____________ Time I finished my hunt ____________

1. Name of an advertised coupon or newspaper ad item __________________________ Cost: ____________
2. Name of an equal product that costs less __________________________________________ Cost: ____________

Brand names of 14.5 oz cans of creamed corn:

<table>
<thead>
<tr>
<th>Generic brand name</th>
<th>Grade</th>
<th>Cost</th>
<th>Unit price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name brand name</td>
<td>Grade</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>House brand name</td>
<td>Grade</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>Economy brand name</td>
<td>Grade</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
</tbody>
</table>

3. Name of a juice that is 100% juice ____________________________________________ Unit price ________
   Name of a “juice drink” ____________________________________________ %Amount of juice ________

4. Brand names of packages of corn flakes:

<table>
<thead>
<tr>
<th>Brand name</th>
<th>Cost</th>
<th>Unit price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
</tbody>
</table>

5. Compare measurements for unit pricing for toilet paper

<table>
<thead>
<tr>
<th>Brand name</th>
<th>Cost</th>
<th>Unit price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
<tr>
<td>Brand name</td>
<td>Cost</td>
<td>Unit price</td>
</tr>
</tbody>
</table>

6. Find dates on the following containers:

<table>
<thead>
<tr>
<th>Can of peas</th>
<th>Loaf of bread</th>
<th>Hot dogs</th>
<th>Hamburger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Cottage cheese</td>
<td>Eggs</td>
<td></td>
</tr>
</tbody>
</table>

7. A product that has “LIGHT” on label ____________________________________________ Amount of calories ________

8. A product that has “GOOD SOURCE” on label ____________________________ What nutrient is considered the “Good Source”? ____________________________ How much of this nutrient is there in the product? ________

9. Find nutrient content of a cola drink ____________________________ Unit price ________
   Find nutrient content of a diet soda ____________________________ Unit price ________
   Find nutrient content of milk ____________________________ Unit price ________

10. Compare prices on the following foods:

<table>
<thead>
<tr>
<th>1 lb white potatoes</th>
<th>1 lb potato chips</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb frozen chicken breasts</td>
<td>1 lb fresh chicken breasts</td>
<td>Difference</td>
</tr>
<tr>
<td>1 lb lean hamburger</td>
<td>1 lb extra lean hamburger</td>
<td>Difference</td>
</tr>
<tr>
<td>1 lb apples</td>
<td>16 oz can applesauce</td>
<td>Difference</td>
</tr>
<tr>
<td>16 oz package of frozen green beans</td>
<td>1 lb of fresh green beans</td>
<td>Difference</td>
</tr>
<tr>
<td>package of 8 hamburger buns: brand name</td>
<td>fresh bakery</td>
<td>Difference</td>
</tr>
</tbody>
</table>

11. Find name of a food sale item that is outdated ____________________________

12. Find name of a fresh meat product that shows cooking instructions ____________________________

13. What are two extra services available at the store. ____________________________
Pedro's friend George moved in with him. One of the first things they did was plan how they would share cooking. (They were hungry after the move.)

They decided to use whatever they could find in the cupboard and freezer for lunch. They explored and decided to use frozen hamburger patties, canned baked beans, and frozen peaches. They had half a package of hamburger buns and some milk. That sounded like a nutritious, quick lunch! Since they were REALLY hungry, they decided to make their first meal together so George could get acquainted with the kitchen.

Surprise! Pedro found that George had never even opened a can of beans........... or cooked any frozen foods. Pedro said, "George, all you need to do is read the labels!" Pedro said, "Sorry, George, there are no instructions on this can."

Pedro knew he had a problem. He decided to teach George some of the basics.

What do you think that Pedro should teach George about the following things?

1. How to heat foods from cans

2. How to figure number of servings in cans

3. When foods in cans need to be thrown away rather than eaten

4. Defrosting frozen foods

5. Preparing frozen foods

5. How to judge when frozen foods are too old for safety or food quality

6. What other things should Pedro teach George?
Wonder if Anyone Got Sick After Thanksgiving?

It’s Thanksgiving time... time to prepare David’s first Thanksgiving turkey! He wanted to do it right.*

He took out his partially frozen turkey early Wednesday morning and placed it on the bread board to thaw so it wouldn’t stain his counter. He wanted it thawed by evening so he could stuff it when he got home from work. He planned to store it in the refrigerator overnight to bake early in the morning.

When he got home, he prepared the dressing. He placed the turkey in a roaster. He rinsed the bread board with warm water. Then he used the board to cut the onions and celery for the dressing. The onion had some mold on the outside. He pulled off the moldy skin and chopped the rest of the onion. Then he mixed the bread and seasonings with the raw eggs and hot water. When he added the pepper, he spilled some. It kept him sneezing for half an hour with no tissue handy! He put the hot dressing into the turkey. He placed the stuffed turkey into the refrigerator to keep it safe. Then he made the cranberry/apple Jell-O. He cut the apples on the bread board so he didn’t hurt the kitchen counter.

He was up early the next day to put the turkey into the oven. After breakfast, he set the table. He then prepared a favorite corn casserole. One of the cans of creamed corn had a slight dent and bulge in it. Since it didn’t smell bad, he felt it was safe to use. He put in the raw eggs, crackers, and milk. When he was adding the milk, he spilled a bit on the floor. He quickly grabbed a dish cloth to wipe up the spill. He didn’t want to slip on a slippery floor! He left the corn casserole on the counter until it was time to put it in the oven.

Then he dished up the pickles, relishes, and jelly so they would be ready. This would save some last minute rushing. When he opened the jelly, he found a light mold on top. Since he had no other jar of jelly, he decided to remove the mold a bit at a time, using the same spoon. Since the jelly didn’t smell bad, he decided to use it.

David’s dog, Bruno, kept begging for tastes of food. When David finally gave in, Bruno licked his hand in appreciation. David kept on preparing food. The potatoes were cooked and mashed. He had planned to warm a couple of cans of peas, but found the inside of the can slightly discolored. He threw the peas away.

Now it was time to take out the turkey. He wanted to have the turkey sliced before guests arrived. He knew it would stay warm if he put the lid on the roaster. When he cut the turkey breast next to the wings, the juices were pink. He hadn’t used a meat thermometer. He wondered if the turkey hadn’t really been totally thawed. “Oh, well, it sure tastes good!” he said out loud to himself. “It’s tender!”

He started making the gravy. He tasted with his spoon as he seasoned it. He had to hurry. The guests were arriving in fifteen minutes. “Thank goodness my brother is bringing the pies!” he said to Bruno.

