

**2019 General Middle School Knowledge Bowl
STUDY GUIDE and EXAMPLE QUESTIONS**

Reminders:

***Level 1- Online Testing Qualification questions will not be taken directly from the study guide. Please be prepared to see content-related questions on the qualification test.**

***Level 2- Buzzer Round questions will be taken from this Study Guide. However, phrasing of questions may be different than seen below.**

1. When two or more people come together with the intention of committing fraud, they are entering a
 - a. **Conspiracy**
2. This is the study of how your body uses food.
 - a. **Nutrition**
3. The nutrient group that provides main source of energy.
 - a. **Carbohydrates**
4. What nutrient group builds, maintains and repairs the body?
 - a. **Proteins**
5. The federal government uses this nine-digit number to track your earnings over a lifetime.
 - a. **Social Security Number**
6. A long-term home loan is called a
 - a. **Mortgage**
7. The main purpose of a job interview is to
 - a. **Allow the employer to learn more about you**
8. Compensation such as vacation time and health insurance are known as
 - a. **Benefits**
9. Illnesses caused by bacteria or toxins produced by bacteria in food.
 - a. **Foodborne Illnesses**
10. You're outside on a sunny day. Which vitamin do you get from sun exposure?
 - a. **Vitamin D**
11. What is the measure of energy in food?
 - a. **Calorie(s)**
12. Principles and values that guide the way you live is called
 - a. **Ethics**
13. Which federal agency regulates food to ensure that it is safe and wholesome?
 - a. **FDA – Food and Drug Administration**
14. A collection of clothes is called a
 - a. **Wardrobe**
15. Very fine, hair like strands of various lengths are called
 - a. **Fibers**

16. What type of fiber is cotton?
 - a. **Natural Fiber**
17. The serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss is called
 - a. **Anorexia, Anorexia Nervosa**
18. Yield refers to:
 - a. **Portion size or number of servings**
19. What is the sending and receiving of information?
 - a. **Communication**
20. These are substances in the food that provide energy and help form body tissues. They are necessary for growth and life.
 - a. **Nutrients**
21. Ninety-five percent of the advertising budget of fast food companies is used in what media format?
 - a. **Television**
22. This helps food move through the body and also helps the body get rid of waste.
 - a. **Fiber**
23. A set of directions used to prepare a food product.
 - a. **Recipe**
24. A child or baby under one year of age is called?
 - a. **Infant**
25. Inborn, involuntary reactions of newborn babies are called
 - a. **Reflexes**
26. A child age 1-3 years is called a
 - a. **Toddler**
27. Physical skills that use the large muscle groups are called
 - a. **Gross Motor Skills**
28. Zapping kitchen sponges in this small appliance for two minutes at full power kills 99% of all living germs and bacterial spores
 - a. **Microwave**
29. Pregnancy has 3 different time frames within the 9 months called
 - a. **Trimesters**
30. Learning to relate to others is called this kind of development.
 - a. **Social Development**
31. In cooking terms, to cook under direct heat is called
 - a. **Broil, Broiling**
32. These are items worn to accent clothes.

- a. **Accessories**
33. A characteristic or distinctive form of dress that exists independent of fashion is called
- a. **Style**
34. This term means to cook in a liquid just below the boiling point.
- a. **Simmer**
35. Goods and services taken outside of the country for sale are called
- a. **Exports**
36. This is a fashion that suddenly bursts into popularity
- a. **Fad**
37. A message to persuade consumers to buy something is called
- a. **Advertising**
38. These are colors not found on the color wheel, such as black, white and brown
- a. **Neutral Colors**
39. The set of rules for correct behavior in certain situations, especially in relation to dining, is called
- a. **Etiquette**
40. Someone who invests time and money to start a business is called an
- a. **Entrepreneur**
41. How much it will cost to make one is called
- a. **Cost Per Serving**
42. Kiwis, oranges, papayas and red peppers are all good sources of this Vitamin
- a. **Vitamin C**
43. Customs and traditions of a society that govern how people treat one another and behave in social situations is called
- a. **Manners**
44. An abnormality of structure, function or body metabolism present at birth is called a
- a. **Birth Defect**
45. In cooking terms, to cook a liquid until bubbles rise constantly and break the surface
- a. **Boil**
46. Normal body temperature taken orally, is
- a. **98.6 degrees Fahrenheit**
47. What is the first step in treating an accidental poisoning?
- a. **Determine what and how much the child ingested and call poison control**
48. Guidance which helps the child learn self-control is called
- a. **Discipline**
49. How many chromosomes are there in each cell?
- a. **46 Chromosomes (23 Pair)**

