

Consumer Foods Text Scavenger Hunt



Discovering Food and Nutrition is the textbook that we will use in Consumer Foods class. The following questions will help you locate information about food and nutrition. Each blank is worth one point.

1. On what pages do you find the Table of Contents? _____ - _____
2. On what page does Chapter 30 start? _____ What is Chapter 30 about? _____
3. The glossary is found on pages _____ to _____. What is the definition of **phytochemicals**? _____

4. *Why* should you always drink pasteurized milk as explained on page 205?

5. Putting _____ on a microwave can damage it as shown on page 153.
6. *Define* the cooking term **garnish** found on page 123. _____

7. What career is shown in the picture on page 25? _____

8. Read, then answer FOOD FOR THOUGHT on page 324. Include the answer to both parts, please.

9. Using the picture on page 65, name 4 vegetables.

10. What is the name of the recipe on page 266?

11. From pages 162, name 3 **times** you can prevent the spread of bacteria by washing your hands. (Do NOT write the steps for washing your hands!)

1. _____

2. _____

3. _____

12. On page 40, which vitamin helps your skin and hair stay healthy?

_____ What are 2 foods that are high in this vitamin?

13. On what page are the Review Questions found in Chapter 39? _____

14. Look at the muffin recipe on page 356. How much flour is needed? Be sure to include the unit as well as the amount.

15. What is the name of your Consumer Foods textbook? _____

16. On what page does the Index start? _____

17. Read FOOD FOR THOUGHT on page 358. Name **your** favorite of each.

Cookie: _____

Cake: _____

Pie: _____

18. Turn to page 35. List the 3 purposes for which the body uses nutrients.

1. _____

2. _____

3. _____

19. Read the words in *blue* on page 256 and identify 2 **examples** of poultry.
In other words, what types of meat are considered poultry?

20. What are the 3 main ingredients in the frozen pops pictured on page 331?

21. What is your favorite meal? (2 points!)



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