The dinner was a smashing success. Everyone ate and ate .... and talked and talked. They continued nibbling at the food for over four hours. When the guests decided to leave, they helped with clean-up. The large quantities of left-overs were dished into big covered containers that they filled to the top. Guests gave their compliments as they left. David’s first Thanksgiving dinner had been a great success.

*Underline any potential food safety problems that you see. Discuss them with others.

I-6
MICROLIFE: Use for educational purposes only
Wonder if Anyone Got Sick After Thanksgiving?

1. frozen turkey early. Wednesday morning and placed it on the bread board to thaw so it wouldn’t stain his counter. Frozen turkey should be thawed in the refrigerator. It may take two or three days for a turkey.

2. rinsed the bread board with warm water. Bread boards should be sterilized after using for raw poultry to avoid contamination. A warm water rinse is not enough to clean it.

3. Then he used the board to cut the onions and celery. The bread board was not sterilized. See above.

4. pulled off the moldy skin and chopped the rest of the onion. The mold would need to be totally gone. The mold should be cut off 1” around and below the mold. A knife shouldn’t touch the mold.

5. sneezing for half an hour with no tissue handy! Mouth should be covered for sneezes. Hands should be washed after using to cover a sneeze.

6. hot dressing into the turkey. The hot dressing inside a cold turkey will allow bacteria to grow when allowed to sit for a period of time.

7. cut the apples on the bread board. The apples will be contaminated with any bacteria from the raw poultry juices that were not cleaned well enough.

8. cans of creamed corn had a slight dent and bulge in it. Foods in cans that are bulging or rusted should be thrown away. The food should not even be tasted!

9. dish cloth to wipe up the spill. Dish cloths should not be used to wipe floors. They can contaminate everything they touch afterwards.

10. left the corn casserole on the counter. The eggs in the casserole left at room temperature can cause food poisoning.

11. remove the mold a bit at a time, using the same spoon. Mold can be safely removed from jelly by taking out the mold with a spoon. Another clean spoon should then scoop out around the spot. If the rest smells fermented it should be thrown away.

12. didn’t smell bad. Mold should never be smelled. It can cause respiratory problems.

13. licked his hand in appreciation. David kept on preparing food. He should have washed his hands before continuing food preparation.

14. He threw the peas away. Slight discoloration on the inside of cans is not harmful.

15. the juices were pink. Juices from well done turkey are clear. There is no pink visible in the meat.

16. meat thermometer. A meat thermometer should be used when cooking a turkey.

17. tasted with his spoon A different spoon should be used each time a taste is taken. Another way is to use one spoon for dipping and then transferring a small amount to a tasting spoon that can be used over again.

18. over four hours. Foods should be refrigerated after being at room temperature for two hours.

19. dished into big covered containers that they filled to the top. Smaller containers should be used so foods can cool more quickly.

Wonder if anyone got sick the next day?

I-6a

MICROLIFE: Use for educational purposes only
Oral Pre-Test for “Hungry? Eat Healthy!”
(Level 2 - Adequate)

1. Have you ever stored a week’s supply of groceries? (Answers vary.) Explain where to store: onions and potatoes, canned goods (cool dry place); TV dinners (freezer); dry pastas and beans (tightly closed container); eggs (in original containers in refrigerator); bananas (at room temperature); compressed yeast (refrigerator).
   a. Why should you date food that is put in the freezer? (So it doesn’t get too old to eat safely and you know when quality is deteriorating.)
   a. What should you do if a can of food is bulging? (Throw it away. Don’t taste it!)

2. How can you judge quality in the foods you buy? (Read the information given on containers such as grading and nutrition information. Fresh produce requires a person’s own knowledge.)
   a. What are general qualities for judging produce? (Color, texture, blemishes, stem ends of fruits, etc.) Explain how you judge the quality of: fresh corn ears (Soft silks, no worms, green leaves, juicy kernels); citrus fruit (Heavy for size, firm, bright and smooth skins); broccoli (Firm, good green color of buds, clean/compact buds).
   b. How do you judge quality in packaged foods? (Read labels) What information is found on food labels? (name of product, manufacturer’s name and address, ingredients, nutrition information, serving size, servings in container, etc.) Why is label information meaningful to you? (It helps to compare with other products so you can find the best buys; helps with health concerns including nutrition and allergies; furnishes addresses for complaints, etc.)
   c. How can you tell how much of your daily diet requirements are being met with a serving of food? (Labels list % of daily requirements of nutrient such as fat, calories, sodium, protein in each serving.)
   d. Does “No sugar added” mean there is no sugar in a product? (It means that no sugar was added to natural state of the product such as peaches which are already sweet.)

3. Do you have a food budget? How many meals do you plan and prepare each week? How much do you spend on food? (Answers will vary.)
   a. What is the average percentage of a single person’s take-home pay that is spent on food? (About 15%) Do you spend about 15% of your income on food? (Answers will vary.)
   b. How do you plan so that you stay within your food budget? (Preplan meals, figure costs, buy wisely using comparative shopping with ads, read product labels, don’t buy more than I need, etc.)

4. What shopping techniques can you use to stay on a low cost food budget? (Don’t shop when hungry, preplan menus and costs, make shopping lists and stick to them, read and compare food ads, use appropriate food coupons, read and compare food labels, grow own food, pick own food, visit food pantries, use food stamps, etc.)
   a. What do brand names such as DelMonte tell you? (They tell you the names of the producers. The producers often put different grades of foods under different brand names.)
   b. What is unit pricing? (Labels on grocery shelves that tell the product name, price, and cost per unit of food.) How can unit pricing be helpful to the shopper? (Allows a true comparison of product prices.)

5. How do you prepare canned vegetables? (Read labels. Products are usually just heated and served.) How do you prepare frozen foods? (Read package instructions. Frozen foods are usually prepared on range top, microwave, or oven.)
   a. What is the best way to thaw frozen meats? (Refrigerator thawing is best. Can also thaw in microwave as directed. Another method: thaw under cold water in waterproof covering.)

