**Nutrition & Wellness
Semester Test Review Sheet**

**Chapter 1: Wellness & Food Choices**

**Key terms to know:**

wellness, nutrition, physical health, mental health, emotional health, social health

**Essential questions to answer:**

What are the four aspects of aspects of wellness and what do they involve?

What influences your food choices or eating habits?

What can you do to achieve wellness and live a healthy lifestyle?

**Chapter 2: Physical Fitness & Active Living**

**Key terms to know:**

physical fitness, physical activity,

**Essential questions to answer:**

What are the benefits of active living or an active lifestyle?

What five qualities define physical fitness?

How much physical activity is enough?

What are some obstacles or challenges that stop people from becoming physical fit?

**Chapter 5: Food Safety & Sanitation**

**Key terms to know:**

Foodborne illness, bacteria, contaminate, danger zone

**Essential questions to answer:**

What are ways to prevent foodborne illness?

Why should one be aware of the danger zone in food handling?

**Chapter 6: Kitchen Safety**

**Essential questions to answer:**

How can one prevent cuts in the kitchen?

What are ways to prevent falls, bruises, and injuries?

What are some safety rules to follow to prevent shocks and burns?

**Chapter 7: Nutrients**

**Essential questions to answer:**

What are the 6 essential nutrients needed for survival?

What are the 3 main functions of nutrients?

**Chapter 8: Dietary Guidelines**

**Essential questions to answer:**

What is the purpose of the dietary guidelines?

What recommendations/tips/guidelines do the dietary guidelines advise Americans to follow?

**Chapter 9: Choose My Plate**

Essential questions to answer:

How can Choose My Plate help Americans?

What information does Choose My Plate provide for each of the food groups?

**Chapter 10: Choices for Your Healthy Weight**

**Key terms to know:**

Body composition, underweight, overweight, obesity, body mass index

**Essential questions to answer:**

What factors influence or determine a healthy weight for an individual?

Why should you strive to maintain a healthy weight?

What health risks are associated with being overweight and obese?

How does one maintain weight? Gain weight? Lose weight?

**Chapter 11: Fuel Up for Sports**

**Essential questions to answer:**

How can one stay hydrated for physical activities?

What food/nutrient intake guidelines should you follow to support physical activity?

**Chapter 17: Shopping for Food**

**Essential questions to answer:**

What are some tips/guidelines to follow when shopping for food?

How can you shop for value, quality, and food safety?

**Chapter 19: Kitchen Equipment**

**Key terms to know:**

Dry measuring cups, liquid measuring cups, measuring spoons, mixing bowl, mixing spoon, wire whisk, rubber scraper, paring knife, cutting board, can opener, chef’s knife, rolling pin, wide spatula/turner, tongs, slotted spoon, cooling rack, bakeware, pots/pans, soup ladle, colander/strainer

**Chapter 20- Skills for Preparing Flavorful Food**

**Key terms to know:**

Yield, abbreviations- cup, tablespoon, teaspoon; chop, dice, mince, peel, cream, fold in, beat, cut in, knead, mix, stir, whip, drain, garnish, marinate, season

**Essential questions to answer:**

What are the components of a good recipe?

Why is it important to read a recipe carefully when selecting one and when preparing the recipe?

How should you measure flour?

What is the process for measuring liquids?

How do you measure moist ingredients?

**Chapter 24-29- The Food Groups**

**Essential questions to answer (be able to answer these questions for each food group):**

What are the health benefits for the body?

What things should you consider when shopping?

What storage tips should you follow?

What are some preparation and cooking guidelines to follow?