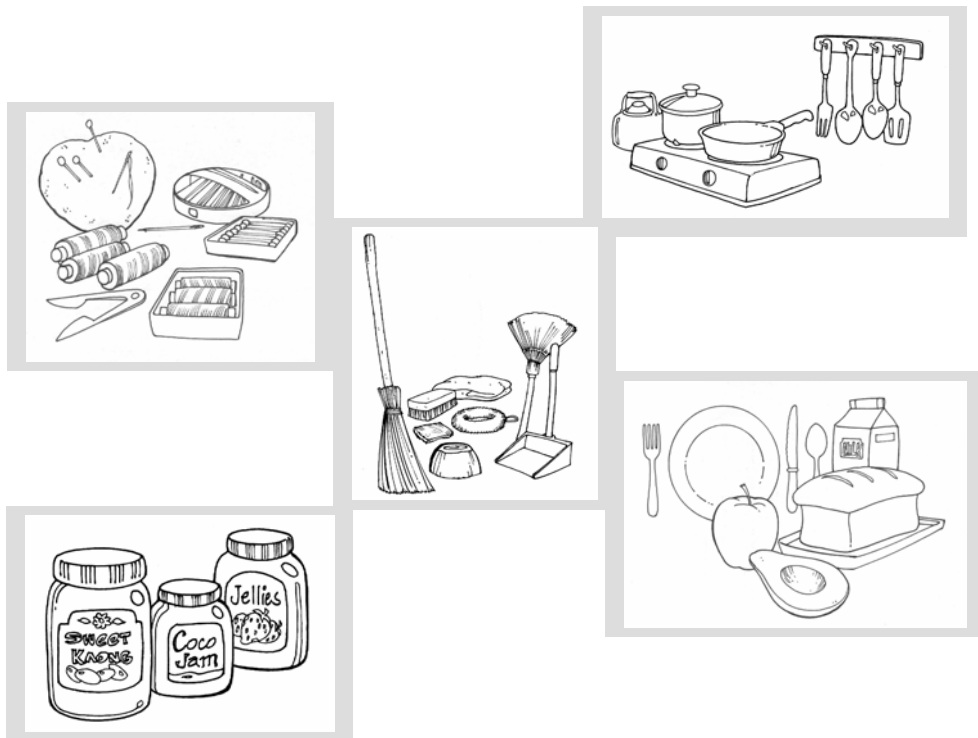


PROJECT EASE

Effective and Affordable Secondary Education

TECHNOLOGY AND LIVELIHOOD EDUCATION

Home Economics



MODULE 4

BUREAU OF SECONDARY EDUCATION

Department of Education
DepEd Complex, Meralco Avenue
Pasig City



Foods and Applied Nutrition

First Year

Module 4

GO BBYC: “Buying the Best for Your Consumption”



What this module is about

Hello, here we are again dear student! How are you today? Are you a member of any organization in your school? How about the BBYC or the “Bantay Bilihin Youth Club?” Congratulations! Young as you are, you are already exposed to consumer education. In this module, you are invited to go BBYC, “Buying the Best for Your Consumption.” You will learn how to distinguish quality goods, know your rights and duties as a consumer, know where and when to file for complaints on the malpractice of some manufacturers and vendors, learn how to conserve food nutrients, and finally, be able to apply the principles of meal planning by preparing a simple breakfast menu. So, let’s start our quest for learning now.



What you are expected to learn

This module helps you perform these tasks well:

1. Discuss the principles and guidelines in buying meat, poultry, fish, eggs, cereals, fruits, vegetables, as well as its labels/brands, trademarks and print advertisements;
2. Observe the malpractice of manufacturers and vendors in deceiving customers;
3. Discuss the rights and duties of a consumer;
4. Identify agencies tasked to safeguard the rights of consumers;
5. Conserve food nutrients through proper storage and food preparation;
6. Apply the principles of meal planning by preparing a simple breakfast menu; and
7. Serve and evaluate the prepared menu for breakfast.



How to learn from this module

The terms below are defined to facilitate learning as you go through this module.

