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## Question: 1

Which of the following statements is not true of single parent households?

- A. Nearly half of single parent families live in poverty.
- B. Family structures are constant with regard to racial and ethnic groups.
- C. The percentage of children living with single fathers has increased in the past two decades.
- D. Over half of single mothers in the United States remarry.

**Answer: B**

Explanation:

To understand why the statement "Family structures are constant with regard to racial and ethnic groups" is not true, let's break down the nuances of family structures and how they differ among various racial and ethnic groups.

Firstly, the concept of family structures encompasses the composition and arrangement of family systems, which includes the number of parents present, the presence of extended family members, and the roles each member plays within the household. Notably, family structures are influenced by cultural, social, economic, and historical factors that vary significantly across different racial and ethnic groups. For instance, studies have shown that African American and Hispanic families are more likely to have single parent households compared to Caucasian families. This could be attributed to a variety of socio-economic factors, historical contexts, and community norms that influence family formation and stability. For example, economic disparities and historical discrimination have played a role in shaping the family structures of many African American communities, often resulting in higher rates of single-parent households.

Additionally, cultural norms and values about marriage and childbearing also influence family structures. Some cultural groups may have higher incidences of extended families living together, while others might show tendencies towards nuclear families or single parenthood due to various societal expectations and economic conditions.

Moreover, the statement ignores the dynamic nature of family structures which are subject to change over time due to socio-economic advancements, changing social norms, and migration patterns. For example, the increase in the number of single fathers heading households is a relatively recent trend reflecting broader changes in societal attitudes towards fatherhood and parenting roles.

The differences in family structures are also evident in statistical data which shows variations in the rates of divorce, remarriage, and single parenthood among different ethnic and racial groups. For instance, while over half of single mothers in the U.S. eventually remarry, the success of these remarriages can vary, further influencing the family structure.

In conclusion, asserting that family structures are constant across different racial and ethnic groups is incorrect because it overlooks the diverse and evolving nature of families influenced by a myriad of factors including race, ethnicity, economic conditions, cultural norms, and historical contexts.

Understanding this diversity is crucial for addressing the specific needs and challenges faced by single-parent households within different communities.

## Question: 2

Which of the following will help a teacher create connections at the national level?

- A. American Association of Family and Consumer Sciences.
- B. Family, Career and Community Leaders of America.
- C. Kappa Omicron Nu.
- D. American Association of Family and Consumer Sciences and Family, Career and Community Leaders of America.

**Answer: A**

Explanation:

The question asks which option will help a teacher create connections at the national level. The options provided are various organizations that differ in focus and scope. Understanding the nature and purpose of each organization is crucial in determining the correct answer.

First, the American Association of Family and Consumer Sciences (AAFCS) is a national organization specifically designed for professionals in the field of family and consumer sciences. AAFCS provides a platform for networking, professional development, and advocacy at a national level. It organizes events, conferences, and workshops that enable teachers and other professionals to connect, share resources, and enhance their skills.

The Family, Career and Community Leaders of America (FCCLA) is primarily a student organization that focuses on personal growth, leadership development, and career preparation. While it provides opportunities for teachers to engage through advisory roles and mentoring, its primary focus is on student development rather than professional networking for teachers.

Kappa Omicron Nu is an honor society that recognizes academic excellence in the field of family and consumer sciences. Membership is typically limited to those who have demonstrated outstanding scholastic achievement. While it is prestigious, its activities are more focused on academic recognition and less on broad professional networking.

Given the descriptions, the American Association of Family and Consumer Sciences is the clear answer if the goal is to help a teacher create connections at the national level. It is specifically tailored to professionals in the field, offering extensive networking opportunities that are ideal for teachers looking to expand their professional connections and skills nationally.

The option that includes both the American Association of Family and Consumer Sciences and the Family, Career and Community Leaders of America might seem appealing as it combines professional and student-focused networking. However, for the specific purpose of a teacher looking to create professional national connections, the inclusion of FCCLA is not necessary, as its primary benefit is in the context of student development rather than professional networking for teachers.

Therefore, the best choice for a teacher aiming to establish national connections would be to engage with the American Association of Family and Consumer Sciences. This organization directly supports the professional development of teachers in the field through its national scope and focus on issues pertinent to family and consumer sciences.

## Question: 3

The six nutrient classes are chemically divided into two categories: organic and inorganic. Organic nutrients contain:

- A. hydrogen, oxygen and carbon
- B. minerals and water
- C. A and B
- D. minerals only

**Answer: A**

Explanation:

The six classes of nutrients essential for human health are broadly categorized into organic and inorganic nutrients. Organic nutrients include carbohydrates, proteins, fats, and vitamins. These compounds are termed "organic" because they primarily contain the elements carbon (C), hydrogen (H), and oxygen (O), often in complex structures. These elements are the building blocks that make up the molecular structure of organic nutrients, allowing for a vast array of chemical reactions and interactions within the body.

