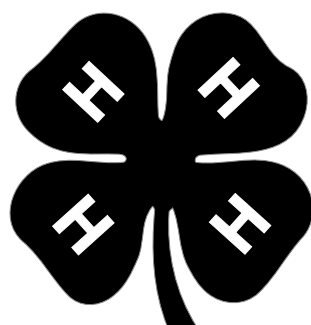




4-H 3-2.032
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A large, faint, light gray illustration of a hand holding a plant, serving as a background for the title text.

Texas 4-H
**FOOD AND
NUTRITION**
Quiz Bowl Supplement



FOOD AND NUTRITION

TEXAS 4-H QUIZ BOWL

Sample Questions

BASIC NUTRITION

Question: Canned sardines, dark leafy vegetables, tofu and milk products are sources of what mineral?

Answer: Calcium

Division: Senior

Question: The Dietary Guidelines recommend that Americans should limit the fat in their diet to what percentage of their calories?

Answer: 30

Division: Senior

Question: How many milligrams of sodium does 1 level teaspoon of salt contain?

Answer: 2,300 milligrams

Division: Senior

Question: Scurvy is a deficiency of what?

Answer: Vitamin C

Division: Senior

Question: What are the four fat-soluble vitamins?

Answer: Vitamins A, D, E, K

Division: Senior

BONUS

Question: Name the two places where cholesterol is found.

Answer: Animal products and the human body

Division: Senior

CONSUMER INFORMATION

Question: What are the four sources of calories?

Answer: Carbohydrates, fats, proteins and alcohol

Division: Senior

Question: True or False: "Calorie Free" on a label means that a product has fewer than 5 calories per serving.

Answer: True

Division: Senior

Question: True or False: A gram of fat provides 4 calories.

Answer: False

Division: Senior

Question: Monounsaturated fats will decrease the blood cholesterol level. Where can monounsaturated fats be found in large concentrations?

Answer: Olive oil, canola oil and peanut oil

Division: Senior

Question: What is the best way to assure that meat is cooked to a temperature that will kill any bacteria that may be present?

Answer: Use a meat thermometer.

Division: Senior

BONUS

Question: What is the difference between ground beef and ground sirloin?

Answer: Ground beef costs less because it may be 27 to 30 percent fat and from any part of the beef carcass. Ground sirloin is generally higher priced and has the lowest fat content (10 percent) and must be from sirloin.

Division: Senior

FITNESS AND HEALTHY LIFESTYLES

Question: Although limiting fat intake may help prevent excess weight gain in children, fat should not be restricted for children younger than _____ years old.

Answer: 2

Division: Senior

Question: True or False: Active people need to take salt tablets to replace the body's sodium that is lost in perspiration.

Answer: False

Division: Senior

Question: A diet and training program that allows an endurance athlete to store one to one-half the normal amount of glycogen—fuel used by the muscles and stored as carbohydrates in the liver and muscles—is called _____.

Answer: Carbohydrate loading or glycogen load (either answer is acceptable)

Division: Senior

Question: Generally, to lose 1 pound a week, you must either decrease your caloric intake by _____ calories a day or burn up that number of calories by increasing physical activity.

Answer: 500 calories

Division: Senior

Question: What chronic health condition can result from low calcium intake?

Answer: Osteoporosis

Division: Senior

BONUS

Question: What are three positive results of aerobic exercise?

Answer: Improved muscle tone
Burns calories
Enjoy more restful sleep
Reduce stress
Feel more energetic
Increases self-esteem
Increases self-control
Improves the cardiovascular system

Division: Senior

FOOD AND KITCHEN SAFETY

Question: What are the four C's of food safety?

Answer: 1. Clean hands, equipment, utensils and work area with soap and hot water.
2. Cook food until the temperature reaches at least 140 °F.
3. Chill foods immediately after purchasing and after serving. Maintain at a temperature of less than 40 °F.
4. Avoid cross-contamination from bacteria by keeping raw foods and any equipment used to prepare raw foods away from cooked and ready-to-eat foods.

The 4 underlined words will be an acceptable answer.

Division: Senior

Question: What is the bacteria of greatest concern in home canned foods?

Answer: Botulism

Division: Senior

Question: To what temperature should hamburger meat be cooked?

Answer: 160 °F

Division: Senior

Question: True or False: Freezing temperatures stop bacterial growth, but may allow bacteria to survive.

Answer: True

Division: Senior

Question: What stops the growth of salmonella?

Answer: Freezing and refrigeration stops the growth of salmonella, but does not kill this bacteria.

Division: Senior

BONUS

Question: Name three pointers to avoid salmonella.

- Answer:**
1. Wash your hands carefully before handling food.
 2. Clean the cutting board and use a sanitizing solution, before and after use.
 3. Heating foods to at least 155°F.
 4. Refrigerate or freeze leftovers immediately.
 5. Keep pet feeding dishes and toys out of the kitchen.

Division: Senior

FOOD PREPARATION SKILLS AND STORAGE

Question: What are two methods of canning?

Answer: Boiling water (water bath) and pressure canning

Division: Senior

Question: The process of using steam or boiling water to heat vegetables before freezing is called _____.

Answer: Blanching

Division: Senior

Question: True or False: Sugar provides flavor and volume, improves texture and increases tenderness and browning in baked goods.

Answer: True

Division: Senior

Question: What is the difference between white and brown sugar (besides the color and consistence)?

Answer: Brown sugar contains molasses.

Division: Senior

Question: What causes a green ring to appear sometimes around the yolk of a hard-cooked egg?

Answer: Cooking eggs longer than 15 minutes and not cooling them quickly enough.

Division: Senior

BONUS

Question: Adding an alkali to a green vegetable would keep it bright in color. You do not want to add an alkali because it can destroy which two nutrients?

Answer: Vitamin and Thiamin

Division: Senior

REFERENCE MATERIAL

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Food and Nutrition Link, from the Texas Agricultural Extension Service:

- 4-HF&N 4.125, Level 1
- 4-HF&N 4.225, Level 2
- 4-HF&N 4.325, Level 3

"Handbook of Food Preparation." Food and Nutrition Section-American Home Economics Association, 1993, Kendall Publishing Company, 4050 Westmark Drive, Dubuque, IA 52002.

L-1875, "Nutrient Needs at a Glance." Texas Agricultural Extension Service.

Six Easy Bites Curriculum, from the Purdue University Cooperative Extension Service:

- 4-H791, "Six Easy Bites"
- 4-H792, "Tasty Tidbits"
- 4-H793, "You're the Chef"
- 4-H801, "Leader/Helper's Guide for Foods Curriculum"

A copy of each of the *Six Easy Bites Curriculum* was sent to Texas county Extension offices in Spring 1999.

Teen Calcium web site, Texas Agricultural Extension Service: <http://calcium.tamu.edu>

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