6. To keep foods safe for eating what would you do for the following problems:
   a. Small amount of mold on top of jelly (Remove mold with one spoon. Take another clean spoon and scoop out around the spot. If jelly smells fermented, throw it away.)
   b. Moldy soft fruits and vegetables, nuts, and dried grains? (Throw them away!)
   c. Washing dog dishes (Wash separately from other dishes or use dishwasher if dishwasher sterilizes.)
   d. Bread board needs to be cleaned (Sterilize with soap and bleach solution: 1T bleach to 1 qt of water. Clean with brush and cloth. Don’t use steel pad.)
   e. You have a cold. (Wash hands often. Don’t sneeze on food.)
   f. You have to use the bathroom while preparing dinner. (Wash hands carefully afterwards.)
   g. How long should foods be left at room temperature? (Less than two hours. Hot foods should be kept at 165-212 degrees F.)
EVALUATION FOR “HUNGRY? EAT HEALTHY!”
(Intermediate)

Place a “T” in front of the statements that are true. Place an “F” in front of the statements that are false.

1.    ______ Moldy foods should not be smelled.
2.    ______ Freezing foods keeps bacteria from growing.
3.    ______ Hot foods should be cooled quickly for storage and placed in small containers.
4.    ______ Frozen meats can be safely refrozen if ice crystals are present.
5.    ______ It’s important to comparative shop when on a limited income.
6.    ______ It’s economical to buy advertised food “specials” all over town each week.
7.    ______ Foods in rusty or dented cans are safe to eat.
8.    ______ Bright yellow and purple color on broccoli buds indicate good quality.
9.    ______ A turkey can be safely thawed under cold running water in a waterproof covering.
10.   ______ Quality Idaho (white) potatoes should be smooth, firm, and have shallow eyes with no sprouts.
11.   ______ Pineapples have a fragrance when ripe.
12.   ______ Dates on packages of food can indicate date by which food should be sold.
13.   ______ Ingredients on labels are listed with the heaviest first and the rest in descending order.
14.   ______ Daily food shopping can save time and money.
15.   ______ Food coupons are always money savers.
16.   ______ Eggs are judged by a candling process and by size.
17.   ______ Only Grade A poultry is generally found in food markets.
18.   ______ Pork is generally not graded.
19.   ______ Grade A foods are always the best buy, regardless of their intended use.
20.   ______ There are always preparation instructions on canned foods.

Place an “X” in front of all of the correct answers.

21-25. A quality head of iceberg lettuce should have:
    ______ crisp leaves
    ______ hard and solid feel
    ______ hard bumps on top
    ______ tan or brown color on leaves
    ______ brown core

26-30. A label that states that a food is “FREE” of calories means that there are:
    ______ less than five calories in the product
    ______ no (or almost no) fat, cholesterol, sodium, sugars, or calories
    ______ at least 25% less calories than the food being replaced
    ______ no calories at all
    ______ at least 10% less calories

31-35. Nutrition labels must include:
    ______ name and address of packer, manufacturer, or distributor
    ______ nutrition information
    ______ RDA percentages
    ______ serving sizes
    ______ picture of the product

36-40. To keep things clean and safe in a kitchen you should:
    ______ use soapy steel pads to clean bread boards well
    ______ wipe spills up immediately on floor with dish cloths to avoid falling
    ______ wash pet dishes with regular dishes in the sink
    ______ rinse hands after sneezing or using bathroom
    ______ keep fingernails clean.
41-45. Put groceries away safely by:

____ rewrapping fresh meat
____ unpacking and putting groceries away immediately when they are brought home
____ examining packaged foods carefully
____ putting frozen foods directly into the freezer
____ storing bananas in the refrigerator

36-50. Fruit quality can generally be judged by:

____ appropriate color
____ no blemishes
____ firmness
____ softening at stem end
____ all of the above

51-55. Some low cost nutritional foods are:

____ rice
____ eggs
____ peanut butter
____ sugared cereals
____ Navy beans

56-60. The following methods can be used to help stay within a limited budget:

____ preplan meals
____ figure cost of chosen foods
____ read labels
____ read food ads
____ be prepared to make quick changes in plans.

61-62. Fill in the blanks with the correct answers:
Mary’s take-home pay is $120.00 each week.
How much money should she be able to spend on groceries each week? _____________
How much money should she be able to spend on groceries each day? _____________

63-67. List five values of nutrition labeling:

1. 
2. 
3. 
4. 
5. 

68-70. List three economical, legal ways to get food when your food budget is limited.

1. 
2. 
3. 

71-75. List five ways to save money when shopping for food:

1. 
2. 
3. 
4. 
5. 

76-80. Explain how foods are graded.
KEY FOR EVALUATION FOR “HUNGRY? EAT HEALTHY!
(Intermediate)

Place a “T” in front of the statements that are true. Place an “F” in front of the statements that are false.

1. T_____ Moldy foods should not be smelled.
2. F_____ Freezing foods keeps bacteria from growing.
3. T_____ Hot foods should be cooled quickly for storage and placed in small containers.
4. T_____ Frozen meats can be safely refrozen if ice crystals are present.
5. T_____ It’s important to comparative shop when on a limited income.
6. F_____ It’s economical to buy advertised food “specials” all over town each week.
7. F_____ Foods in rusty or dented cans are safe to eat.
8. F_____ Bright yellow and purple color on broccoli buds indicate good quality.
9. T_____ A turkey can be safely thawed under cold running water in a waterproof covering.
10. T_____ Quality Idaho (white) potatoes should be smooth, firm, and have shallow eyes with no sprouts.
11. T_____ Pineapples have a fragrance when ripe.
12. T_____ Dates on packages of food can indicate date by which food should be sold.
13. T_____ Ingredients on labels are listed with the heaviest first and the rest in descending order.
14. F_____ Daily food shopping can save time and money.
15. F_____ Food coupons are always money savers.
16. T_____ Eggs are judged by a candling process and by size.
17. T_____ Only Grade A poultry is generally found in food markets.
18. T_____ Pork is generally not graded.
19. F_____ Grade A foods are always the best buy, regardless of their intended use.
20. F_____ There are always preparation instructions on canned foods.

Place an “X” in front of all of the correct answers.

21-25. A quality head of iceberg lettuce should have:

X_____ crisp leaves
   hard and solid feel
   hard bumps on top
   tan or brown color on leaves
   brown core

26-30. A label that states that a food is “FREE” of calories means that there are:

X_____ less than five calories in the product
X_____ no (or almost no) fat, cholesterol, sodium, sugars, or calories
   at least 25% less calories than the food being replaced
   no calories at all
   at least 10% less calories

31-35. Nutrition labels must include:

X_____ name and address of packer, manufacturer, or distributor
X_____ nutrition information
X_____ RDA percentages
X_____ serving sizes
   picture of the product

36-40. To keep things clean and safe in a kitchen you should:

   use soapy steel pads to clean bread boards well
   wipe spills up immediately on floor with dish cloths to avoid falling
   wash pet dishes with regular dishes in the sink
X_____ rinse hands after sneezing or using bathroom
X_____ keep fingernails clean.
41-45. Put groceries away safely by:
  ___  rewrapping fresh meat
  X  ___  unpacking and putting groceries away immediately when they are brought home
  X  ___  examining packaged foods carefully
  X  ___  putting frozen foods directly into the freezer
  ___  storing bananas in the refrigerator.

