Unit Test #1

Orientation to Family & Consumer Science & Hygiene

Instructions: Read each question or statement carefully. Answer ALL questions in the spaces provided on this worksheet.

1. Define the following terms:
   a. Diet

   _____

   _____

   b. Nutrition

   _____

   _____

True or False

2. Personal hygiene is not important in food production.	True	False
3. A tailor is a career in Food and Nutrition.	True	False
4. Nutrients are substances in food that keep the body functioning.	True	False
5. There are four (4) areas in Family & Consumer Science.	True	False
6. Food is something eat that will provide the body with nutrients.	True	False

Choose whether in each situation the persons exhibited good or poor hygiene practices.

7. Tasting with the spoon used to cook with.
8. Putting on a clean apron and head covering.
9. Wiping off countertops before preparing food.
10. Coughing in a tissue and cutting onions.

LIVEWORKSHEETS