

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

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

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

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

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

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.

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

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

10. Which one of the following is chicken?

a. beef
b. fish
c. pork
d. poultry

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.

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

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

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