36-50. Fruit quality can generally be judged by:
  X  ___  appropriate color
  X  ___  no blemishes
  X  ___  firmness
  ___  softening at stem end
  ___  all of the above

51-55. Some low cost nutritional foods are:
  X  ___  rice
  X  ___  eggs
  X  ___  peanut butter
  ___  sugared cereals
  X  ___  Navy beans

56-60. The following methods can be used to help stay within a limited budget:
  X  ___  preplan meals
  X  ___  figure cost of chosen foods
  X  ___  read labels
  X  ___  read food ads
  X  ___  be prepared to make quick changes in plans.

61-62. Fill in the blanks with the correct answers:
Mary’s take-home pay is $120.00 each week.
How much money should she be able to spend on groceries each week? (No more than 17% = Less than $20.40)
How much money should she be able to spend on groceries each day  (no more than $2.91)

63-67. List five values of labeling laws:
1. Helps to comparison shop
2. Helps people with allergies
3. Gives serving sizes so planning is easier
4. MDR helps compare foods & judge nutrients needed
5. Important for people with health problems
6. Gives name and address for any complaints
7. Helps evaluate nutritional value of foods
8. Tells amount of ingredients in order of weight
9. Protects consumer from false information
10. Tells grade of products

68-70. List three economical, legal ways to get food when your food budget is limited.
1. Food stamps, farmer’s markets, pick your own produce, food kitchens, food pantries, work in a
   restaurant, grow your own food, use comparative shopping techniques, etc.
2.
3.

71-75. List five ways to save money when shopping for food:
1. Use food coupons, read newspaper ads, don’t shop when hungry, make a shopping list so not
2. tempted, read labels, buy “specials”, buy when food is in season, buy quality of food appropriate
3. to use, use a food budget, use unit pricing when available to compare products, etc.
4.
5.

75-80. Explain how foods are graded.
Foods are graded by rules set up by federal government agencies. Each type of food has its own grading system.
For example, beef grades are Choice, Select, Standard, Utility. Pork is generally not graded because of its
tenderness. Veal is either Prime or Choice. Poultry grades are A, B, and C. Eggs are graded by weight and
freshness. Canned goods are also graded so customers can tell the quality without seeing it. (Answers will vary.)
HUNGRY? EAT HEALTHY!
A Mini-Micropedia

(Level 3, ADEQUATE)

These experiences are designed for adequate knowledge needed for making nutritional food choices and preparation.

- Persons teaching foods and nutrition can use Hungry? Eat Healthy! A Mini-Micropedia or I CAN DO IT! A Micropedia of Living On Your Own along with these added learning experiences.
- The learning materials can be used with the Mini-Micropedia. The Micropedia, or by themselves.
- There is a pre-oral test and an objective post-test included.
- Activities may be reproduced in one school or teaching setting.

The objectives of this unit are to:

1. Apply nutrition knowledge to meal planning
2. Follow recipe instructions
3. Adjust recipes to feed more or less people
4. Understand food budgeting and shopping techniques
5. Plan, shop for, and prepare a full day’s menus
6. Plan a full week’s menus and shopping list using a food budget.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create a nutritional meal for a children. Find ways to make the food “fun.”
2. Collect recipe books and recipes.
3. Make a recipe collection of your favorites.
4. Make a list of groceries. Go to two or more stores and compare the prices of the chosen items.
5. Watch a television program about cooking.
6. Visit a cooking school and research careers in food preparation.
7. Create an egg incubator and hatch a fertile egg.
8. Demonstrate flour measuring by comparing sifted flour with unsifted flour.
9. Create menus and meals from different cultures.
10. Plan an intercultural pot-luck. Invite people to bring their favorite cultural foods to share.
11. Have groups or individuals go to a grocery store to consider buying specific products (i.e. cereal, bread, etc.) Each person or group should plan to spend an equal amount of money. After completing their choices, they should compare what they spent and the reasons for their choices.
12. Plan meals with family or roommates that meet the needs of each person.
13. Research weight loss methods and plan a week’s menus for weight loss.
14. Interview a dietitian with preplanned questions.
15. Research nutrition needs of athletes. Plan a week’s menus for an athlete.
16. Interview older persons to find how eating choices today are different from when they were growing up.
# ARE THESE MENUS GOOD OR BAD?


Consider the following menus served on a white plate. Think what they would taste like and look like.

<table>
<thead>
<tr>
<th>#1 Mashed Potato</th>
<th>#2 Scrambled Eggs</th>
<th>#3 Crispy Tacos</th>
<th>#4 Sauerkraut with Sausage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broiled Halibut</td>
<td>Mashed Potatoes</td>
<td>Potato Chips</td>
<td>Dill Pickles</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Creamed Corn</td>
<td>Carrot Strips</td>
<td>Sourdough Bread Slices</td>
</tr>
<tr>
<td>White Bread</td>
<td>Applesauce</td>
<td>Crisp Oatmeal Cookies</td>
<td>Lemon Ice</td>
</tr>
</tbody>
</table>

Which menu number has foods that are: all one color? _____ all with crispy texture? _____
all with creamy texture? _____ all with only one flavor? _____

Taste and appetizing appearance are the pleasurable parts of eating. Dietitians recommend menus with a variety of flavor, texture, color, and temperatures in foods.

