

2013 General Middle School Knowledge Bowl STUDY GUIDE

1. What is the stage of growth between childhood and adulthood?

Adolescence

2. This is the study of how your body uses food.

Nutrition

3. Pots and pans used in the oven.

Bakeware

4. What foods does the purple section of MyPlate represent?

Proteins

5. Beat quickly using a wire whisk or rotary beater.

Whip

6. This is a group of people related by birth.

Family

7. What type of fiber is polyester or rayon?

Synthetic or Manufactured Fibers

8. What is the USDA's food guidance system.

MyPlate

9. Illnesses caused by bacteria or toxins produced by bacteria in food.

Foodborne Illnesses

10. What is the term called when peers try to influence you make decisions?

Peer Pressure

11. High frequency energy waves to cook foods.

Microwaves

12. A combination of two or more different fibers

Blend

13. What vitamin is often found in citrus fruits like oranges and lemons?

Vitamin C

14. Putting flour into a sieve to reduce to finer particles is called

Sifting

15. What are the 3 primary colors?

Red, Yellow and Blue

16. What type of fiber is cotton?

Natural Fiber

17. Preparing food by using heat

Cook

18. Yield refers to:

Portion size or number of servings

19. What is the sending and receiving of information?

Communication

20. What type of cloth is made by weaving or knitting yarns or by pressing fibers together?

Fabric

21. What is a fat that is solid at room temperature, such as, butter?

Saturated Fat

22. Who is the person that cares for children, usually during a short absence of the parents?

Babysitter

23. A set of directions used to prepare a food product.

Recipe

24. What is a child under one year of age?

Infant

25. Plant proteins that lack at least one essential amino acid:

Incomplete proteins

26. A style of clothing that stays in fashion for a long time.

Classic

27. What is a resource that is limited in supply?

Scarce

28. Combining a solid fat (shortening) with flour using a pastry blender, fork or fingers is called:

To “cut in”

