

Name: _____ Grade: _____

Date: _____

Topic: Orientation to Family & Consumer Science

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

1. Define the following terms:

a. Food

b. Diet

c. Balanced Diet

_____ (3)

2. There are _____ areas in Family & Consumer Science. (1)

3. List two areas taught in Family & Consumer Science. (1)

4. Identify the missing nutrients that do not appear below.

i. Vitamins

iii. _____

v. Fat

ii. _____

iv. Carbohydrates

vi. _____

5. Give two careers that can be found in Food and Nutrition. (2)

_____ and _____