

Georgia FCCLA
2021 Knowledge Bowl
High School
Family and Consumer Sciences
Study Guide

Reminders:

- **Phase 1- Online Testing Qualification questions will not contain FCCLA Knowledge questions. Please be prepared to see content-related questions on the qualification test.**
- **Phase 2-4 - Questions can be taken from this Study Guide. However, phrasing of questions may be different than seen below. Not all questions for the Team Interviews, Live Knockout Buzzer Rounds and Finals will come from the Study Guides.**

Nutrition and Food Science

1. Organic foods are grown without
 - a. **Pesticides, synthetic fertilizers, sewage sludge, GMOs, ionizing radiation**
2. Percent Daily Values that appear on food labels are based on a diet of how many calories?
 - a. **2,000 calories**
3. The number of nutrients in a food, relative to the number of calories is called
 - a. **Nutrient density**
4. Milk is most often fortified with this vitamin
 - a. **Vitamin D**
5. The serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weightloss is called
 - a. **Anorexia nervosa or anorexia**
6. The rate at which the body uses energy just for maintaining its own tissue, without doing involuntary work is known as
 - a. **Basal metabolic rate (BMR)**
7. These are enzymes or organic molecules that help protect from harmful radicals
 - a. **Antioxidants**
8. Elements that regulate the activity of the heart, nerves, and muscles are called
 - a. **Minerals**
9. What is the purpose of beating egg whites when preparing omelets?
 - a. **To increase volume and provide smooth texture**

10. How many calories make up one pound of fat?
 - a. **3,500 calories**
11. A grain of wheat contains three parts:
 - a. **Bran, germ, endosperm**
12. The reaction that occurs when fruit or vegetable flesh are exposed to air
 - a. **Enzymatic browning**
13. Three conditions are necessary for yeast to grow:
 - a. **Moisture, food, hospitable environment**
14. As yeast cells feed, they release
 - a. **Carbon dioxide and alcohol**
15. In organic chemistry, this name has been given to all carbohydrates classified as sugars
 - a. **Saccharide**
16. This occurs when a large molecule, such as sugar, is divided into smaller parts by adding water
 - a. **Hydrolysis**
17. These are breads leavened by agents that allow for immediate baking.
 - a. **Quick Breads**
18. This refers to the force between molecules at the outside edge of a substance
 - a. **Surface tension**
19. Name the type of protein that contains all the amino acids.
 - a. **Complete Protein**
20. Name two common signs of dehydration.
 - a. **Fatigue, loss of energy, dizziness, muscle weakness, muscle cramps, thirst, nausea, vomiting, shallow breathing, increased heart rate, change in body temperature, headache, dry mouth, no urine output, no tears, sunken eyes or other soft tissue**
21. These are two classifications of vitamins
 - a. **Fat soluble and water soluble**
22. What type of method involves adding a solid fat to dry ingredients before mixing in liquid?
 - a. **Biscuit Method**
23. What is the process called that allows for the kitchen conditions to be clean and healthy?
 - a. **Sanitation**
24. Carrots contain this provitamin, which the body converts to Vitamin A
 - a. **Beta carotene**

25. This is a nonprotein combined with an inactive enzyme to form an active enzyme
- a. **Coenzyme**
26. Healthy enhancing compounds found in plant foods that are active in the body at the cellular level are
- a. **Phytochemicals**
27. This is the process of adding vitamins and minerals that were lost during processing back into foods
- a. **Enriched (Enrichment)**
28. What is the term referring to the spread of harmful bacteria from one food to another?
- a. **Cross contamination**
29. What organization requires Safety Data Sheets?
- a. **Occupational Safety and Health Administration (OSHA)**
30. How many calories does it take to gain or lose 1 pound?
- a. **3,500 Calories**
31. This is a fatty substance found in foods from animal sources.
- a. **Cholesterol**
32. How many calories are in one gram of pure fat?
- a. **9 Calories**
33. What type of sugar is often found in milk products?
- a. **Lactose**
34. This chemical process turns vegetable oils into solids and is often found in processed foods.
- a. **Hydrogenation**
35. The presence of this encourages the formation of a gel in cooked and cooled starch mixtures.
- a. **Amylose**
36. Kiwis, oranges, papayas and red peppers are all good sources of this vitamin
- a. **Vitamin C**
37. What is the minimum time an iodine sanitizer solution must be in contact with the object being sanitized?
- a. **30 seconds**
38. This is a process through which living cells use nutrients in chemical reactions in order to provide energy for vital processes and activities.
- a. **Metabolism**