50. The cell that is formed when a sperm fertilizes an egg is called a
- Zygote**
51. What is the term when children play beside each other, but there is no actual interaction?
- Parallel Play**
52. The body's reactions to any demand placed upon it is called
- Stress**
53. One stick of margarine or butter equals what part of a cup?
- $\frac{1}{2}$
54. A 401(k) plan is one that allows employees to set aside money for what life event?
- Retirement**
55. Two or more adults related by blood, marriage or affiliation is called a
- Family**
56. A credit card allows charges up to a certain amount. This is called your
- Credit limit**
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. How many teaspoons are in one tablespoon?
- 3**
66. What agents cause baking products to rise?
- Leavening Agents**
67. The amount of money held in a bank account at any given moment is called

a. **Balance**

68. The amount of money a creditor lends you in a loan is called the

a. **Principal**

69. Temperature danger zone is

a. **41°F-135°F**

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

a. **Teamwork**

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

a. **Credit**

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

a. **Cross-contamination**

73. Using correct flatware placement, to which side of the plate do the knife and spoon belong?

a. **Right**

74. How many ounces are in a pound?

a. **16**

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

a. **Curdling**

76. This person is credited with inventing the sewing machine.

a. **Elias Howe**

77. How many cups are in a pint?

a. **2**

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

a. **Balanced Diet**

79. The abbreviation 'pt' stands for what in measurement terms?

a. **Pint**

80. A member owned financial cooperative is called a

a. **Credit Union**

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

a. **Values**

82. What is the name of a chemical leavening agent?

a. **Baking powder, Baking soda**

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

a. **Enriched**

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

a. **Alternatives**

85. What mineral helps build strong, healthy bones and teeth?
a. **Calcium**
86. Tom is doubling a recipe. The original recipe calls for $\frac{3}{4}$ cup of flour. How much flour would Tom need in the recipe that's been doubled?
a. **1 $\frac{1}{2}$ cups**
87. What nutrient carries nutrients to the cells and waste ways from cells?
a. **Water**
88. What type of carbohydrate is found in candy, soda and syrup?
a. **Simple Carbohydrates**
89. What mineral helps blood carry oxygen and is often found in red meat?
a. **Iron**
90. How we see ourselves is called
a. **Self-Concept**
91. How we feel about how we see ourselves is called
a. **Self Esteem**
92. The federal agency that manufactures and distributes coins for circulation is the
a. **US Mint**
93. What is a standardized mental picture that is held in common by members of a group that represents an oversimplified opinion, prejudiced attitude or uncritical judgment?
a. **Stereotype**
94. Government regulations require that any product called "chocolate" contain a certain percentage of what?
a. **Cocoa Butter**
95. Baking powder is a mixture of
a. **Baking soda and an acid**
96. After delivery (childbirth), this time period is called
a. **Postpartum**
97. Looking at things from another angle or point of view is called
a. **Perspective**
98. This type of listening is an intent to "listen for meaning", in which the listener checks with the speaker to see that a statement has been correctly heard and understood.
a. **Active Listening**
99. What is the term for something that holds a liquid and oil together so they do not separate?
a. **Emulsifying Agent**
100. Botanically all potatoes are classified as this type of vegetable
a. **Tuber**
101. Something you want to achieve is called this term
a. **Goal(s)**