## NOW ANALYZE THESE DIETS FOR NUTRITIONAL VALUE

<table>
<thead>
<tr>
<th>Meal Menu</th>
<th>Write # of Servings of:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1 Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugared Cereal (1 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (1/2 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donut</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 1 Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coke</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 1 Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham Slice (3oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Potato</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans (1/2c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Bread (2 slices)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Cake</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (1 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 1 Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Candy Bar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato Chips and Soda</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 2 Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal (1 c cooked)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (1/2 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice (8 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast (1 slice)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 2 Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bologna (3oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread (2 slices)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot Sticks (1/2 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 2 Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamburger Patty (3oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese Slice (2oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Beans (1/2c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce Salad (1 c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applesauce (1/2c)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 2 Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookies (3)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NUTRITION ANALYSIS

**HOW MANY MORE SERVINGS ARE NEEDED TO MEET THE MINIMUM RECOMMENDED REQUIREMENTS FOR ONE DAY?**

Day 1
- Fruits _____ Vegetables _____ Meat _____
- Bread _____ Milk _____

Day 2
- Fruits _____ Vegetables _____ Meat _____
- Bread _____ Milk _____

**RATE THE MENUS FOR VARIETY** of temperature, color, flavor, & texture.
Place an "X" by the varieties that are met.

Day 1 Breakfast
- Temperature ______ Color ______ Flavor ______
- Texture ______

Day 1 Lunch
- Temperature ______ Color ______ Flavor ______
- Texture ______

Day 1 Dinner
- Temperature ______ Color ______ Flavor ______
- Texture ______

Day 2 Breakfast
- Temperature ______ Color ______ Flavor ______
- Texture ______

Day 2 Lunch
- Temperature ______ Color ______ Flavor ______
- Texture ______

Day 2 Dinner
- Temperature ______ Color ______ Flavor ______
- Texture ______

### HOW IMPORTANT IS VARIETY IN FOOD?

IS NUTRITION MORE IMPORTANT?
The television cameras are rolling. It's **you** under the hot lights preparing a Devil's Food Layer Cake today. Plan to demonstrate or tell someone how to measure the ingredients and do the baking. Here's the recipe. You make the script explaining the terms and processes. (You'll need to make a list of utensils that you will need so you can demonstrate.)

**Devil's Food Layer Cake**

1 1/4 c sifted cake flour 3/4 c cocoa  
2 t baking powder 5 eggs, separated  
1/8 t salt 1 c cold water  
2 c sugar 1 t vanilla

Sift flour, baking powder, and salt together twice. Mix sugar and cocoa in large bowl. Beat egg yolks until thick; add to sugar mixture. Add water and vanilla; stir well. Add half the flour mixture; stir 25 strokes. Add remaining flour mixture; stir 50 strokes. Beat egg whites until stiff peaks form; fold gently into batter using 20-25 folding strokes. Pour into 9-inch layer pans. Bake at 365 degrees for 25 minutes.

**Chocolate Frosting**

1/2 c margarine or butter 5 T milk 5 T cocoa  
3 1/2 c sifted confectioner's sugar (1 box)


**List of information to include in demonstration:**

1. How to sift flour  
2. How to measure flour, baking powder, salt, sugar, and cocoa  
3. How to separate eggs (Remember that eggs should be broken individually into a container before adding them to other ingredients. If only a tiny speck of yolk is in the white, the white won't whip well. Even the container for the whites must be free of fat or grease.)  
4. How to measure water and vanilla  
5. Terms of mix, beat, add, stir, stiff peak form, fold

**List of equipment needed for preparation:**

**Be ready to answer or demonstrate answers to the following questions from the audience:**

1. How do you measure brown sugar?  
2. What's the difference between cake flour and regular flour?  
3. Why wasn't an electric mixer used for the cake itself?  
4. How can I make only a one layer cake? (A whole cake is too much for me.)  
5. What if directions don't say “sift flour”?  
6. How do I measure granulated sugar if it is lumpy? What do I do about lumpy confectioner's sugar?  
7. If I want to use stick margarine, how much is there in one stick?

**To be sure you know how to make a recipe for more or fewer people, here's some practice.**

<table>
<thead>
<tr>
<th>Cut measurements in half for half of a recipe (divide by 2)</th>
<th>Double the measurements for making twice as much (multiply by 2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c ___ 1/4 c ___ 1/8 c ___ 3/4 c ___</td>
<td>1/2 c ___ 1/4 c ___ 1/8 c ___ 3/4 c ___</td>
</tr>
<tr>
<td>7/8 c ___ 1 T ___ 1/2 T ___ pinch ___</td>
<td>7/8 c ___ 1 T ___ 1/2 T ___ pinch ___</td>
</tr>
<tr>
<td>1 t ___ 1/4 t ___ 1/2 t ___ 1/8 t ___</td>
<td>1 t ___ 1/4 t ___ 1/2 t ___ 1/8 t ___</td>
</tr>
</tbody>
</table>
"I love lasagna, but my recipe serves 8. I can freeze part of it, so I'd like to make enough for just 4."

Here's how I'll measure:
Recipe calls for: Here's what I'll use
1 lb ground beef
1 clove garlic, minced
2 T salad oil
1 8 oz can tomato sauce
2 1/2 c tomatoes
1 t salt
1/8 t pepper
1/2 t ground oregano
1/2 lb lasagna or wide noodles
1 lb cottage or ricotta cheese
1 1/2 c grated Parmesan cheese
1/2 lb mozzarella or cheese

"That lasagna was good! Think I'll serve it for a party. There'll be 16 so I'll have to double it."

Here's how I'll measure:
Recipe calls for: Here's what I'll use
1 lb ground beef
1 clove garlic, minced
2 T salad oil
1 8 oz can tomato sauce
2 1/2 c tomatoes
1 t salt
1/8 t pepper
1/2 t ground oregano
1 1/2 lb lasagna or wide noodles
1 lb cottage or ricotta cheese
1 1/2 c grated Parmesan cheese
1/2 lb mozzarella or cheese

"I'm having a small party and want a hot drink. I'll use just a fourth of my recipe for Russian Tea."

Here's how I'll measure:
Recipe calls for: Here's what I'll use:
1/2 c sugar
1 1/2 qt water
1 stick cinnamon
1 c tea
1 small can frozen orange juice
1/3 c lemon juice
1 12 oz can pineapple juice
1 c ginger ale (optional)

"My friend asked me to make a list of equivalents. Here it is."

3 t = ___________ 4 T = ___________
8 T = ___________ 12 T = ___________
2/3 c = ___________ 5/8 c = ___________
7/8 c = ___________ 16 T = ___________
few grains, dash, or pinch=
8 fluid oz = ___________ 1 fluid oz = ___________
2 c = ___________ 4 c = ___________
4 qt = ___________ 2 pt = ___________
1 lb sifted flour=
1 lb brown sugar=
1 lb granulated sugar=
1 lb confectioners' sugar=
2 medium eggs = ___________
2 large eggs = ___________
3 medium eggs = ___________ 3 large eggs = ___________
COMPARE ‘N SHOP

Sally went shopping with a friend, Jerry. Jerry commented on Sally’s choice of a name brand product. He had chosen a less expensive one. Sally said, “Oh, why worry about a couple of cents?” Jerry explained that he never looked at paying more as a “couple of cents”. “I look at it as a percentage of my food budget. You purchased your can of beans at $.50. I got mine for $.45. That’s 10% difference! Now if I save 5 or 10 % a month on my food bill, that’s a lot of money over a year’s time. I can use that saved money someplace else!”

