**Foods and Nutrition**

**Unit 3 Review Sheet**

Define the following terms:

1. Hunger
2. Etiquette
3. Physical health
4. Nutrients
5. nutrition
6. Wellness
7. Papillae
8. Appetite
9. Comfort food
10. How much water should you drink a day to maintain physical health?
11. How much sleep should you get each night to maintain physical health?
12. What is social health?
13. What is emotional health?
14. List the 7 steps in the decision making process.
15. How long does it take for your stomach to tell your brain that it’s had enough to eat?
16. What are the signs of hunger?
17. What are the effects of illness and medication on the taste of food?
18. Explain how the tongue distinguishes different flavors?
19. What are some examples of good table manners?
20. List and describe the three ways to serve meals.
21. Where would you purchase foods if you want a food that is locally grown?
22. Where would you purchase foods if you need large quantities?
23. Where would you purchase foods if you wanted a food item for an ethnic dish?
24. What are three things you can do to help with planning before you grocery shop?
25. What is the ingredient list on a label?
26. What is the UPC on a label?
27. What is the nutrition facts panel on a label?
28. What are food exchanges?
29. What is net weight of a product?
30. What is the purpose of unit pricing?
31. What are some common courtesy’s while shopping?
32. If Leonard took is family out for dinner and his total bill was $53.45, how much of a tip should he leave?
33. Which is the better deal?
    1. Oscar Meyer bologna is $3.49 for 12 ounces
    2. Deli bologna is $3.99 for 16 ounces