

Junior Sample Quiz #3

1. Being active can help you prevent disease and manage your weight.
 - a. True
 - b. False

2. Which food(s) belongs in the protein food group?
 - a. Beans
 - b. Eggs
 - c. Peanut butter
 - d. All of the above

3. Rinsing fresh fruits and vegetables under running water is part of which step of Fight BAC?
 - a. Clean
 - b. Cook
 - c. Separate
 - d. Chill

4. Bananas are a good source of which nutrient?
 - a. Sodium
 - b. Potassium
 - c. Calcium
 - d. Selenium

5. Water soluble vitamins require water to be absorbed into the body.
 - a. True
 - b. False

6. You should wash your hands for a minimum of 20 seconds using cold water and soap.
 - a. True
 - b. False

7. You should never put _____ on a grease fire.
 - a. Oil
 - b. Flour
 - c. Water
 - d. Towel

8. This kitchen utensil is a bowl type item with holes in it that is used to separate liquids from solid foods.
- Colander
 - Strainer
 - Mixing bowl
 - Flour sifter
9. This small kitchen appliance is used for blending or grinding food with a protected blade that can be submerged in the food being processed.
- Hand mixer
 - Mini food processor
 - Immersion blender
 - Food processor
10. When eating on a budget, you should buy fruits and vegetables in season.
- True
 - False