Terms	Meaning
Adulterated	Impure or inferior due to the ingredients added.
Consumer	Refers to a person who uses goods or services.
Meal planning	The task of deciding in advance the food intended for a certain time or purpose.
Menu	Refers to the list of food to be prepared.
Perishable	Food that easily gets spoiled.
Poultry	Refers to domestic fowls such as chicken, turkey, Geese, among others.



PRETEST

Multiple Choice

Directions: Read each statement very well and write the letter of the correct answer on your paper.

- _____ 1. Which does not describe a fresh fish?
- sunken eyes
 - firm and elastic flesh
 - bright red gills
 - intact scales
- _____ 2. In buying good quality poultry, choose those with
- bruised skin
 - firm elastic flesh
 - light weight
 - poor conformation
- _____ 3. Any individual who uses goods and services.
- buyer
 - consumer
 - manufacturer
 - producer
- _____ 4. This practice intends to control the supply of goods.
- adulterated goods
 - created food shortage
 - mislabeled

d. short-weighing

- _____ 5. Information about the product is not true because undesirable qualities are not revealed.
- a. created news on food shortage
 - b. expired goods
 - c. false advertising
 - d. short-changing
- _____ 6. Which of the following is a consumer's right?
- a. checking the health condition of local markets
 - b. checking the quality of food supply
 - c. consumer education
 - d. honest and sincere entrepreneurship
- _____ 7. Which of the following is a consumer's responsibility?
- a. Demand for consumer protection
 - b. Accurate information on the value of food
 - c. Protection against malpractices of vendors and manufacturers
 - e. Critical awareness
- _____ 8. A government agency that educates people on consumer education
- a. DTI
 - b. DOH
 - c. DDB
 - d. DepEd
- _____ 9. An example of a very perishable food.
- a. egg
 - b. fruit
 - c. meat
 - d. vegetable
- _____ 10. What is the best cooking temperature for meat?
- a. high to moderate
 - b. high to low
 - c. low to moderate
 - d. moderate to high
- _____ 11. Fish scales are usually removed, unless the fish is going to be
- a. fried
 - b. broiled
 - c. boiled
 - d. steamed
- _____ 12. The most important meal of the day.
- a. breakfast
 - b. lunch
 - c. snacks
 - d. supper
- _____ 13. Which should be identified first?
- a. beverage
 - b. cereal or bread
 - c. fruits
 - d. protein dish
- _____ 14. Store eggs in the _____.
- a. freezer
 - c. closed container

- b. egg racks d. jar

- _____ 15. It is an instrument used for evaluation.
a. project plan c. scorecard
b. project proposal d. score sheet

Lesson 1

Guidelines in the Choice and Purchase of Foods

Hello there! Have you ever been asked by your mother to market for your family meal? Did you experience buying meat, poultry, fish, eggs, cereals, fruits, vegetables and canned goods? If yes, how did you make your choices? To help you make your choices in the future, here are some guidelines to follow:



When buying meat, make sure that:

- it is disease free and has complied with the required standards of cleanliness;
- it is tender and juicy
- it is reddish in color; and
- has no foul odor.

When buying poultry such as turkey, goose, duck, pigeon, and chicken, make sure that:

- it has good conformation;
- it has firm, elastic flesh;
- it has smooth unbruised skin; and
- it has heavy weight.





Before buying fish, look for the following characteristics:

- bright, clear bulging eyes;
- reddish pink gills;
- firm and elastic flesh;
- a skin that is free from slime;
- intact and shiny scales; and
- no unpleasant odor.

We always eat eggs during breakfast. So, when buying eggs, keep these pointers in mind:

- it should have rough, chalky and unbroken shell;
- it should sink in water;
- it should have round and firm yolk;
- should have light and thick white part; and
- a weight not too light for its size.



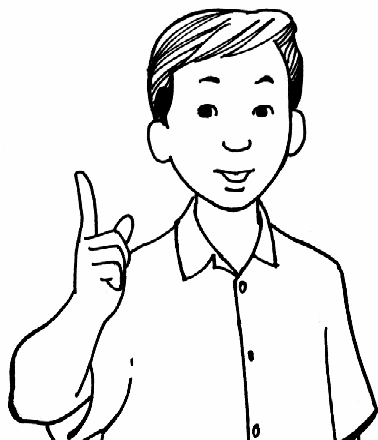
Cereals are grains such as corn, wheat, and oats. They can be stored for a long time in a container and do not spoil easily. So, when buying cereals keep these in mind:

- Choose bigger grains.
- It should be free from molds and bad odor.