102. A belief that everyone can win by cooperation and avoiding competition and comparing is called
- Win-Win Conflict Resolution**
103. The response to a loved one's death, including customs and the grieving process is called
- Bereavement**
104. What type of tree does chocolate come from?
- Cacao Tree**
105. The total salary received before any deductions are taken is known as
- Gross salary**
106. What is the term describing one's belief in reliability and integrity of another?
- Trust**
107. The person who provides the most physical care and decision making is called the
- Caregiver**
108. Individuals who care for both their own children and aging parents at the same time as known as "members" of this generation
- Sandwich Generation**
109. These natural substances in many foods may help protect a person from disease by preventing the harmful effects of oxygen free radicals in your body. What are they called?
- Antioxidants**
110. Give the correct abbreviation for teaspoon
- Tsp**
111. A place or program caring for terminally ill, emphasizing patient care and family support is called
- Hospice**
112. Which vitamin is added to milk and is used to help our bodies absorb calcium?
- Vitamin D**
113. If you think there may be a problem with food, the saying goes, "When in doubt..."
- ...throw it out!"**
114. A family in which one is reared as a child is called
- Family of Origin**
115. This woman was an American chef known for bringing French cuisine to the American public through a cookbook, *Mastering the Art of French Cooking*.
- Julia Child**
116. What is the term for services that people use and will receive when they are away from home?
- Hospitality**
117. A company agrees to compensate you for specific losses in exchange for a premium. They are providing
- Insurance**
118. What does the acronym BMI stand for?

- a. **Body Mass Index**
119. Name 3 times when hands should be washed.
- a. **Before food preparation, after coughing, sneezing, playing with a pet, handling raw meat or eggs or using the toilet**
120. What type of kitchen equipment is used to measure flour?
- a. **Dry Measuring Cup**
121. What nutrient gives twice as many calories as carbohydrates?
- a. **Fat**
122. Whole grains contain the entire grain kernel, which is made up of these three parts
- a. **Bran, Germ, Endosperm**
123. This is buying something without thinking it over.
- a. **Impulse Buying**
124. What is the oldest known vegetable?
- a. **Pea**
125. Failing to provide a child with the basic necessities of life, such as food, shelter, medical care, and clothing.
- a. **Child Neglect**
126. According to ChooseMyPlate.gov, half your plate should consist of these foods.
- a. **Fruits and Vegetables**
127. The passing on of certain physical characteristics from parents to child at the time of conception.
- a. **Heredity**
128. Infants should be placed on this to sleep.
- a. **Back**
129. A form which is provided by a prospective employer which the prospective employee completes applying for a specified job at the company.
- a. **Job Application**
130. The amount a consumer pays for an insurance policy is called
- a. **Premium**
131. What is a word suffix (ending) that means sugar?
- a. **-ose**
132. Fruits have this much cholesterol.
- a. **None**
133. The development of the small and large muscles; growth in height and weight.
- a. **Physical Development**
134. The position of a house in relation to the sun and wind.
- a. **Exposure**

135. This occurs when a scammer wrongfully obtains and uses someone's personal information for fraud, deception or economic gain
- Identity theft scams**
136. A family where the parents, children and grandparents live together is defined as an
- Extended Family**
137. This is the medical specialty of taking care of newborn babies, sick babies and premature babies
- Neonatology**
138. What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother during pregnancy?
- Folic Acid**
139. These add calories to a food but few or no nutrients.
- Empty Calories**
140. According to ChooseMyPlate.gov, how much daily exercise should children and adolescents (6-17 years old) do?
- 60 minutes**
141. What are the five food groups that serve as building blocks for a healthy diet?
- Vegetables, Fruits, Whole Grains, Low-Fat Dairy Products, Lean Protein**
142. According to ChooseMyPlate.gov, snacks should have less than this many milligrams of sodium per portion.
- 200 mg**
143. What phrase is used to describe the quantity of a good or service available in a market and how much of it is desired by buyers?
- Supply and Demand**
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**