What is your food budget per week? ______ If you saved 10% of that a week, how much would you be saving? _______ How much would that be over a month’s time? _______ Over a year? _______ Where could you spend that money in a different way?

Jerry impressed Sally. He said he’d be glad to help her save money while shopping for foods. Here are some of the things he asked her to try. Go to a grocery store and try them yourself.

1. Compare weekly food ads. Compare the same products in all of the food ads. See if there is a difference. Consider which of these “specials” you might want to use in your week’s menu plans.

2. Plan your shopping close to where you live to avoid transportation costs. Consider sharing rides.

3. Plan your menus for a week. Keep your budget in mind as you plan.

4. Make a grocery shopping list. List the groceries in the order in which they would be found in the store where you plan to shop. (This will be a time saver.) Attach coupons you want to use with your list.

5. Avoid shopping when you’re hungry. You’ll be less tempted. Don’t impulse buy. Be adaptable.

6. Check the following prices using unit pricing on store shelves. Compare coupon items you want to buy and answer these questions: What products of comparative quality are available for a lower price? _______ Do you really need the product? _______ Do you normally use the brand or product? _______ Do you need to send in a rebate form? _______ What’s the total cost including stamp & envelope for rebate items? _______

7. Did you find any advertising gimmicks such as sets of dishes or pans? _______ Check prices of items elsewhere. _______ What does a customer have to purchase to take advantage of the store special? _______

8. Compare a “BUY ONE, GET ONE FREE” product. Is this product the best buy? _______ Which ones are better? _______

9. Compare the following brands by reading labels to find best value of a can of green beans:
   National Brand (advertised brand) $ _______ Private Label (house brand processed by type of store where you are shopping) $ _______ Economy Brand (usually house brand of lower quality) $ _______
   Generic, No-name, No-brand (usually with black and white label) $ _______

10. Compare cereals of the same types by using unit pricing to get equal comparisons:
    National brand $ _______ Private Label $ _______ Cereal in a Bag $ _______

11. Check freshness codes on products. Find products with the following codes:
    Day old product sold after shelf date (When products are put out for sale) _______
    Expiration date (Date product should be used. May say “EXP” or “Do not use after…” ) _______
    Pull-date (“Best if used before…….” Product will then begin to lack quality) _______
    Pack date (On bottom of cans showing when food was processed) _______

12. See if you find any case lots (Foods overstocked at beginning or end of season.) ______

13. Find a meat cut that could be used for several meals if cut and frozen at home. ______

14. Watch food prices being rung up at check-out counter. Check receipt when you get home.

A - 4

MICROLIFE: Use for educational purposes only
PLAN, SHOP, PREPARE MENUS FOR A DAY!

MENU PLANS
(Attach recipes)

SHOPPING LIST

PREPARATION STEPS
(Time needed for preparation)

BREAKFAST

LUNCH

DINNER

SNACKS

REFLECTIONS:
1. Did I meet my basic minimal nutrition requirements?
2. What problems did I have in shopping or preparation?
3. What did each meal cost?
4. Did the cost fit into my daily food budget allowance?
5. Would you make the same recipes and meals again? Why? Why not?
6. How did the people eating it like it?
7. What might you do differently if you were doing it over again?
8. Did you meet your preparation times?
USE A FOOD BUDGET TO
PLAN A FULL WEEK'S MENUS AND SHOPPING LIST

Work with a budget of $3.00 per day per person.
Do this for yourself, your family, or your roommates.

<table>
<thead>
<tr>
<th>MENUS</th>
<th>COST</th>
<th>SHOPPING LIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Attach recipes)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BREAKFAST

LUNCH

DINNER

SNACKS

Total cost $  
Total budgeted amount $  
Difference $  
Did you meet the goals of $3.00/day per person?  
How would you change the menus?

MICROLIFE: Use for educational purposes only
ORAL PRE-TEST FOR “HUNGRY? EAT HEALTHY!”
(Adequate Level)

1. Do you plan menus for meals that you eat? Do you check to see if the meals are nutritious? How do keep track of the number of servings of the food groups you plan each day? (Answers vary.) How many servings are recommended for: fruits (2-4), vegetables (3-5), meats (2-3), breads and cereals (6-11), milk (2-3)?

2. What are some of the favorite recipes that you’ve prepared? Have you had any problems with the recipes you’ve made? (Answers vary.) Explain what these terms mean: fold (to combine ingredients by using two motions, one to cut through the mixture, the other to slide across the bottom of the bowl to turn the mixture over); mix (to stir two or more ingredients together); beat (to mix fast with over-and-over motion using heater or spoon); sauté (to cook uncovered in a small amount of fat); simmer (to cook over low heat until liquid forms small bubbles); braise (to cook covered with small amount of liquid or in steam). What is the best way to measure 1/2 c oil? (Pour into a liquid measuring cup. Look at measurement at eye level.) How do you measure 1 c brown sugar? (Remove lumps by pressing through a sieve. Pack into a dry 1 c measuring cup. Level off with a straight edge.)

3. Have you ever doubled a recipe or cut a recipe in half? What recipe did you double? Why did you double it? (Answers vary.) How many T are in a T? (3) How many T are in 1 cup? (16) How many oz are in 1 c of milk? (8 fluid oz). How much of a cup is in one stick of margarine? (1/2 c)

4. Have you ever shopped for a week’s supply of groceries? How much do you spend on food for one week? Do you know what percentage of your budget is spent for food? (Answers vary.) What is unit pricing? (Labels on edge of grocery shelves that state cost of product per measured unit.) How can unit pricing be helpful? (Allows easy comparisons between brands.) How can newspaper food ads be helpful when making grocery lists? (“Special” prices can be used for comparisons between stores. These “special” prices are usually bargains.) What are some low cost nutritious foods? (Eggs, potatoes, dried beans, peanut butter, cabbage, in-season foods, hamburger, store “specials”, rice, carrots, etc.)

5. Have you ever planned and prepared a full day’s menus? Give an example of what you served. How many people did you serve? How did you prepare a shopping list for the meals? (Answers vary.) How did you figure what to put on the shopping list? (Considered the number of people to be served, checked recipes, checked supplies on hand, read newspaper grocery store ads, considered cost of recipes, etc.)