39. What is the minimum water temperature required when using hot water to sanitize objects?
a. **171 degrees Fahrenheit**
40. Low acid foods have pH values of this or less.
a. **4.6 pH**
41. This is the transfer of energy in the form of electromagnetic waves.
a. **Radiation**
42. This heating means that the circulation of currents in one region inside a can distributes the heat to another.
a. **Convection**
43. What is the reaction called when foods are browned and fried causing a chemical reaction between certain sugars and proteins in the food?
a. **Maillard reaction**
44. This is the transfer of heat from one particle to another by contact.
a. **Conduction**
45. What is a basic characteristic of a virus?
a. **Requires a living host to grow**
46. What vitamin functions in normal blood clotting?
a. **Vitamin K**
47. This is the minimum amount of energy needed to maintain basic body processes.
a. **Basal Metabolism**
48. This type of vegetarian eats animal protein in the form of fish.
a. **Pesco**
49. What is the symbol for salt?
a. **NaCl**
50. What is the purpose of setting critical limits in a HACCP plan?
a. **To identify where hazards can be eliminated**

Child and Family Development

51. Name the five types of development
a. **Physical, Intellectual, Emotional, Social, Moral**
52. These are a set of customs, traditions, and beliefs shared by a large group of people.
a. **Culture**
53. The average weight of a baby at birth is

a. **7 ½ pounds**

54. This theorist studied the effects of positive and negative reinforcement.

a. **B.F. Skinner**

55. Tendency of a baby to open their mouth and search for the nipple when touched on the cheek is called

a. **Rooting Reflex**

56. Which infant teeth come in first?

a. **The bottom front two**

57. Open spaces found on the baby's head where the bones are not yet joined are called

a. **Fontanel**

58. Physician who specializes in care of women during pregnancy and childbirth is called

a. **Obstetrician**

59. Centering attention on one characteristic to the exclusion of all others is called

a. **Centration**

60. Family that is directly related to you is known as your

a. **Immediate Family**

61. A doctor who specializes in children is known as a

a. **Pediatrician**

62. The process of establishing boundaries and rules that help children learn appropriate behaviors and make good choices is known as

a. **Discipline**

63. This theorist had a theory of human motivation, based on a hierarchy of needs.

a. **Dr. Abraham Maslow**

64. An act of recognizing and recording behavior is called

a. **Observation**

65. A connection between two or more people is known as a

a. **Relationship**

66. This theorist's theory was that childhood experiences affect adult life.

a. **Sigmund Freud**

67. Between the ages of 2 and 6, well-nourished children add this many inches to their height each

year.

a. **3 inches**

68. "People find partners based on their similarity to each other," is a statement relating to this term.

a. **Assortative Mating**

69. What term is a general principle that is used to understand or to explain certain events or family experiences?

a. **Theory**

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

a. **Adolescence**

71. A period of childhood from birth up to one year is called

a. **Infant**

72. A rating system that tests a newborn's physical condition is called

a. **Apgar Scale**

73. The way a child plays and gets along with other children is called

a. **Social Development**

74. This is a term for individuals who terminate employment at one point in time but return to work in the same organization at a future time.

a. **Boomerang Employees**

75. External factors pushing you to excel is known as this type of motivation

a. **Extrinsic Motivation**

76. A drug that can be given to the mother during labor to help ease the pain

a. **Epidural**

77. What are the four major periods identified by Piaget?

a. **Sensorimotor, Preoperational, Concrete Operational, Formal Operations**

78. This plays a central role in processing emotional information. It's located in the inner brain, adjacent to the hippocampus.

a. **Amygdala**

79. Results that follow an action or behavior

a. **Consequences**

80. Child development includes five stages of development until the age of 18. Name them.

a. **Infancy, Toddler, Preschool, School age, Adolescent**

Textile, Housing, and Interiors

81. The air, water, minerals, and conditions that surround and affect a person is called
a. **Environment**
82. This is the most common type of nonstructural lighting
a. **Lamps**
83. Which type of carpet pile is the most durable?
a. **Level Loop**
84. The joints of chairs and tables are often reinforced by small pieces of wood called
a. **Corner Blocks**
85. This is decorative stitching using a needle and thread
a. **Embroidery**
86. Fashion that lasts for a very short amount of time is called a
a. **Fad**
87. The colors red, yellow and blue on a color wheel is an example of this color scheme.
a. **Triad Color Scheme**
88. The most popular fiber used in carpets and rugs is
a. **Nylon**
89. The three main work centers in a kitchen is known as the
a. **Work Triangle**
90. Light directed upward into plants and other landscape features is known as
a. **Uplighting**
91. What is the term for able to soak up liquid easily
a. **Absorbent**
92. This term refers to the shape or outline of a garment
a. **Form**
93. This design term means there is harmony and proportion between the parts of the design
a. **Balance**
94. Name the item found on fabric or garments other than fabric.
a. **Notions**
95. This type of fabric is made by interlocking loops of yarns
a. **Knit Fabric**
96. Federal law requires that every garment has what kind of label

a. Fiber content label

97. This sewing machine part pulls the thread back after each stitch, so the stitches will lay evenly

a. **Take-up Lever**

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

a. **Classic**

99. These are items worn to accent clothes.

a. **Accessories**

100. This color historically symbolizes loyalty and serenity

a. **Blue**

101. This famous architect designed 100+ homes, one being called the Robie House

a. **Frank Lloyd Wright**

102. This setting on a sewing machine determines the tightness or looseness of the stitch and needle thread

a. **Thread Tension**

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

a. **HUD**

104. These regulate location of shopping areas, public transportation and combination of multiple & single family dwellings

