HFN Exam Review

**Unit 1 Food Safety and the Kitchen**

* Kitchen safety practices
* Understanding what and where bacteria is. Prevention of illnesses from food. Fight BAC: clean, chill, cook, separate, handwashing rules, hazardous symbols
* Temperature zones: -18C, 2-4C, 4-60C, 60+
* First Aid
* Recipe Types and Cookbook parts
* Standard, active, narrative
* Measurement tools and types : imperial and metric, yield; double, half
* Cooking terms, cooking tools (types of knives)
* Cutting skills: the claw/bridge, right size knife, how to carry a knife, washing knives

**Unit 2 Influences on our Food Choices**

* Reasons we eat
* Physical…..
* Psychological….
* Factors that influence our food choices
* Resources; time, money, skills
* Geography; what is grown or caught where we live/grew up
* Culture/religion; what we grew up with as normal in our homes. Religious rules and traditions
* Media: what we see and hear makes us want to eat
* Family traditions; favourite family foods you have at certain times of year or celebrations
* Education: how well you are educated about health issues, healthy food choices will affect what you eat
* How childhood eating patterns can be developed
* Adult modelling
* Control of children, not teaching
* Advertising techniques used to get us to buy products/food

**Unit 3** **Nutrition and Wellness**

* Key nutrients: Carbohydrates, protein, fats, vitamins, minerals, water, fibre
* What these nutrients do for our body
* Food sources of these nutrients
* What can happen if we don’t get enough of these nutrients, or too much
* Sugars
* Sodium
* Extra calories
* Food label: ingredient list most to least. DV, Macro and micro ingredients
* Canada food guide:
* 4 food groups, what is NOT in a food group and why
* serving sizes and examples
* Vegetarianism: complete and incomplete proteins
* Types of vegetarians
* Reasons to be a vegetarian
* Snacking ; 2 food groups, examples
* Pros / cons
* Healthy weights
* Body types
* Waist to hip ratio, BMI
* Calories in and calories burned (3500 calories = 1 pound either way)
* Connection to activity levels
* Females age 14-18 = 2100 calories for mid activity level
* Males age 14-16 = 2700 calories (“)
* Examples of activities to get you active
* Differences between males and females; metabolism/muscles
* Body image; media pressure for ideals

**Unit 4  Meals and your Family**

* Meal appeal principles: colour, texture, flavor, shape, temperature
* Portions on a plate: 50%, 25%, 25%
* Convenience foods: pros & cons
* Family meal planning challenges: schedules, different ages/stages, health concerns, likes/dislikes, meals for one
* Budgeting
* How to budget/to figure how much you can spend
* How to determine budget; total income, # in family, time/skills, type of foods eaten
* How to save money on food
* Needs and concerns for different ages: babies, young children, adolescents, pregnant women, older adults, seniors
* Different types of places to buy food pros & cons
* Etiquette and manners in our culture; tipping

**Food Security:** 5 terms and meanings: accessibility, availability, adequacy, acceptability, sustainability. Solutions; government assistance, community support. WHY? Cheaper in the long run regarding healthcare. Children can do better in school and potentially rise out of poverty through education and better jobs.