

unit 3 quiz

1. What is the BEST way to become a better cook?
 - a) watch cooking shows
 - b) reading cooking blogs
 - c) actually preparing and making meals
2. List three things that you can have on hand for a quick breakfast for yourself:
 - a)
 - b)
 - c)

Then ask yourself, are these healthy and good choices? _____

Is there any way I can make them more homemade and closer to their natural state? (less processed)

3. If you don't normally like breakfast, what is the BEST thing to start your body growing accustomed to eating?
 - a) a banana
 - b) scrambled eggs
 - c) pancakes and maple syrup
 - d) French toast
4. What is the most skipped meal of the day?
 - a) breakfast
 - b) lunch
 - c) dinner
5. Which type of breakfast foods can you freeze?
 - a) waffles
 - b) pancakes
 - c) egg muffin cups
 - d) muffins
 - e) smoothie kits
 - f) none of the above
 - g) all of the above
6. List the different forms of oats from the least processed to the most processed:
 - a) old fashioned, quick cooking, steel cut, instant
 - b) instant, quick cooking, old fashioned, steel cut
 - c) steel cut oats, old fashioned, quick cooking, instant
 - d) quick cooking, steel cut, instant, old fashioned
7. Choose the fruit that is in order from the healthiest to the least healthiest:
 - a) canned, fresh, frozen
 - b) frozen, canned, fresh
 - c) fresh, frozen, canned

Answers unit 3

1.c

2 answers will vary

3.a

4.a

5.g

6.c

7.c