Fruits are good for our body. Hence, when buying any kind of fruit, keep this in mind:

- Buy fruits in season.
- Don't buy overripe fruits.
- Fruits must not have wilted or discolored portions.
- Fruits must be heavy in relation to size.
- Fruits should be crisp and fresh.



Do you eat vegetables? Vegetables are good for the body, too. When buying vegetables, try to look for the following characteristics:

- free from defects and decay;
- fresh and crisp looking;
- no wilting and discoloration;
- big and well-shaped; and
- no worms and other pests.

Though canned goods and bottled goods are not very perishable, you still need to keep in mind the following reminders:

- Check the label to know the nutritive value, expiration date, net content by number, fluid measure or weight in grams.
- Avoid buying containers with bulges and big dents.
- Canned goods must be free from rust.

Activity 1

Join your mother when she goes marketing this week. Help her choose quality of foods based on what you have just learned.

Activity 2

Examine the labels of the canned goods and bottled goods you bought. Analyze food quality based on information on the labels. Write these in your notebook and discuss them with your friends and/or teacher.

Activity 3

Visit the nearest market in your place and make an ocular inspection of the quality of foods sold. Submit a written report of your findings to your teacher.



Self-check:

Place a ✓ on the blank if the statement refers to good quality foods, an ✗ if not.

- _____ 1. Reddish color of meat
- _____ 2. Canned goods with bulges
- _____ 3. Vegetables with wilted leaves
- _____ 4. Rough eggshell
- _____ 5. Easily removed fish scales
- _____ 6. Firm, elastic flesh of poultry
- _____ 7. Overripe fruits
- _____ 8. Expired canned goods
- _____ 9. Fish with clear and bulging eyes
- _____ 10. Big and well-shaped fruits and vegetables

Did you get all the answers right? If not, review the lesson, paying particular attention to the items missed. If all your answers are right, CONGRATULATIONS! You may proceed to the next lesson.

Lesson 2

Malpractices of Manufacturers and Vendors

Now that you know how to choose quality foods, it's not enough to stop there. You should know the next lesson on consumership. A consumer is any individual who uses goods and services. As a consumer, you must be vigilant and alert against the malpractices of manufacturers and vendors.

The following are some of the common malpractice of some vendors and manufacturers.

1. Expired goods
Content of canned or bottled goods is spoiled if the label shows their expiration dates.
2. Short weighing
The weight of food is inadequate to what it should be. This means that even if the scale indicates one kilo, the weight is actually less.
3. Short-changing
Your change is lacking, hence, it is always safe to count your change before leaving the vendor.

4. Adulterated goods
Some vendors use ingredients that look very much like the real ingredients to mislead its buyers.
5. Mislabeling
The label does not tell the real content of the canned goods or bottled goods.
6. False advertising
Information about the product is not true because its undesirable qualities are not revealed.
7. Created food shortage
This practice is intended to control the supply of goods such as rice which is hoarded in warehouses.

Activity 4

Interview your family members or close relatives about their experience of being victims of the malpractices of manufacturers and vendors. Make a narrative report on this.

Activity 5

Prepare clippings or a collection of articles on the given topic and submit to your teacher.



Self-check:

JC is asked by his mother to go to market. Help him evade from being cheated by manufacturers and vendors. Place a ✓ if the statement indicates being a vigilant consumer and ✗ if not.

- _____ 1. Check the weighing scale before buying.
- _____ 2. Buy expired goods.
- _____ 3. Accept incorrect change.
- _____ 4. Check the food label.
- _____ 5. Do not believe in wrong TV information.

How was your score? Did you get all the answers right? If not, go back to the lesson and pay more attention to the parts you missed. If you scored high, CONGRATULATIONS! You may now proceed to the next lesson.