a. **Zoning Laws**

105. The difference between the price a retailer pays for a product and the price the retailer's customer pays for it is called

a. **Markup**

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

a. **Security Deposit**

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

a. **Lease**

108. This act requires all residential places to be accessible to people with disabilities.

a. **Americans with Disabilities Act**

109. Individually owned housing units in a multi-unit development are called

a. **Condominiums**

110. List the elements of design.

a. **Line, Color, Texture, Shape, Form, Space**

111. Warm colors are
a. **Red, Orange and Yellow**
112. Cool colors are
a. **Blue, Green and Violet**
113. The first non-cellulose test-tube fiber, introduced in 1939 and made completely from chemicals was
a. **Nylon**
114. These are the three areas that make up the work triangle in a kitchen.
a. **Sink, Range, Refrigerator**
115. Designers of exclusive, high-fashion garments are called
a. **Couturiers**
116. This refers to the lightness or darkness of a color
a. **Value**
117. R and D stands for
a. **Research and Development**
118. This refers to how a garment will hold up under use
a. **Durability**
119. When many continuous strands of fiber being extruded through the spinneret at the same time are twisted, they form
a. **Multifilament yarns**

Consumer Economics

120. Before you take out a loan, you are entitled to know certain things. One piece of information you must be told is what pre-payment penalties exist if you pay off the loan early. This is required under which federal credit law?
a. **Truth in Lending Act**
121. What court handles civil claims where small amounts of money are in dispute?
a. **Small Claims Court (Conciliation Court)**
122. When you see something and buy it without any thought or consideration you are practicing
a. **Impulse buying**
123. In a job search, the means for sharing information about yourself and your career goals with personal contacts is known as
a. **Networking**
124. This federal agency regulates food to ensure that it is safe and wholesome

a. **FDA: Food and Drug Administration**

125. A process by which you learn more about your career-related skills, interests, values and abilities is called

a. **Self-Assessment**

126. A _____ is something you can't live without

a. **Need**

127. A written statement or guarantee that the product will work as expected for a set length of time is called

a. **Warranty**

128. Goods and services taken outside of the country for sale are called

a. **Exports**

129. In a pyramid scheme, how does the promoter make money?

a. **By promoting new people to participate**

130. Which government corporation is charged with promoting public confidence and stability in the nation's bank system?

a. **FDIC-Federal Deposit Insurance Corporation**

131. When two or more people come together with the intention of committing fraud, they are entering into a

a. **Conspiracy**

132. An economic process by which companies produce, or supply, products that consumers buy, or demand is called

a. **Supply and Demand**

133. A reward of a job other than income, such as paid vacations and health insurance is called

a. **Fringe Benefits**

134. When purchasing insurance, this contract spells out what is covered and what is not. This contract is called

a. **The policy; insurance policy**

135. Your house is worth \$250,000 and you have a mortgage for \$200,000. How much equity do you have in the home?

a. **\$50,000**

136. Someone who buys goods and services is known as a

a. **Consumer**

137. Doing work to contribute to the community and gain experience without pay is referred to as

- a. **Volunteering**
138. What are important goals that must be met before less important goals?
- a. **Priorities**
139. The peace of mind you have knowing that there is money available when you need it is known as
- a. **Financial Security**
140. A right given to a lender over a borrower's property or money when the borrower cannot pay a debt
- a. **A lien**
141. Corporate bonds with little or no investment rating are commonly called
- a. **Junk bonds**
142. According to the economic law of demand, as the price of a good falls, what will happen to the demand for that good?
- a. **It will rise; there will be higher demand**
143. In a budget, wages and allowance are examples of what
- a. **Fixed income**
144. The total market value of all goods and services produced in a country in a given year is known as
- a. **Gross Domestic Product (GDP)**
145. This federal agency was established in 1915 and charged with keeping American business competition fair and fair:
- a. **Federal Trade Commission (FTC)**
146. In the law, which Latin term means "let him beware"?
- a. **Caveat emptor**
147. This is a pre-established amount of money that can be borrowed on demand
- a. **Line of Credit**
148. Which president first outlined the Consumer Bill of Rights?
- a. **President John F Kennedy**
149. The legal procedure that withholds a portion of your earnings for a payment of a debt
- a. **Wage Garnishment**
150. If money is spent in the hope of making a profit, you are making an
- a. **Investment**

151. A falling stock market is popularly associated with what animal?
a. **A bear**
152. A consumer must dispute an incorrect credit card charge within
a. **60 days**
153. To qualify for federal financial aid to finance your college education, this form must be completed.
a. **FAFSA (Free Application for Federal Student Aid)**
154. Making an economic decision to postpone a reward is considered
a. **Delayed gratification**
155. The three main credit reporting agencies are
a. **Experian, Equifax, TransUnion**

Many thanks to LifeSmarts for their contribution to some of these questions!