

Be Careful!

Directions: Read each sentence and write in the missing word(s) in the space provided. Choose from the words in the list. Not all words will be used. Then follow the directions in *A Closer Look at Food-Related Illnesses*.

Superheating	Foodborne	Marinades
Cross-contamination	Hazards	Bacteria
Potholder	Sanitize	Cleanliness

1. Foods can be flavored with sauces known as _____.
2. _____ illness is caused by eating spoiled food or food containing harmful bacteria.
3. Personal _____ in the kitchen starts with clean hands.
4. _____ occurs when a container of liquid does not allow bubbles to form, causing the liquid to explode in the microwave.
5. To prevent foodborne illness, first _____, or clean to get rid of the bacteria.
6. _____ can occur if harmful bacteria are transferred from one food or surface to another.
7. _____ are one-celled living organisms visible only with a microscope.
8. Use a(n) _____ to remove dishes from the oven.

A Closer Look at Food-Related Illnesses

Find information on foodborne illnesses at the library or on the Internet. What bacteria commonly cause illnesses? What foods are most likely to harbor harmful bacteria? What are the symptoms of foodborne illnesses? Write your findings on separate paper.

Food Terms

Directions: Each numbered definition is a clue to the word to be filled in below it. The numbers below the answer blanks correspond with the numbers on the file drawers. Determine which of the letters on the file drawer you need to identify each term correctly. Write the letters in the appropriate spaces. If you think you know the term from the clue alone, use the file drawer numbers to check your accuracy. Then follow the directions in *Smart Shopping*.

1. Milk that is heated to destroy harmful bacteria

5 1 6 6 2 6 5 3 7 2 2

2. Quick to spoil

5 2 5 3 6 3 1 1 4 2

3. Plants in which seeds grow in pods

4 2 3 6 4 2 6

4. Process of dating food to indicate product freshness

2 5 5 2 5 5 5 2 6 1 6

2 1 6 3 4 3

5. Price per ounce, pound, or other unit of measure

6 4 3 6 5 5 3 1 2

6. Milk in which fat particles have been broken up and distributed throughout the milk

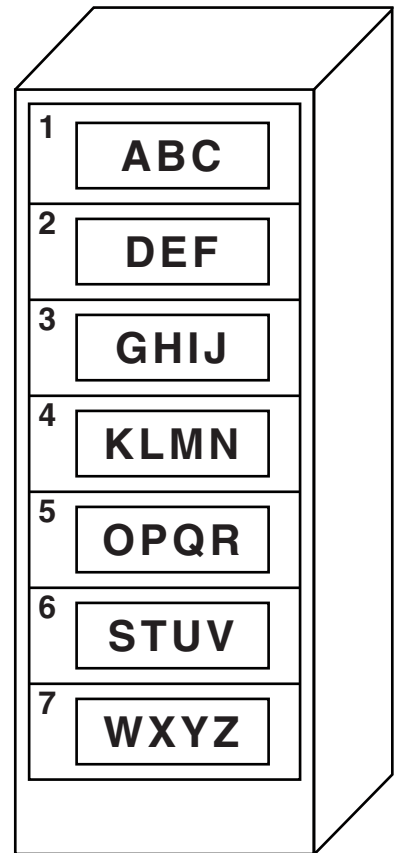
3 5 4 5 3 2 4 3 7 2 2

7. Fresh fruits and vegetables

5 5 5 2 6 1 2

8. Foods you use often

6 6 1 5 4 2 6



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Smart Shopping

Kevin is going to the supermarket to buy food for the week for his family. He wants to stay within the family food budget. What four suggestions can you give him? Write your ideas on separate paper.

Food Buying and Storage Basics

Directions: Circle the letters of all the answers that correctly complete each statement at the top of each box.

<p>1. When making a shopping list, you should <u>?</u>.</p>	<p>2. To make your money go further when shopping for food, <u>?</u>.</p>
<p>A. Group items according to the store’s layout.</p> <p>B. Check for foods you already have.</p> <p>C. Leave the list home when you shop.</p> <p>D. Place the list where everyone can add to it.</p> <p>E. Allow for impulse purchases.</p> <p>F. Include sale items from store flyers.</p> <p>G. Add ingredients needed for your weekly menu.</p> <p>H. Include items you do not need.</p>	<p>A. Avoid using coupons.</p> <p>B. Buy produce in season.</p> <p>C. Shop when you are hungry.</p> <p>D. Buy in bulk even if you do not have room to store the extra food.</p> <p>E. Compare prices from different stores.</p> <p>F. Watch for specials in newspapers and store flyers.</p> <p>G. Use a shopping list and stick to it.</p> <p>H. Always buy advertised items, as they are the cheapest.</p>
<p>3. Food labels generally tell you the <u>?</u>.</p>	<p>4. When comparison shopping, you should look at <u>?</u>.</p>
<p>A. Amount of different nutrients</p> <p>B. Serving size and number of servings</p> <p>C. Ingredients</p> <p>D. Quality of the food</p> <p>E. Number of calories</p> <p>F. Weight of the contents</p>	<p>A. Unit pricing</p> <p>B. What’s most popular</p> <p>C. Freshness</p> <p>D. Labels</p> <p>E. Different brands of the same product</p> <p>F. Food quality</p>

(Continued on next page)

CHAPTER 18 (Continued)

Food Buying and Storage Basics

<p>5. You can use the following dates on a food label to determine freshness:</p>	<p>6. When you buy produce, you should <u> ?</u>.</p>
<ul style="list-style-type: none"> A. “Packed on” date B. Discard date C. “Sell by” date D. Expiration date E. “Use by” date F. Pull date 	<ul style="list-style-type: none"> A. Choose the cheapest products. B. Avoid root vegetables that have sprouted. C. Try to buy when in season. D. Inspect for quality. E. Choose fruits and vegetables that are soft. F. Avoid bruised or wilted products.
<p>7. When buying protein foods, <u> ?</u>.</p>	<p>8. Canned foods are probably not safe to eat if <u> ?</u>.</p>
<ul style="list-style-type: none"> A. Avoid fish with a strong smell. B. Look for eggs that are not cracked. C. Purchase meat past the “sell by” date. D. Avoid packages of dripping meat. E. Choose shellfish with the shells open. F. Look for appropriate meat color. 	<ul style="list-style-type: none"> A. You have had them more than a year. B. The lids are rusted or damaged. C. The cans are bulging. D. The “use by” date was a day ago. E. The lids were not properly sealed on home-canned foods. F. They have a high acidic content.
<p>9. When choosing grain products, you should <u> ?</u>.</p>	<p>10. To keep your foods fresh at home, <u> ?</u>.</p>
<ul style="list-style-type: none"> A. Buy granola cereals because they are always healthy. B. Avoid products that are enriched. C. Look for whole-grain products. D. Experiment with a variety of products. E. Make sure legumes are firm. 	<ul style="list-style-type: none"> A. Store canned goods in a cabinet. B. Transfer all boxed goods into separate, airtight containers. C. Put frozen foods away first after coming home from the store. D. Use a cooler to transport perishable items from the store. E. Keep the freezer just below 32°. F. Label containers with the date.