

## *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

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b. Nutrition

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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.