Lesson 3

Rights and Duties of Consumers

After knowing the malpractices of manufacturers and vendors, you have to know your rights and responsibilities as a consumer. Vendors and manufacturers usually abuse consumers who do not know their rights. Following are your rights and responsibilities:

Rights of a Consumer

1. *The Right to Basic Needs.* This is the first consumer right which guarantees survival, adequate food supply, clothing, shelter, health care, education and sanitation.
2. *The Right to Safety.* This right protects consumers against the marketing of goods or the provision of services that are hazardous to life and health.
3. *The Right to Information.* This right protects consumers against dishonest or misleading advertisements or labeling and the right to be furnished the facts and information needed to be able to make an informed choice.
4. *The Right to Choose.* This right enables us to choose competitively priced products with the assurance of satisfactory quality.
5. *The Right to Representation.* This is the right to express consumer interest in the making and execution of government policies.
6. *The Right to Redress.* This is the right to be compensated for misrepresentation, shoddy goods or unsatisfactory services.
7. *The Right to Consumer Education.* This refers to the right to acquire the knowledge and skills needed to be an informed customer.
8. *The Right to Healthy Environment.* This is the right to live and work in an environment which is neither threatening nor dangerous and which respects a life of dignity and well-being.

Responsibilities of a Consumer

1. *Critical Awareness.* This is the responsibility of being alert in questioning the use, price, and quality of the goods and services we pay for.
2. *Action.* This is the responsibility of asserting ourselves and ensure that we get a fair deal. If we remain as passive consumers, we shall be continually exploited.
3. *Social Concern.* This is our responsibility to be aware of the impact of our consumption of food and goods on other citizens, particularly the disadvantaged or powerless, whether in the local, national or international community.
4. *Environmental Awareness.* This refers to responsibility to understand the environmental consequences of our consumption. We should accept our individual and social responsibilities to conserve natural resources and protect the earth for the future generations.
5. *Solidarity.* This is the responsibility of organizing ourselves into consumer groups in order to develop the strength and influence of promoting and protecting our interests.

Agencies Tasked to Safeguard the Rights of Consumers

Our rights as consumers should be protected and safeguarded for our welfare. We should be aware of the services of the following government and private agencies responsible for our rights as consumers:

1. Department of Trade and Industry (DTI) or the City/Provincial/Municipal Treasurer - Entertains complaints for deceptive, unfair sales acts or practices, erroneous weights and measures to ensure consumers of quality products and safety.
2. Department of Education (DepEd) - For consumer education and information.
3. Department of Health (DOH) - Looks into the effects of food on the health of people through its laboratory studies. It also assigns a Sanitation Officer to every town whose duty is to check on the cleanliness of restaurants and other food outlets. It also takes charge of violations in the sale of food, drugs, cosmetics and devices, hazardous substances, labeling, packaging and price tags.
4. Bureau of Foods and Drugs (BFAD) - Takes care of complaints against adulterated, banned or mislabeled foods, drugs and cosmetics.
5. Dangerous Drugs Board (DDB) - Safeguards the role of prohibited and dangerous drugs, the rehabilitation of drug dependents, drug abuse protection and community information.
6. Bureau of Product Standards (BPS) - Protects the standard of quality and the safety of products.
7. National Meat Inspection Commission and Department of Agriculture - Sees to it that the meat and poultry products being sold in markets are safe for public consumption.
8. Energy Regulatory Board (ERB). Takes charge of complaints against the short-selling of gasoline stations and LPG dealers.

In the private sector, one of the consumer activist groups is media. Major newspapers employ consumer columnists who help consumers pursue their complaints against business establishments. Even TV hosts and radio commentators mediate between the complainant public and the establishment being complained against.

Activity 6

Interview at least three relatives or friends and ask them the following questions:

1. Do you know your rights as a consumer?
2. Do you remember any experience that made you aware of your rights? (i.e. expired products, overpricing and defective products, among others)
3. What did you do in these cases?
4. What are your responsibilities as a consumer? How aware are you of this?

Submit a written report of the interview to your teacher.



Self-check:

Write RI if the statement refers to consumers' rights; RE for consumers' responsibility.

- _____ 1. Scout for honest and sincere entrepreneurs.
- _____ 2. Buy good quality foods.
- _____ 3. Refuse food treated with chemicals harmful to health.
- _____ 4. Check the quality of food supply at the local market.
- _____ 5. Report any malpractice of vendors or manufacturers.
- _____ 6. Demand consumer protection.
- _____ 7. Information on the supply of goods at the local markets.
- _____ 8. Check the health conditions in the local markets.
- _____ 9. Seek protection for the general welfare of consumers.
- _____ 10. Know the correct information about the value of food products and other consumer goods.