6. Have you ever prepared menus and a shopping list for a whole week’s supply of groceries? For how many people did you prepare? (Answers vary.) How did you consider nutritional needs? (Checked to see if there were enough foods from each food group for each day’s menus. If there weren’t enough servings, I changed the menu, etc.)
EVALUATION FOR HUNGRY? EAT HEALTHY!
(ADEQUATE)

Place a “T” in front of the statements that are true. Place an “F” in front of the statements that are false.

1. ______ Grocery store receipts do not need to be checked when leaving the store.
2. ______ A liquid measuring cup gives the easiest, most accurate measuring for water.
3. ______ A small speck of egg yolk does not bother the whipping of egg whites.
4. ______ Grocery lists can be time savers.
5. ______ A stick of margarine equals 1/2 cup.
6. ______ Generic brands contain only lower quality products.
7. ______ Numbers on bottoms of canned goods show date by which food should be eaten.
8. ______ A straight edge should be used to make accurate dry measurements.
9. ______ Flour should be sifted only when recipe calls for sifting.
10. ______ All cereals packed in bags are of a lower quality than cereals packed in boxes.
11. ______ Special deals at grocery stores such as weekly purchase of dishes are always good buys.
12. ______ Folding whipped egg whites into a batter helps keep air in the product.
13. ______ An expiration date on a food package means it’s “Best if used before ______”
14. ______ Brown sugar should be tightly packed in a cup before leveling off for measurement.
15. ______ Coupon items always offer the best buys.
16. ______ A pinch of an ingredient means less than 1/8 teaspoon.
17. ______ Accurate measuring of ingredients helps ensure quality products.
18. ______ It’s best to break an egg into a separate container before adding it to a batter.
19. ______ Meal planning should include a time plan for preparation.
20. ______ Snacks offer no food value.

Match the term or measurement. Place the correct letter in front of the matching term or measurement.

21-24.
_____ generic brand a. not brand name, but usually has black and white label
_____ economy brand b. house brand, usually of lower quality
_____ national brand c. advertised brand
_____ private label d. house brand of stores carrying product

25-30.
1/2 c = ________
a. 12 T
b. 8 T
2/3 c = ________
c. 2 T
d. 3 T
5/8 c = ________
e. 1/2 c plus 2 2/3 T
f. 1/2 c plus 2T

31-35
_______ 1 lb granulated sugar a. 4 c
_____ 1 lb sifted flour b. 2 1/4 c
_____ 1 c rice c. 3 1/2 c, cooked
_____ 1/2 lb pastas d. 4 c, cooked
_____ 1 lb confectioner’s sugar e. 3 1/2 c, sifted

36-40 Fill in the blanks with the correct answers.
1 gal = ________ qt
1 c = ________ T
1 qt = ________ fluid oz
1 qt = ________ pts
1 lb = ________ oz
Place an “X” in front of all of the correct answers:

41-45. When using coupons:

- Check prices against comparable brands
- Consider if the product is really needed
- Consider if you normally use the product and brand
- Consider rebate mail-in costs if that’s part of a coupon
- Check expiration dates before using.

46-50. When comparison shopping for groceries:

- Consider the cost to get to store of your choice
- Read food labels and compare them
- Never buy in case lots
- Use unit pricing
- Compare “come-ons” with other comparative products.

51-57. **Double the ingredients listed below for making twice the amount in a recipe**

```
1 lb sausage
1 8 oz can sauce
1 lb noodles
1/4 c grated cheese
1 1/2 t vanilla
1/4 t cinnamon
1 T salad oil
```

58-64. **Cut the ingredients listed below in half to make half of a recipe:**

```
1 lb sausage
1 8 oz can sauce
1 lb noodles
1/4 c grated cheese
1 1/2 t vanilla
1/4 t cinnamon
1 T salad oil
```

65-76. **Analyze the following menus for meeting the requirements of the Food Pyramid. Fill in the blanks.**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donuts (2)</td>
<td>Hamburger (3oz)</td>
<td>Chicken Leg (1 large)</td>
<td>Candy Bar</td>
</tr>
<tr>
<td>Coffee (1c)</td>
<td>Bun</td>
<td>Mashed Potatoes (1/2 c)</td>
<td>Donut Holes (5)</td>
</tr>
<tr>
<td></td>
<td>Coke (12oz)</td>
<td>Mixed Vegetables (1/2 c)</td>
<td>Root Beer (12oz)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bread (2 slices)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Milk (1 c)</td>
<td></td>
</tr>
</tbody>
</table>

List the number of servings of each of the food groups that were met by the full day’s menus:

- Fruit _____
- Vegetable _____
- Meat _____
- Milk _____
- Bread/Cereal _____
- Fats/Oils _____

List the number of servings still needed to meet the minimum requirements:

- Fruit _____
- Vegetable _____
- Meat _____
- Milk _____
- Bread/Cereal _____
- Fats/Oils _____

77-79. Explain at least three ways to judge if meals look and taste appetizing:

80-85. **Look at the label information from 3 different cereals and answer the following questions.**

<table>
<thead>
<tr>
<th>#1 Cereal</th>
<th>#2 Cereal</th>
<th>#3 Cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost= $2.69 for 10 oz</td>
<td>Cost= $4.19 for 1 lb 8 oz (24oz)</td>
<td>Cost= $3.79 for 19 oz</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serving size 1c (30g)</td>
<td>Serving Size 1 c (30 g)</td>
<td>Serving Size 1 1/4 c (30g/1.2oz)</td>
</tr>
<tr>
<td>Servings per container 9</td>
<td>Servings per container about 22</td>
<td>Servings per container about 16</td>
</tr>
<tr>
<td>Servings per container about 12</td>
<td>Servings per container about 18</td>
<td>Servings per container about 14</td>
</tr>
</tbody>
</table>

**What is the cost of one serving of each cereal?**

- Cereal #1 ________
- Cereal #2 ________
- Cereal #3 ________

**What is the cost of one oz of each cereal?**

- Cereal #1 ________
- Cereal #2 ________
- Cereal #3 ________
KEY FOR EVALUATION FOR “HUNGRY? EAT HEALTHY!
(ADEQUATE)

Place a “T” in front of the statements that are true. Place an “F” in front of the statements that are false.

