Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

ProStart Year 2 – Chapter 2

1. Why is it important for restaurant and food service employees to learn about nutrition? (80)

2. What are nutrients and what happens after they are consumed? (80)

3. Who is responsible ultimately for what they eat? (81)

4. What is the function of fiber in the diet? (84)

 Where is fiber found? (84)

5. What are phytochemicals? (84)

 How are they seen in food? (84)

6. Carbohydrates (84-85)

|  |  |
| --- | --- |
| **Function** | **Sources** |
|  |  |

7. What is the difference between simple carbohydrates and complex carbohydrates? 86-88)

|  |  |
| --- | --- |
| **Simple** | **Complex** |
|  |  |
| **Sources** | **Sources** |
|  |  |

8. Define the following words: (85-88)

|  |  |
| --- | --- |
| Kilocalorie |  |
| Glucose |  |
| Hormones |  |
| Insulin |  |
| Soluble Fiber |  |
| Insoluble Fiber |  |

9. Define lipid. (89)

10. What is the difference between fats and oils. (89)

|  |  |
| --- | --- |
| Fats | Oils |
|  |  |

11. What are the functions of fat? (89)

 1.

 2.

 3.

 4.

 5.

12. Define the following. (90)

|  |  |
| --- | --- |
| Essential fatty acid |  |
| Oxidation |  |
| Cholesterol |  |
| Trans fatty acids |  |
| Hydrogenation |  |

13. Sources of fats. (91)

|  |  |
| --- | --- |
| **Type of Fat** | **Food Sources** |
| Saturated fat |  |
| Monounsaturated fat |  |
| Polyunsaturated fat |  |
| Cholesterol |  |

14. Define the following (92-93)

|  |  |
| --- | --- |
| Proteins |  |
| Amino acids |  |
| Complete proteins |  |
| Incomplete proteins |  |
| Complementary proteins |  |

15. What are vitamins? (94)

16. List the water soluble and fat soluble vitamins and how they differ. (94)

|  |  |
| --- | --- |
| Water-soluble | Fat-soluble |
|  |  |

17. What are minerals? (95)

18. Function of some minerals. (95)

|  |  |
| --- | --- |
| Mineral | Function |
| Calcium & phosphorus |  |
| Potassium & sodium |  |

19. Do vitamins and minerals provide energy? If not what substances do? (95)

20. Calories (or energy) per gram. (95)

 Carbohydrates = \_\_\_\_\_

 Protein = \_\_\_\_\_

 Fat = \_\_\_\_\_

21. List the 4 roles of water. (96)

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |

22. What are food additives? (98)

23. What are the four functions of food additives? (99)

24. What is RDA? (100)

25. Describe the 4 types of vegetarian diets. (100)

|  |  |
| --- | --- |
| Vegetarian |  |
| Lacto-vegetarian |  |
| Lacto-ovo-vegetarian |  |
| Vegan |  |

26. Describe each disease and what causes it. (101-103)

|  |  |
| --- | --- |
| Obesity |  |
| Osteoporosis |  |
| Anemia |  |
| Dental Cavities |  |
| Cardiovascualr Disease |  |
| Diabetes |  |
| Cancer |  |

27. Describe the flow of food and how to preserve the nutrients as much as possible. (109-116)

|  |  |
| --- | --- |
| Purchasing andReceiving |  |
| StoringDry, Refrigerated, Frozen |  |
| Prepping |  |
| Cooking FoodGrains, Meats, Fruits & Veg |  |
| Holding |  |

28. Define portion control. (117)

29. What are 3 modifications you can make in baking to reduce fat or sugar? (118)

 1.

 2.

 3.

30. Read the modifications for each of the following foods and give a brief summary (118-122)

|  |  |
| --- | --- |
| Soups & sauces |  |
| Meat |  |
| Seafood |  |
| Vegetables |  |
| Desserts |  |
| Garnishes |  |

31. Define the following: (126-127)

|  |  |
| --- | --- |
| Pesticides |  |
| Hormones |  |
| GMO |  |
| Conventional |  |
| Organic |  |
| Certified organic |  |

32. What are the benefits of a GMO? (128)

 1.

 2.

 3.

 4.

 5.

Test Review Questions (137-138)

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_