

**Preparing for Life and Career © 2013**  
**Chapter 17: Meal Considerations—Interactive Quiz Questions**

- \_\_\_\_\_ 1. Customs passed from generation to generation are called \_\_\_\_\_.
- A. genetics
  - B. traditions
  - C. genes
  - D. geography
- \_\_\_\_\_ 2. Which group of people introduced corn, pumpkins, squash, peppers, cranberries, and peanuts to North America?
- A. Native Americans.
  - B. French.
  - C. Chinese.
  - D. African.
- \_\_\_\_\_ 3. Which region of the United States is known for cooking creole and soul foods?
- A. Alaska.
  - B. West coast states.
  - C. Southern states.
  - D. Midwest.
- \_\_\_\_\_ 4. Breakfast should give your body at least \_\_\_\_\_ of the nutrients it needs for the day.
- A. one-sixteenth
  - B. one-fourth
  - C. one-third
  - D. one-half
- \_\_\_\_\_ 5. Both lunch and dinner should provide you with about \_\_\_\_\_ of your daily nutrient requirements.
- A. one-sixteenth
  - B. one-fourth
  - C. one-third
  - D. one-half
- \_\_\_\_\_ 6. Foods that decorate a dish or plate are called \_\_\_\_\_.
- A. snacks
  - B. potlucks
  - C. soul foods
  - D. garnishes
- \_\_\_\_\_ 7. In a recipe, what does the abbreviation *tsp.* mean?
- A. Pint.
  - B. Quart.
  - C. Tablespoon.
  - D. Teaspoon.

- \_\_\_\_\_ 8. The measurement equivalent of 16 tablespoons equals \_\_\_\_\_.
- A. 1 pint
  - B. 1 quart
  - C. 1/2 cup
  - D. 1 cup
- \_\_\_\_\_ 9. Which of the following cooking methods involves placing food above a heat source on a grate so the fat drips off and is lost?
- A. Grilling.
  - B. Baking.
  - C. Broiling.
  - D. Roasting.
- \_\_\_\_\_ 10. Which of the following cooking methods involves placing food in a preheated pan with a small amount of hot fat over high heat to cook quickly?
- A. Sautéing.
  - B. Poaching.
  - C. Panbroiling.
  - D. Steaming.