1. F____ Grocery store receipts do not need to be checked when leaving the store.
2. T____ A liquid measuring cup gives the easiest, most accurate measuring for water.
3. F____ A small speck of egg yolk does not bother the whipping of egg whites.
4. T____ Grocery lists can be time savers.
5. T____ A stick of margarine equals 1/2 cup.
6. F____ Generic brands contain only lower quality products.
7. F____ Numbers on bottoms of canned goods show date by which food should be eaten.
8. T____ A straight edge should be used to make accurate dry measurements.
9. T____ Flour should be sifted only when recipe calls for sifting.
10. F____ All cereals packed in bags are of a lower quality than cereals packed in boxes.
11. F____ Special deals at grocery stores such as weekly purchase of dishes are always good buys.
12. T____ Folding whipped egg whites into a batter helps keep air in the product.
13. F____ An expiration date on a food package means it’s “Best if used before ....”
14. T____ Brown sugar should be tightly packed in a cup before leveling off for measurement.
15. F____ Coupon items always offer the best buys.
16. T____ A pinch of an ingredient means less than 1/8 teaspoon.
17. T____ Accurate measuring of ingredients helps ensure quality products.
18. T____ It’s best to break an egg into a separate container before adding it to a batter.
19. T____ Meal planning should include a time plan for preparation.
20. F____ Snacks offer no food value.

Match the term or measurement. Place the correct letter in front of the matching term or measurement.

21-24.

a____ generic brand  a. not brand name, but usually has black and white label
b____ economy brand  b. house brand, usually of lower quality
c____ national brand  c. advertised brand
d____ private label  d. house brand of stores carrying product

25-30.

1/2 c = b_______  a. 12 T
3/4 c = a_______  b. 8 T
1/8 c = c_______  c. 2 T
1 T = d_______  d. 3 t
2/3 c = e_______  e. 1/2 c plus 2 2/3 T
5/8 c = f_______  f. 1/2 c plus 2T

31-35

b____ 1 lb granulated sugar  a. 4 c
a____ 1 # sifted flour  b. 2 1/4 c
c____ 1 c rice  c. 3 1/2 c cooked
d____ 1/2 lb pastas  d. 4 c cooked
e____ 1 lb confectioner’s sugar  e. 3 1/2 c sifted

36-40 Fill in the blanks with the correct answers.

1 gal = 4______ qt
1 c = 16______ T
1 qt = .32 fluid oz
1 qt = 2______ pts
1 lb = 16______ oz
Place an “X” in front of all of the correct answers:
41-45. When using coupons:
X____ Check prices against comparable brands
X____ Consider if the product is really needed
X____ Consider if you normally use the product and brand
X____ Consider rebate mail-in costs if that’s part of a coupon
X____ Check expiration dates before using.
46-50. When comparison shopping for groceries:
X____ Consider the cost to get to store of your choice
X____ Read food labels and compare them
X____ Never buy in case lots
X____ Use unit pricing
X____ Compare “come-ons” with other comparative products.

51-57. **Double the ingredients listed below for making twice the amount in a recipe**

<table>
<thead>
<tr>
<th>1 lb sausage</th>
<th>2 lb</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 8 oz can sauce</td>
<td>2 8 oz cans or 1 c</td>
</tr>
<tr>
<td>1 lb noodles</td>
<td>2 lb</td>
</tr>
<tr>
<td>1/4 c grated cheese</td>
<td>1/2 c</td>
</tr>
<tr>
<td>1 1/2 t vanilla</td>
<td>1 T</td>
</tr>
<tr>
<td>1/4 t cinnamon</td>
<td>1/2 t</td>
</tr>
<tr>
<td>1 T salad oil</td>
<td>2 T</td>
</tr>
</tbody>
</table>

58-64. **Cut the ingredients listed below in half to make half of a recipe:**

<table>
<thead>
<tr>
<th>1 lb sausage</th>
<th>1/2 lb</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 8 oz can sauce</td>
<td>1/2 can or 1/2 c</td>
</tr>
<tr>
<td>1 lb noodles</td>
<td>1/2 lb</td>
</tr>
<tr>
<td>1/4 c grated cheese</td>
<td>2 T or 1/8 c</td>
</tr>
<tr>
<td>1 1/2 t vanilla</td>
<td>3/4 t</td>
</tr>
<tr>
<td>1/4 t cinnamon</td>
<td>1/8 t</td>
</tr>
<tr>
<td>1 T salad oil</td>
<td>1 1/2 t</td>
</tr>
</tbody>
</table>

65-76. **Analyze the following menus for meeting the requirements of the Food Pyramid. Fill in the blanks.**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donuts (2)</td>
<td>Hamburger (3oz)</td>
<td>Chicken Leg (1 large)</td>
<td>Candy Bar</td>
</tr>
<tr>
<td>Coffee (1c)</td>
<td>Bun</td>
<td>Mashed Potatoes (1/2 c)</td>
<td>Donut Holes (5)</td>
</tr>
<tr>
<td>Coke</td>
<td>Mixed Vegetables (1/2 c)</td>
<td>Bread (2 slices)</td>
<td>Root Beer (12oz)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List the number of servings of each of the food groups that were met by the full day’s menus:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
<th>Meat</th>
<th>Milk</th>
<th>Bread/Cereal</th>
<th>Fats/Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

List the number of servings still needed to meet the minimum requirements:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
<th>Meat</th>
<th>Milk</th>
<th>Bread/Cereal</th>
<th>Fats/Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

77-79. **Explain at least three ways to judge if meals look and taste appetizing:**

*(Color, texture, flavor, temperature)*

80-85. **Look at the label information from 3 different cereals and answer the following questions.**

<table>
<thead>
<tr>
<th>#1 Cereal</th>
<th>#2 Cereal</th>
<th># 3 Cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost= $2.69 for 10 oz</td>
<td>Cost= $4.19 for 1 lb 8 oz (24oz)</td>
<td>Cost = $ 3.79 for 19 oz</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serving size 1c (30g)</td>
<td>Serving Size 1 c (30 g)</td>
<td>Serving Size 1 1/4 c (30g/1.2oz)</td>
</tr>
<tr>
<td>Servings per container 9</td>
<td>Servings per container about 22</td>
<td>Servings per container about 16</td>
</tr>
</tbody>
</table>

**What is the cost of one serving of each cereal?**

<table>
<thead>
<tr>
<th>Cereal #1</th>
<th>Cereal #2</th>
<th>Cereal #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>$ .298</td>
<td>$ .19</td>
<td>$ .236</td>
</tr>
</tbody>
</table>

**What is the cost of one oz of each cereal?**

<table>
<thead>
<tr>
<th>Cereal #1</th>
<th>Cereal #2</th>
<th>Cereal #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>$ .269</td>
<td>$ .174</td>
<td>$ .199</td>
</tr>
</tbody>
</table>