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

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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

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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

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