How well did you score? If you got 7 out of 10, that's good! If you got all correct, very good! However, if you missed some items, go back to the lesson and take note of and improve the items you missed. If you get a higher or perfect score, move on to the next lesson.

Lesson 4

Proper Storage and Preparation of Food

A wise homemaker is concerned not only with the taste of food but also with how much nutrients are conserved after the food is cooked. Sometimes, much of the nutritive value of foods is lost during preparation and storage. Hence, extra care in the storage and preparation of food should be observed.

The storage facility is an important factor in food preparation. In determining the quality of food you are going to buy, consider first your storage resources for perishable foods. Food storage could be a refrigerator or an icebox. If you have no refrigerator, buy only the quantity of foods the family can consume in one day. Meat, fish and poultry are highly perishable. Fruits and vegetables are semi-perishable, while cereals and dried beans are not.

Following are practices in storing and preparing foods for you to observe:

Food	Storage	Technique
Meat	<ul style="list-style-type: none"> ▪ Wash meat under running water and drain quickly. ▪ Divide the meat into individual recipes and place in separate containers. ▪ Store meat in the coldest part of the refrigerator, the freezer. Don't thaw unpacked frozen meat under water or immerse this in water while still tightly packed in its plastic container. 	<p>Low to moderate heat is the best cooking temperature for meat because it produces a more tender and flavorful product and allows less shrinkage as well as more retention of nutrients.</p> <p>Pork should be cooked in a shorter time because its connective tissues are tender. When broiling meat, wait for the charcoal to become very hot and turn the meat every 2 to 3 minutes to keep its proper temperature.</p>
Poultry	<ul style="list-style-type: none"> ▪ Rinse in water, drain and place in individual plastic bags. Store in the freezer. 	<p>Principles observed in cooking meat also apply to poultry. Older chickens have tough meat which must be cooked in low temperature. Poultry can be cooked at low temperature. Poultry can be fried, barbecued, braised or stewed with vegetable extenders.</p>
Fish	<ul style="list-style-type: none"> ▪ Fish should be cleaned thoroughly. Remove the gills and internal organs. Scales are usually removed, except when grilled or roasted. 	<p>Fish needs less cooking time than meat because it has no connective tissues. Cook in moderate temperature to retain flavor and juice. Overcooked fish tends to break into pieces.</p>

	<ul style="list-style-type: none"> ▪ Cut the fish into desired pieces and rinse very well. Keep in separate plastic bags. Store in the freezer. 	<p>Acids such as vinegar harden the protein in fish, thus preventing its flesh from breaking.</p>
Eggs	<ul style="list-style-type: none"> ▪ Don't wash eggs. Just wipe them before storing. Keep in egg racks in the refrigerator or in a cool, dry, and clean cabinet. Eggs are stored in an upright position, with the bigger side upward. Keep them away from smelly foods. 	<p>Cook eggs under low to medium heat to keep them from becoming tough and discolored. Place eggs in cold water immediately after cooking to facilitate shelling. Make sure that eggs are at room temperature before boiling them to prevent cracking.</p>
Cereals	<ul style="list-style-type: none"> ▪ Store in dry, covered container. Keep the container tightly closed to protect from weevils or <i>bukbok</i>. 	<p>Remove foreign matter from rice before cooking. Wash rice not more than two times without rubbing the grains. Save washing for <i>sinigang</i>, <i>pesa</i> or for sauces.</p>
Dried beans and nuts	<ul style="list-style-type: none"> ▪ Store dried beans and nuts in plastic bags and keep in a cool, dry place away from sunlight. 	<p>Cook beans and legumes using the same water in which they were soaked. Simmer, instead of boiling.</p>
Fruits	<ul style="list-style-type: none"> ▪ Fruits should be washed and cleaned before storing. Overripe fruits should be serve immediately. ▪ Store in cool, dry place or inside the chiller portion of the refrigerator. 	<p>Wash fruits before paring to save the water-soluble vitamins. Cook fresh fruits in small amounts of water and with the skin on to retain its color, flavor and nutritive value.</p>

