

1. whisk- used in fruttate, corn bread, cupcake food labs
2. tongs- pick up food items (bread)
3. pastry brush- brush butter on bread
4. rubber spatula- apply icing, scrap interior from a bowl
5. scissors- cut open package
6. grater- grate cheese, zest lemon
7. pasta spoon- stir/pick up pasta
8. garlic press- press garlic
9. stand mixer- mix batter for cupcakes, etc.
10. frying pan- cook bacon

PLUS MORE: Name 10 cooking utensils or pieces of equipment from your kitchen and describe what they do or give an example of how we used it this semester. A fork, spoon, glass, plate, etc are not cooking utensils!

1. **additives:** something added as a substance to alter or improve general quality
2. **anemia:** deficiency of red blood cells or hemoglobin in the blood
3. **antioxidants:** a substance such as vitamin c or e that removes potentially damaging oxidizing agents in a living organism
4. **Biggest portion->smallest portion: vegetables, grains, protein, fruits, dairy:** Draw the My Plate and label each section with the correct portion from the 5 different food groups. Biggest to smallest portion?
5. **BMR (Basal Metabolic Rate):** the minimum amount of energy in the form of calories. the rate at which the body uses energy while at rest to keep the vital functions going
6. **calories:** the energy needed to raise the temperature of 1 gram of water through 1c, equal to one thousand small calories and often used to measure the energy value of foods
7. **cholesterol:** high fat diets increase the amount made which can be bad and cause health problems and arteries to clog
8. **complex carbohydrates:** carbohydrates such as starch and cellulose that contain more than 10 linked glucose units
9. **Daily Values:** a term on food labels based on the RDA designed to help consumers use food labels to plan healthy diets
10. **dehydration:** your body does not have as much fluid as it should
11. **dietary supplements:** something added to complete a diet or to make up for dietary deficiency
12. **digestion:** process of breaking down food by mechanical action in the stomach
13. **eating disorders:** any range of psychological disorders characterized by abnormal or disturbed eating habits
14. **enriched foods:** the process of adding essential trace elements and vitamins to food
15. **fad diet:** a ridiculous but temporarily popular weight loss system
16. **FALSE:** BMI stands for Big Mineral Index.
17. **FALSE:** A vegan will not eat meat, but will eat dairy products.
18. **FALSE:** Blood pressure falls when you eat fatty foods (being obese) and rises when you do not consume enough nutrients (being anorexic).
19. **FALSE:** When adding oil or butter to your pasta water you are not adding fat to your pasta.
20. **FALSE:** Your BMI can be found by a formula of your height and muscle weight.
21. **FALSE:** Anorexia is a genetic disorder, and has nothing to do with psychological issues.
22. **FALSE:** If you are on a diet, you are trying to lose weight.
23. **FALSE:** Processed food has more vitamins than unprocessed foods.
24. **fiber:** a thread or filament formed from a vegetable tissue, mineral or substance such as whole grains
25. **food borne illness:** any illness resulting from the consumption of contaminated food
26. **fortified foods:** provides extra nutrients and food
27. **functional foods:** food components that provide health benefits beyond basic nutrition
28. **malnutrition:** lack of proper nutrition and unbalanced inadequate nutrition
29. **nutrient deficiency:** the absence or insufficiency of some factor needed for normal development
30. **nutrients:** a substance that provides nourishment essential for growth and the maintenance of life
31. **nutrition:** the act or process of nourishing or being nourished
32. **organic food:** food grown without the use of pesticides or synthetic fertilizers
33. **TRUE:** Nutrition is the study of how your body uses the nutrients in the foods you eat.
34. **TRUE:** The video was made to prevent Americans from eating too much fast food and raising awareness of being overweight from eating too much.
35. **TRUE:** If a food is toxic, it is not a good idea to eat it because it is not good for your body.
36. **TRUE:** Nutrition labels are required by law to be on all processed foods.
37. **TRUE:** One becomes overweight when their BMI is 30 or more.
38. **TRUE:** Some foods contain chemicals which can be addictive.
39. **TRUE:** A calorie is a measure of the energy value of foods.
40. **TRUE:** The food you eat can affect your emotions.
41. **TRUE:** When someone binges they could be either bulimic or obese.
42. **TRUE:** Fast food can be part of a healthy diet.
43. **TRUE:** Organic vegetables are higher in nutrients than other vegetables.
44. **TRUE:** According to the video, it is accurate to say that obesity is an American epidemic.

Nutrition And Wellness Study Guide

Winston J. Craig



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