

- _____ 11. Which of the following is **not** equivalent to a one-cup serving of milk?
- a. 1½ oz. hard cheese
 - b. 2 oz. processed cheese
 - c. 1 cup pudding
 - d. 1 cup shredded cheese
- _____ 12. Which of the following is equivalent to a one-ounce serving of meat?
- a. 3 oz. fish
 - b. 1 egg
 - c. 2 T. cooked legumes
 - d. 2 c. nuts
- _____ 13. How many ounces of grains should be consumed daily?
- a. 4 oz.
 - b. 6 oz.
 - c. 8 oz.
 - d. 10 oz.
- _____ 14. How many cups of vegetables should be consumed daily?
- a. 4 c.
 - b. 3.5 c.
 - c. 3 c.
 - d. 2.5 c.
- _____ 15. According to the text, how many calories should adults and teenage girls with an average activity level consume on a daily basis?
- a. 1,800
 - b. 2,000
 - c. 2,800
 - d. 3,000
- _____ 16. Which of the following will help prevent impulse purchases at the grocery store?
- a. Make a shopping list.
 - b. Shop when hungry.
 - c. Take the children.
 - d. Use as many coupons as possible.
- _____ 17. Which item absorbs microwaves?
- a. aluminum foil
 - b. food
 - c. microwave-safe containers
 - d. rotor fan
- _____ 18. What will promote even microwave cooking?
- a. a circular arrangement of food
 - b. adding cooking time
 - c. stacking food in layers
 - d. using bread crumbs as a coating
- _____ 19. What is the best way to maintain personal sanitation when handling food?
- a. Heat food to 180°.
 - b. Scrape and pre-rinse dirty dishes.
 - c. Use bleach on all food preparation surfaces.
 - d. Wash your hands with soap and water.

MODIFIED TRUE/FALSE: If the statement is true, write *true* in the blank. If it is false, replace the italicized word(s) with the word(s) that will make the statement true.

- _____ 20. *Water* should be used for putting out a grease fire.
- _____ 21. Food can safely remain at room temperature for up to *four hours*.
- _____ 22. When baking in a glass or a dark pan, *increase* the oven temperature by 25°.

Abeka Family Consumer Sciences Final Test

Brendan G. Carr



Abeka Family Consumer Sciences Final Test:

AAFCS Family and Consumer Sciences, Composite - Test Taking Strategies Jcm-Aafcs Test Preparation Group,2019-12-17

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