29. When measuring a liquid, the measuring cup should be placed where?

On a level surface

30. The way you look:

Appearance

31. A type of fat that is liquid at room temperature, such as, vegetable oil.

Unsaturated Fat

32. These are items worn to accent clothes.

Accessories

33. A path people follow as they move within a room:

Traffic Pattern

34. This term means to cook in a liquid just below the boiling point.

Simmer

35. An asset that can be used to meet needs and fulfill wants.

Resource

36. This is a new style of clothing only popular for a short period of time.

Fad

37. To cook uncovered in the oven without liquid

Roast

38. What are the benchmarks that one tries to achieve during their lifetime?

Goals

39. These are small, fuzzy balls that appear that form on the outside of clothing.

Pilling

40. A process of making conditions clean and healthy

Sanitation

41. A natural skill

Aptitude

42. Small, light food served before a meal.

Appetizer

43. The process of calling attention to a product or a business in mass media

Advertising

44. Sewing fabric pieces together with long, loose, temporary stitches

Basting

45. A plan for spending

Budget

46. A style of meal service where people help themselves to food set out on a table.

Buffet

47. A decorative object placed in the middle of the table.

Centerpiece

48. A fatty substance found in foods from animal sources

Cholesterol

49. A doctor who specializes in treating skin

Dermatologist

50. The guidelines for a healthful diet and lifestyle

Dietary Guidelines for Americans

51. What are fork, knives, and spoons for serving and eating called?

Flatware

52. What is the act of cleaning and caring for your body?

Grooming

53. What is the type of behavior that is repeated in a pattern?

Habit

54. What is the process where milk fat is broken into tiny pieces and spread throughout milk?

Homogenization

55. This is the result of receiving traits from parents or ancestors.

Heredity

56. The money you earn from a job is called.

Income

57. What is the process of planning and controlling the use of money?

Money Management

58. A panel on a food product package with information about the nutrients the food contains:

Nutrition Label

59. What is the group of traits that makes each person a unique individual?

Personality

60. A condition that limits a person's ability to use part of his or her body:

Physical Disability

61. A written guarantee on a product from the manufacturer:

Warranty

62. The term used to describe extra items you would like, but can live without.

Wants

63. These are customs passed from one generation to another.

Traditions

64. What are dishes, flatware, and glassware called?

Tableware

65. This is a fat found in vegetables, shortening, some margarines, baked goods, and many processed foods.

Trans Fat

66. What are the chemical substances from foods needed for your body?

Nutrients

67. This is the ability to inspire others to meet goals.

Leadership

68. What is the ingredient that causes foods to rise during baking?

Leavening Agent

69. Temperature danger zone

41F-135F

70. What is the term that describes the work done by a group in a cooperative manner?

Teamwork

71. What is a way to pay someone now and pay it back later?

Credit

72. This occurs when harmful bacteria spread from one food to another.

Cross-contamination

73. What foods in the orange section of MyPlate represent?

Grains

74. When we give up one thing for another, it is called.

Trade-off

75. This action occurs when milk proteins begin to lump when cooked with high heat.

Curdling

76. This is a card issued by banks that allows the user to deduct money electronically from the user's bank account.

Debit Card

77. How many cups are in a pint?

2

78. This is a diet that provides all the nutrients for your body in order to have good health.

Balanced Diet

79. The basic items you must have to live.

Needs

80. This is a written plan for a person that lists when tasks should be started and completed.

Time Schedule

81. What are strong beliefs or ideas about what is important?

Values

82. What is the name of a chemical leavener?

Baking powder, Baking soda

83. What are the products that have nutrients added to them to replace those removed during processing?

Enriched

84. These are options available to choose from when making a decision.

Alternatives

85. What mineral helps build strong, healthy bones and teeth?

Calcium

86. This is an area in the kitchen that has been designed around a specific activity.

Work Center

87. What nutrient carries nutrients to the cells and waste away from cells?

Water

88. What type of carbohydrate is found in candy, soda and syrup?

Simple Carbohydrates

89. What mineral helps blood carry oxygen and is often found in red meat?

Iron

90. How many seconds should you wash your hands before preparing food?

20 Seconds

91. What is the abbreviation for tablespoon?

Tbsp

92. What are the 3 secondary colors?

Orange, Green and Violet

93. What are the 4 basic steps to food safety?

Clean, Separate, Cook and Chill

94. Combining ingredients

Mix

95. This nutrient provides the body with energy, as well as, insulates and cushions the body.

Fat

96. FDA stands for

Food and Drug Administration

97. Planning and performing more than one task at a time

Dovetailing

98. Breads, cereals, rice and pasta are an example of what nutrient?

Carbohydrates

99. What vitamin helps the body use other nutrients in food for energy?

B Vitamins

100. This cutting technique requires the food item to be cut into very small pieces.

Mince

101. Mix two or more ingredients together with a spoon.

Combine

102. What includes a list of tasks to be done, who is to perform them, and the tools and ingredients needed?

Work Plan

103. These are the units of energy provided by proteins, carbohydrates, and fats?

Calories

104. This cutting technique requires removing the skin from a fruit or vegetable.

Pare or Peel

105. A food item needed to prepare a recipe.

Ingredient

106. What determines your desire to eat?

Appetite

107. This is the capacity of doing work.

Energy

108. This item is used to measure liquid ingredients.

Liquid Measuring Cup

109. Pots and pans used on a stove top.

Cookware

110. Give the correct abbreviation for teaspoon

Tsp

111. What sugar should be packed when measuring?

Brown Sugar

112. Which vitamin does the body make when exposed to sunlight

Vitamin D

113. Approximately what percentage of your body weight is water?

80%

114. Whole wheat bread is an example of which type of carbohydrate?

Complex Carbohydrates

115. The building blocks of proteins are called

Amino Acids

116. Protein that contains all 9 of the amino acids is called a

Complete Protein

117. Boiling point is what degree Fahrenheit

212

118. Another word for salt is

Sodium

119. How many quarts are in a gallon?

4

120. What type of kitchen equipment is used to measure flour?

Dry Measuring Cup

121. What foods in the green section of MyPlate represent?

Vegetables

122. What foods in the red section of MyPlate represent?

Fruits

123. What is the reason for MyPlate?

MyPlate is designed to *remind* Americans to eat healthfully.

124. A person or persons who are primary responsible for the care of a child or children.

Caregiver

125. Failing to provide a child with the basic necessities of life, such as food , shelter, medical care, and clothing.

Child Neglect

126. A process that helps children learn to get along with others and control their own feelings.

Discipline

127. The passing on of certain physical characteristics from parents to child at the time of conception.

Heredity

128. The sum total of physical, cultural, and behavioral features that surround and affect an individual.

Environment

129. A form which is provided by a prospective employer which the prospective employee completes applying for a specified job at the company.

Job Application

130. To provide the love, attention, encouragement and support

Nurture

131. A written document that lists your work experience, skills, and educational background. It is used as a tool for a job, scholarship, etc.

Resume

132. The way a child plays and gets along with other children

Social Development

133. The development of the small and large muscles; growth in height and weight.

Physical Development

134. The position of a house in relation to the sun and wind.

Exposure

135. A legal action that requires tenants to move out before the lease has expired.

Eviction

136. Designing, building, and operating homes to use materials, energy, and water efficiently.

Green Building

137. What is the abbreviation for the United States Department of Housing and Urban Development?

HUD

138. A series of individual housing units, usually identical in appearance, with a common wall between each dwelling.

Townhouse

139. Services such as electric power, gas, water, and telephone.

Utilities

140. A fee paid by a renter to cover the cost of any future damage that may be caused to the unit.

Security Deposit

141. A legal document a lessee signs when agreeing to rent housing for a specified period of time.

Lease

142. One building that contains two separate living units.

Duplex

143. Individually owned housing units in a multi-unit development.

Condominium

144. List the elements of design.

Line, Color, Texture, Shape, Form, Space

145. Warm colors are.

Red, Orange and Yellow

146. Cool colors are.

Blue, Green and Violet