

Georgia FCCLA
2021 Knowledge Bowl
Middle 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.**

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. A collection of clothes is called a
 - a. **Wardrobe**

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

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

48. The cell that is formed when a sperm fertilizes an egg is called a
a. **Zygote**
49. What is the term when children play beside each other, but there is no actual interaction?
a. **Parallel Play**
50. The body's reactions to any demand placed upon it is called
a. **Stress**
51. One stick of margarine or butter equals what part of a cup?
a. $\frac{1}{2}$
52. A 401(k) plan is one that allows employees to set aside money for what life event?
a. **Retirement**
53. Two or more adults related by blood, marriage or affiliation is called a
a. **Family**
54. A credit card allows charges up to a certain amount. This is called your
a. **Credit limit**
55. What is the process of planning and controlling the use of money?
a. **Money Management**
56. A panel on a food product package with information about the nutrients the food contains:
a. **Nutrition Label**
57. What is the group of traits that makes each person a unique individual?
a. **Personality**
58. A condition that limits a person's ability to use part of his or her body:
a. **Physical Disability**
59. A written guarantee on a product from the manufacturer:
a. **Warranty**
60. The term used to describe extra items you would like, but can live without.
a. **Wants**
61. These are customs passed from one generation to another.
a. **Traditions**
62. What are dishes, flatware, and glassware called?
a. **Tableware**
63. How many teaspoons are in one tablespoon?
a. **3**
64. What agents cause baking products to rise?
a. **Leavening Agents**
65. The amount of money held in a bank account at any given moment is called
a. **Balance**

66. The amount of money a creditor lends you in a loan is called the
a. **Principal**
67. Temperature danger zone is
a. **41°F-135°F**
68. What is the term that describes the work done by a group in a cooperative manner?
a. **Teamwork**
69. What is a way to pay someone now and pay it back later?
a. **Credit**
70. This occurs when harmful bacteria spread from one food to another.
a. **Cross-contamination**
71. Using correct flatware placement, to which side of the plate do the knife and spoon belong?
a. **Right**
72. How many ounces are in a pound?
a. **16**
73. This action occurs when milk proteins begin to lump when cooked with high heat.
a. **Curdling**
74. This person is credited with inventing the sewing machine.
a. **Elias Howe**
75. How many cups are in a pint?
a. **2**
76. This is a diet that provides all the nutrients for your body in order to have good health.
a. **Balanced Diet**
77. The abbreviation 'pt' stands for what in measurement terms?
a. **Pint**
78. A member owned financial cooperative is called a
a. **Credit Union**
79. What are strong beliefs or ideas about what is important?
a. **Values**
80. What is the name of a chemical leavening agent?
a. **Baking powder, Baking soda**
81. What are the products that have nutrients added to them to replace those removed during processing?
a. **Enriched**
82. These are options available to choose from when making a decision.
a. **Alternatives**

83. What mineral helps build strong, healthy bones and teeth?
a. **Calcium**
84. 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**
85. What nutrient carries nutrients to the cells and waste away from cells?
a. **Water**
86. What type of carbohydrate is found in candy, soda and syrup?
a. **Simple Carbohydrates**
87. What mineral helps blood carry oxygen and is often found in red meat?
a. **Iron**
88. How we see ourselves is called
a. **Self-Concept**
89. How we feel about how we see ourselves is called
a. **Self Esteem**
90. The federal agency that manufactures and distributes coins for circulation is the
a. **US Mint**
91. 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**
92. Government regulations require that any product called "chocolate" contain a certain percentage of what?
a. **Cocoa Butter**
93. Baking powder is a mixture of
a. **Baking soda and an acid**
94. After delivery (childbirth), this time period is called
a. **Postpartum**
95. Looking at things from another angle or point of view is called
a. **Perspective**
96. 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**
97. What is the term for something that holds a liquid and oil together so they do not separate?
a. **Emulsifying Agent**
98. Botanically all potatoes are classified as this type of vegetable
a. **Tuber**
99. Something you want to achieve is called this term
a. **Goal(s)**

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

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

133. This occurs when a scammer wrongfully obtains and uses someone's personal information for fraud, deception or economic gain
- Identity theft scams**
134. A family where the parents, children and grandparents live together is defined as an
- Extended Family**
135. This is the medical specialty of taking care of newborn babies, sick babies and premature babies
- Neonatology**
136. What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother during pregnancy?
- Folic Acid**
137. These add calories to a food but few or no nutrients.
- Empty Calories**
138. According to ChooseMyPlate.gov, how much daily exercise should children and adolescents (6-17 years old) do?
- 60 minutes**
139. 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**
140. According to ChooseMyPlate.gov, snacks should have less than this many milligrams of sodium per portion.
- 200 mg**
141. 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**
142. List the elements of design.
- Line, Color, Texture, Shape, Form, Space**
143. Warm colors are
- Red, Orange and Yellow**
144. Cool colors are
- Blue, Green and Violet**