Before the body can utilize organic nutrients effectively, it must first break them down into smaller, more manageable components. This process, known as digestion, involves various enzymes and biochemical reactions. For instance, proteins are broken down into amino acids, carbohydrates into simple sugars like glucose, and fats into fatty acids and glycerol. These breakdown products are then absorbed into the bloodstream and transported to various cells where they are used for energy, growth, and repair.

In contrast, inorganic nutrients include minerals and water, which do not contain carbon as part of their primary structure. These nutrients are considered inorganic due to their simpler chemical composition. Minerals such as calcium, potassium, and iron are vital for numerous physiological functions, including bone formation, nerve transmission, and oxygen transport. Unlike organic nutrients, most inorganic nutrients are absorbed in their simplest forms. This means the body does not need to break them down further to utilize them, which facilitates quicker and more direct assimilation into bodily processes. The exception to this is water, which does not require digestion and is directly absorbed by the body's cells. Understanding the distinction between organic and inorganic nutrients, and how the body processes each, is crucial for comprehending human nutrition and the biochemical basis of health. This knowledge underscores the importance of a balanced diet that includes both types of nutrients to support various body functions and maintain overall well-being.

### Question: 4

A factor associated with the development of peptic ulcer disease is

- A. H pylori infection.
- B. Poor dietary habits.
- C. Cigarette smoking.
- D. Recent weight loss.

**Answer: A**

Explanation:

The correct answer is H pylori infection. Helicobacter pylori (H. pylori) infection is widely recognized as a major risk factor in the development of peptic ulcer disease. This bacterium primarily colonizes the stomach lining and induces chronic inflammation that can lead to the formation of ulcers in the stomach and the first part of the small intestine, known as the duodenum.

H. pylori is a spiral-shaped bacterium that has adapted to survive in the harsh, acidic environment of the stomach. It produces enzymes and substances that neutralize stomach acids and promote inflammation, damaging the protective lining of the stomach and duodenum. This damage allows stomach acid to create an ulcer. Chronic infection with H. pylori not only leads to ulcers but is also a risk factor for gastric cancer.

While H. pylori infection is a leading cause of peptic ulcer disease, other factors also contribute to the development and exacerbation of this condition. For instance, the use of nonsteroidal anti-inflammatory drugs (NSAIDs) is another significant risk factor. NSAIDs can weaken the stomach's mucosal defenses, making it more susceptible to harm from gastric acids.

Cigarette smoking and poor dietary habits are additional factors that can exacerbate peptic ulcer disease. Smoking may increase acid production and decrease the production of substances that protect the mucosal lining, thereby increasing ulcer risk. Although diet alone is not directly responsible for causing ulcers, certain foods and beverages might aggravate symptoms or interfere with healing.

Lastly, recent significant weight loss and hypersecretory conditions (conditions that cause the stomach to produce too much acid) can also contribute to the development of peptic ulcers. Managing these factors, along with treating H. pylori infection, is crucial for the prevention and treatment of peptic ulcer disease. Effective treatment typically involves a combination of antibiotics to eradicate H. pylori and medications to reduce stomach acid and protect the lining of the stomach and duodenum.

### Question: 5

Which vitamin will increase the absorption of iron when both are consumed at the same time?

- A. A
- B. D
- C. C
- D. K

**Answer: C**

Explanation:

The correct answer is Vitamin C. Iron, an essential mineral, is found in two primary forms in foods: heme and nonheme. Heme iron, which is derived from hemoglobin, is found in animal products such as red meat, fish, and poultry. This form of iron is readily absorbed by the body. Nonheme iron, on the other hand, is found in plant-based foods like grains, beans, and vegetables, but it's not absorbed as efficiently as heme iron.

Vitamin C, also known as ascorbic acid, significantly enhances the absorption of nonheme iron. When consumed together with foods high in nonheme iron, vitamin C transforms iron into a form that is more readily absorbed by the body. This process is particularly beneficial for vegetarians or individuals who do not consume much heme iron from animal sources.

The mechanism by which Vitamin C enhances iron absorption involves reducing ferric iron ( $\text{Fe}^{3+}$ ), which is the form of nonheme iron, to ferrous iron ( $\text{Fe}^{2+}$ ). The ferrous iron is more soluble and can be

absorbed more easily at the intestinal lining. Vitamin C also binds to nonheme iron, creating a compound that is less likely to form insoluble and unabsorbable iron compounds in the intestine. In summary, consuming Vitamin C-rich foods like citrus fruits, tomatoes, and bell peppers alongside meals high in nonheme iron, such as beans and spinach, can significantly boost iron absorption. This is particularly important for individuals at risk of iron deficiency, such as pregnant women and those following a plant-based diet.

