

# STAR SPANGLED FOODS

1. What is the different between broiling and pan-frying? (Page 8 or 35)
2. Name the food groups and the minimum number of servings needed from each daily.
3. What can be done to keep fresh fruit from turning dark after it is cut? (Page 13)
4. Why is Vitamin A needed for good health? Which foods are a good sources of Vitamin A? (Page 16)
5. Why is Vitamin C needed for good health? Which foods are good sources of Vitamin C? (Page 16)
6. Describe how to measure: (Page 22, 35)  

Shortening	White Flour
Brown Sugar	Milk
7. What is aerobic fitness? (Page 25)
8. What is endurance? (Page 25)
9. Why should vegetables be cooked in as little water as possible? (Page 28)
10. What does enriched mean? (Page 36)
11. What happens if eggs are cooked at too high a temperature or for too long? (Page 43)
12. What food group are eggs in? How many eggs count as one serving? (Page 64)
13. How can you prevent a hard crust from forming on cooked pudding? (Pages 54 & 60)
14. What is a good safety tip to follow to prevent skills when using saucepans on the stove top? (Page 55)
15. Be able to answer questions about a food product by reading the package (Pages 23, 31, 36, 39, 45 and 50)
16. Be able to evaluate a menu on its variety in color, flavor and texture (Page 49)