

HEALTH STUDIES MID-TERM TEST

Name:

Grade:

Date:

1. Which one of these foods contain protein?

- A. Brocoli
- B. Beef
- C. Potato
- D. Lettuce

2. The first principle of a healthy diet?

- A. Focus on just one food
- B. Take in lots of lean meat
- C. Eat only green vegetables
- D. Eat a wide variety of foods

3. Which list of foods come from the vegetable group?

- A. Peas, rice, flour, and sugar
- B. Sausage, butter, milk, cheese
- C. Cherries, five fingers, mangos, cauliflower
- D. Cucumber, lettuce, carrots, pumpkin

4. Define the term "balanced diet"

- A. A diet containing some nutrients in the correct proportions.
- B. A diet containing the most nutrients in the correct proportions.
- C. A diet containing no nutrients in the correct proportion.
- D. A diet containing all nutrients in the correct proportions.

5. Which Food group supplies the most energy?

- A. Legumes
- B. Carbohydrates
- C. Food from animal
- D. Fats

6. What is Hygiene?

- A. All the things we do to keep our bodies clean
- B. Checking to see when we need a bath.
- C. Eating healthy
- D. Always exercising

7. Which of the following is not a personal hygiene rule?

- A. cover clothes with a clean apron.
- B. keep nails long and dirty.
- C. avoid coughing and sneezing on food
- D. tie long hair back and cover with a chef cap

8. After using the bathroom, the hands must be washed.

- A. The next day
- B. Two hours after
- C. Immediately
- D. In the evening

9. Practicing kitchen hygiene prevents food from becoming infected by?

- A. Pets
- B. Human beings
- C. Flies
- D. All the Above

10. Which one of following is not a personal hygiene item?

- A. Lotion
- B. Toothpaste
- C. Lip Gloss
- D. Roll on