## Question: 6

When feeding vegetarian kids, all of the following is true except:

- A. they need enough food variety and energy for growth, energy and health
- B. they need skills to make smart choices from the array of foods that fit into a vegetarian diet
- C. getting enough calories is easy
- D. vegan diets can be 'bulky' yet low in energy

**Answer: C**

Explanation:

When considering the nutritional needs of vegetarian children, several key points must be taken into account to ensure they receive adequate nourishment for healthy growth and development. Among these considerations are ensuring a wide variety of foods in their diets, teaching them to make smart dietary choices, and understanding the caloric density of their meals.

Firstly, it is important that vegetarian children consume a diverse range of foods. This variety helps ensure they receive a broad spectrum of essential nutrients, which might be missing from a less varied diet. Nutrients of concern in a vegetarian diet typically include protein, iron, calcium, vitamin D, and omega-3 fatty acids, among others. Including different types of grains, legumes, vegetables, fruits, and fortified foods can help meet these nutritional needs.

Secondly, vegetarian children must develop skills to make intelligent choices about what they eat. Educating them on nutrition, along with guiding them to select foods that meet their dietary requirements, is crucial. This education can empower them to maintain a balanced diet throughout different stages of their lives.

The statement "getting enough calories is easy" might seem true given that children and teenagers often have high energy requirements. However, this statement can be misleading in the context of vegetarian diets. Many vegetarian foods are naturally low in fat and high in fiber. While this can be beneficial for health, it also means these foods can be less calorie-dense and more filling. Consequently, vegetarian kids might feel full before they have ingested enough calories to meet their energy needs. This is particularly important during periods of rapid growth or high physical activity, where energy demands are increased.

Lastly, the concept that vegan diets can be 'bulky' yet low in energy further complicates the nutritional management. Foods high in bulk (fiber-rich vegetables and whole grains) are excellent for digestion and health but can contribute to a feeling of fullness with relatively few calories. This characteristic can make it challenging to ensure that energy needs are met, especially in a diet that excludes all animal products. In conclusion, while it is critical that vegetarian children consume a varied diet and learn to make informed food choices, the notion that "getting enough calories is easy" does not hold true in all cases. Special attention should be given to planning meals that are not only nutrient-dense but also calorically sufficient to support a child's energy requirements.

## Question: 7

Which of the following dominant motivators is portrayed by one wanting to belong to a group?

- A. Achievement.
- B. Affiliation.
- C. Power.
- D. None of the above.

**Answer: B**

Explanation:

The correct answer to the question about which dominant motivator is portrayed by someone wanting to belong to a group is "Affiliation." This is based on McClelland's Human Motivation Theory, which identifies three primary motivators that drive human behavior: achievement, affiliation, and power. Each motivator influences behavior in distinct ways.

Affiliation motivation refers to the desire for friendly and close interpersonal relationships. Individuals who are motivated by affiliation tend to prioritize social harmony and seek approval from others. They are particularly concerned with being liked and tend to conform to the norms of their social group. The need to belong and be part of a group is a central aspect of affiliation motivation. Such individuals often perform well in cooperative environments where teamwork and mutual support are emphasized.

In contrast, achievement motivation is characterized by a desire to excel and achieve in relation to a set of standards. People with high achievement motivation strive for task success, seek out situations where they can attain personal accomplishment, and prefer to work on tasks of moderate difficulty. They are often motivated by the opportunity for innovation and personal growth rather than by the mere participation in group activities.

Power motivation, on the other hand, involves the need to have control or influence over others. Those with a high need for power are drawn to positions of authority and may exhibit leadership qualities. They are motivated by their ability to impact others and often seek both personal and organizational power.

Therefore, when considering an individual whose primary concern is to belong to a group, the motivator of affiliation clearly applies. This need for social connection and acceptance within a group distinguishes the motivation of affiliation from achievement and power motivations in McClelland's theory.

## Question: 8

All of the following is true about stir-frying except:

- A. partially freeze meat or poultry for about 30 minutes for easier slicing
- B. cut into thick, different size pieces
- C. marinate to add flavor
- D. stir fry in 1/2 pound batches

**Answer: B**

Explanation:

Stir-frying is a popular cooking technique commonly used in Asian cuisine. It involves cooking small, evenly sized pieces of food quickly over high heat using a small amount of oil. This method is known for preserving the flavors, textures, and nutrients of the ingredients. The question provided lists several statements associated with stir-frying, where all but one are true.

The first statement suggests partially freezing meat or poultry for about 30 minutes to facilitate easier slicing. This is indeed a helpful technique in stir-frying as it allows for cutting the meat or poultry into thin, uniform pieces, which is essential for quick and even cooking. Partial freezing makes the meat firmer and thus easier to slice neatly.

