

Adventures in Food and Nutrition! © 2012
Chapter 11: What's on the Menu?—Interactive Quiz Questions

- _____ 1. A garnish is an inedible decoration that adds color to meals.
A. true
B. false
- _____ 2. MyPlate has greater focus on choosing more protein foods in meals.
A. true
B. false
- _____ 3. The most appealing meals contain foods that vary in shape, texture, and flavor.
A. true
B. false
- _____ 4. You buy time when you buy partly prepared or ready-to-eat foods.
A. true
B. false
- _____ 5. Resources that affect menu choices include _____.
A. your food preparation skills
B. the kitchen equipment you have available
C. your food budget
D. All the above.
- _____ 6. Most convenience foods cost less than the same foods made from scratch.
A. true
B. false
- _____ 7. The more work you have to do to prepare a convenience food, the higher the price will be.
A. true
B. false
- _____ 8. Convenience foods often contain less fat, sugar, and salt than foods made from scratch.
A. true
B. false
- _____ 9. Convenience foods need little or no preparation.
A. true
B. false
- _____ 10. Which is a ready-to-eat food?
A. Frozen chicken nuggets.
B. Hot chocolate mix.
C. Canned pudding.
D. All the above.