

Knowledge Battery Assessment: "Meal planning"

1. Which of the following are basic food groups?

- a. ☐ meat/protein
 - b. ☐ vegetables/fruit
 - c. ☐ dairy/milk
 - d. ☐ all of the above
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2. Which of the following foods would be included in a healthy diet?

- a. ☐ fruit/vegetable
 - b. ☐ candy
 - c. ☐ fatty meat
 - d. ☐ a milk shake
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3. Eating three balanced meals per day is important to help you

- a. ☐ feel good
 - b. ☐ do well at school or work
 - c. ☐ have strong bones & teeth
 - d. ☐ all of the above
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4. Which of the following would be a good meal to prepare for a large family on a fixed budget?

- a. ☐ spaghetti and garlic bread
 - b. ☐ lobster dinner
 - c. ☐ steak and potatoes
 - d. ☐ eating out at the nearest steakhouse
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5. You should make a food shopping list so you can

- a. ☐ buy as little as possible
 - b. ☐ get through the store faster
 - c. ☐ remember all the things you need
 - d. ☐ save money
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6. It is important to write a shopping list at home and to stick to it while shopping

- a. ☐ so that you buy ingredients and foods for meals you plan to prepare.
 - b. ☐ so that you don't forget important items that you need.
 - c. ☐ so that you don't spend more than your budget.
 - d. ☐ all of the above.
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7. Which food can be safely stored on the kitchen counter top?

- a. ☐ cake
- b. ☐ celery
- c. ☐ cheese

d. ☐ gravy

8. When you get home from the supermarket you should put perishable items away first so that they don't spoil. Which one of the following is NOT a perishable item?

- a. ☐ milk
 - b. ☐ butter
 - c. ☐ peanut butter
 - d. ☐ eggs
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9. Which of the following foods are perishable foods that should be stored quickly and properly?

- a. ☐ a box of cereal
 - b. ☐ milk, cheese and eggs
 - c. ☐ peanut butter
 - d. ☐ cookies
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10. Which one of the following is chicken?

- a. ☐ beef
 - b. ☐ fish
 - c. ☐ pork
 - d. ☐ poultry
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11. It is important to compare grocery store ads and coupons before buying groceries because

- a. ☐ store ads are only printed to make the food look good.
 - b. ☐ you may pay cheaper prices for the groceries you need.
 - c. ☐ you will not have to pay for your groceries.
 - d. ☐ the grocery stores will not let you buy groceries without the ads or coupons.
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12. It is always important to wrap up and store leftovers after a meal

- a. ☐ so that you are not wasting food
 - b. ☐ to keep your kitchen from smelling bad
 - c. ☐ so food doesn't spoil and you can eat it at another meal
 - d. ☐ all of the above
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13. As you buy food always move older food items to the front of the shelf and place newer food items to the back of the shelf

- a. ☐ so that you can have more cabinet space
 - b. ☐ so you can hide all the new items for yourself
 - c. ☐ so that you use older groceries items first before they spoil
 - d. ☐ so you can pretend to be a grocery stocker at a grocery store
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14. Which of the following are signs of spoiled food?

- a. ☐ mold forms on food
- b. ☐ the food smells bad
- c. ☐ the color of the food changes and may turn brown
- d. ☐ all of the above