The second statement, "cut into thick, different size pieces," is the one that is false regarding stir-frying. This method requires that ingredients be cut into thin, uniform pieces to ensure that they cook quickly and evenly. Thick, unevenly sized pieces would not only cook unevenly but also take longer to cook, which contradicts the principles of stir-frying.

The next correct practices mentioned include marinating the ingredients to add flavor and tenderize the meat, using a small amount of oil heated in a wok or large, heavy non-stick skillet over medium-high heat, and cooking in small batches (typically no more than 1/2 pound at a time). Marinating enhances the taste and texture of the ingredients, while using a small amount of oil aligns with the health-conscious approach of stir-frying. Cooking in small batches prevents the wok from cooling down too much, which can lead to steaming or boiling the ingredients instead of frying them.

Therefore, the statement "cut into thick, different size pieces" is not true about stir-frying and is the correct answer to the question regarding what is false in the context of proper stir-frying techniques. This highlights the importance of understanding how ingredient preparation affects cooking outcomes in specific culinary methods like stir-frying.

## Question: 9

All of the following are healthy choices of Mexican food except:

- A. salsa
- B. jicama with fresh lime juice
- C. fajitas
- D. honey-sweetened pastry

**Answer: D**

Explanation:

The question asks to identify which among the given choices is not a healthy Mexican food option. The options provided are salsa, jicama with fresh lime juice, fajitas, and honey-sweetened pastry. To determine the answer, it's essential to consider the nutritional value and health impact of each food item listed.

Salsa is typically made from tomatoes, onions, cilantro, and other fresh ingredients. It is low in calories and can be a good source of vitamins C and A, making it a healthy choice. Jicama with fresh lime juice is another healthy option as jicama is a fiber-rich root vegetable low in calories and high in nutrients, and lime juice provides a good dose of vitamin C.

Fajitas consist of grilled meat and vegetables, usually served with a small amount of tortillas. When prepared with lean cuts of meat and minimal oil, fajitas can be a part of a healthy diet due to their high protein and fiber content and low-fat levels.

On the other hand, honey-sweetened pastries represent a less healthy choice within traditional Mexican cuisine. Typically, these pastries are high in sugars and fats, which can contribute to increased caloric intake and minimal nutritional benefit. Regular consumption of such high-sugar and high-fat foods can lead to health issues such as weight gain, increased heart disease risk, and other diet-related conditions. Given the context of the question, the least healthy option among those listed is the honey-sweetened pastry. While it may be enjoyable as an occasional treat, it does not align with the healthier choices like salsa, jicama with lime juice, or fajitas, which offer more substantial nutritional benefits. Therefore, for anyone focusing on a healthy diet, especially in the context of enjoying Mexican cuisine, it is advisable to opt for options that provide a balance of nutrients while limiting those that are high in sugars and fats.

## Question: 10

In food service, what is the mark-up method?

- A. Adding a dollar amount to a cost price to factor for overhead costs and desired profit.
- B. Subtracting a dollar amount to a cost price to make food items sell faster.
- C. Adding a dollar amount to a cost price to try and increase profit only.
- D. Subtracting a dollar amount to a cost price to factor for overhead costs and desired profit.

**Answer: A**

Explanation:

In the context of food service, the mark-up method is a pricing strategy used to cover not only the direct costs of goods sold but also to account for overhead costs and to achieve a desired profit margin. This method involves adding a specific dollar amount or percentage to the base cost of a product.

The primary rationale behind the mark-up method is to ensure that all expenses related to the production and sale of food items are adequately compensated in the selling price. Direct costs include the raw materials and labor directly involved in creating the product. However, these are not the only costs a business incurs. There are also indirect costs or overheads, such as utilities, rent, kitchen equipment maintenance, and other operational expenses that are not directly attributable to specific food items but are essential for running the business.

By applying a mark-up, a food service business ensures it covers these overhead costs. The mark-up also incorporates a margin for profit, which is essential for the sustainability and growth of the business. The size of the mark-up can vary depending on various factors such as the type of food establishment, target market, competition, and overall business strategy.

It's important to note that the mark-up method is distinct from simply increasing the price to boost profits because it systematically accounts for all the contributing cost factors. This method helps in setting prices that are both competitive and sufficient to keep the business financially healthy.

Additionally, by using a mark-up, businesses can simplify the process of price calculation and adjustment as costs and economic conditions change.

In practice, the mark-up method allows for transparent pricing strategies where food service managers can easily explain and justify costs to customers, stakeholders, and during financial planning. This method also aids in maintaining consistency in profit margins even when individual product costs fluctuate due to market changes or seasonal availability of ingredients.

In summary, the mark-up method in food service is a critical tool for financial management, ensuring that all costs—both direct and indirect—are factored into the price of food items, alongside achieving a

predetermined profit margin. This approach not only supports the financial health of the company but also contributes to strategic pricing and competitive positioning in the market.

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