

## **FAST BREAK FOR BREAKFAST**

1. Why should you eat breakfast? (Page 4)
2. Be able to plan a breakfast menu using the game plan on page 4.
3. Review the food guide pyramid and the number of servings needed from each group. (Page 7)
4. Why is it important to measure food portions? What are some ways you can estimate your portions when a food scales or measuring cups are not handy? (Page 8)
5. Be familiar with the steps you should follow before you start to prepare a recipe. (Page 9)
6. What are the three types of carbohydrates? (Page 10)
7. What do sugar and starch provide? (Page 10)
8. What are complex carbohydrates and what do they do for the body? (Page 10)
9. What are the B vitamins? What other nutrients are found in grain products? (Page 10)
10. Be familiar what a bread and cereal serving is equal to. (Page 10)
11. Find the Food Label on the side of a cereal box. Be able to locate the following terms:  
total carbohydrates                      sugars total fat                      (Page 11-12)
12. How many grams of sugar are in one teaspoon? (Page 11)
13. What is a master mix? What is it used for? (Page 14)
14. What are two vitamins you get from fruits and vegetables? (Page 16)
15. What are good sources of vitamin C? Of Vitamin A? (Page 16)
16. Why do you need calcium, iron, carbohydrates, and fiber? (Page 16)
17. What are the different forms of fruits? (Page 17 - 18)
18. How should fruits and vegetables be stored? (Page 18)
19. Review cooking hints and kitchen safety on page 26.
20. What are proteins? What are amino acids? (Page 27)
21. At what temperature should eggs be stored? (Page 27)
22. What does the grade of an egg refer to? What does the USDA shield on the egg carton refer to? (Page 27)
23. Why do you need to cook meat, poultry, eggs and fish completely? (Page 29)
24. Where should you thaw frozen foods? (Page 29)

25. Why do you need calcium every day? (Page 37)
26. What is the disease that you can get when older if you don't get enough calcium? (Page 38)
27. What are the four vitamins or minerals found in milk? (Page 38)
28. What does "sell by date" refer to? (Page 39)
29. How can you reduce fats, sugars and oils in your breakfasts? (Page 43)
30. Review the "Instant Replay" blocks in all sections of the book.