		To prevent darkening of certain fruits, minimize soaking in water. Instead, soak in calamansi juice.
Vegetables	<ul style="list-style-type: none"> ▪ Wash vegetables and drain until dry. Remove discolored and damaged portions. ▪ Place in dry plastic bags with holes for ventilation that helps delay the rotting of the vegetables. ▪ Place in the chiller portion of the refrigerator. 	Vegetables are washed before peeling, cutting or slicing. Avoid soaking in water. Use the minimum quantity of water. Don't overcook vegetables.
Milk and milk products	<ul style="list-style-type: none"> ▪ Transfer the content of canned milk into a glass or plastic container after opening. A chemical reaction may take place if air enters the tin can which may have an adverse effect on the milk. Refrigerate liquid milk. ▪ Powdered milk is stored in a cool, dry place with the lids tightly closed. Cheese and butter are stored in the refrigerator, while frozen foods like ice cream are stored in the freezer. 	Check on the expiry date, particularly of bottled milk before serving. In heating milk, use a double broiler on low fire and stir occasionally.

Activity 7

Draw a refrigerator filled with various foods such as meat, poultry, fruits, and vegetables among others. Make sure that you place the items correctly in their proper compartments.

Activity 8

Interview your mother or a family elder about their food storage and preparation practices. Compare these with what you have learned. Make a narrative report and submit this to your teacher.



Self-check:

Write T if the statement is correct, and F, if incorrect.

- _____ 1. Fruits and vegetables should be washed after paring to save the nutrients.
- _____ 2. Store meat in the warmest part of the refrigerator.
- _____ 3. Wash eggs before storing.
- _____ 4. Cereals are stored in a dry, covered container.
- _____ 5. Upon opening, transfer the content of canned milk into a glass or plastic container to prevent chemical reaction.
- _____ 6. Cook fish at high temperature.
- _____ 7. High to low is the best cooking temperature for poultry.
- _____ 8. Rice should be washed three times.
- _____ 9. Overripe and bruised fruits should be kept in the refrigerator.
- _____ 10. Dried beans can be stored in plastic bags for a long time.

How well did you score? Did you get 7 out of 10? That's good! How about 10? Very Good! If you missed some items in the test, go back to the lesson and pay more attention to the parts you missed. If you get all items right, proceed to the next lesson.

Lesson 5

Preparing a Simple Breakfast Menu

Did you have breakfast this morning? Good! Do you know that breakfast is the most important meal of the day? As the word implies, breakfast breaks the fasting or long period without food after supper. A good breakfast starts the day right. It gives you the energy and vitality you need to start the day. It is good to prepare a simple but nutritious breakfast for the family within the least possible time. In the previous module, you learned how to plan meals. Now, you will apply the guidelines/principles in meal planning in preparing your own menu for breakfast.

Sample Menu Pattern for Breakfast

Menu Pattern
Fruit

Sample Pattern
Papaya

Protein dish	Fried tinapa with tomatoes
Cereal or bread	<i>Sinangag</i>
Beverage	Milk or chocolate

Various fruits may be served for breakfast. Fruits are very valuable to your health. They help in the digestion of food because of the fibers which helps in waste elimination. However, there are fruits not suitable for breakfast such as the tamarind, santol, and green mangoes, among others because of their sour taste.

Protein dishes help build and repair body tissues. Meat, eggs, fish, and other animal by-products are good sources of protein.

Breakfast cereals could be rice or bread, among others. Since, rice is the staple food of Filipinos, it is usually included in our breakfast. Rice is served plain or fried commonly known as *sinangag*, a favorite of Filipinos. Bread is also served instead of rice for breakfast. The most popular bread is the locally baked "*pandesal*". Others are loaf bread, rolls, buns and bread sticks.

Milk is the best beverage for breakfast, It is the most nearly perfect food with all the essential nutrients needed by the body. Other beverages are chocolate, coffee, tea, brewed ginger and fruit juices.

Criteria in Evaluating Simple Family Breakfast

Anyone can prepare and serve breakfast. Certain criteria are however, observed to ensure a quality and nutritious breakfast. In evaluating the breakfast you prepared, have a scorecard to guide your evaluation. Below is an example of a scorecard for evaluating the family breakfast.

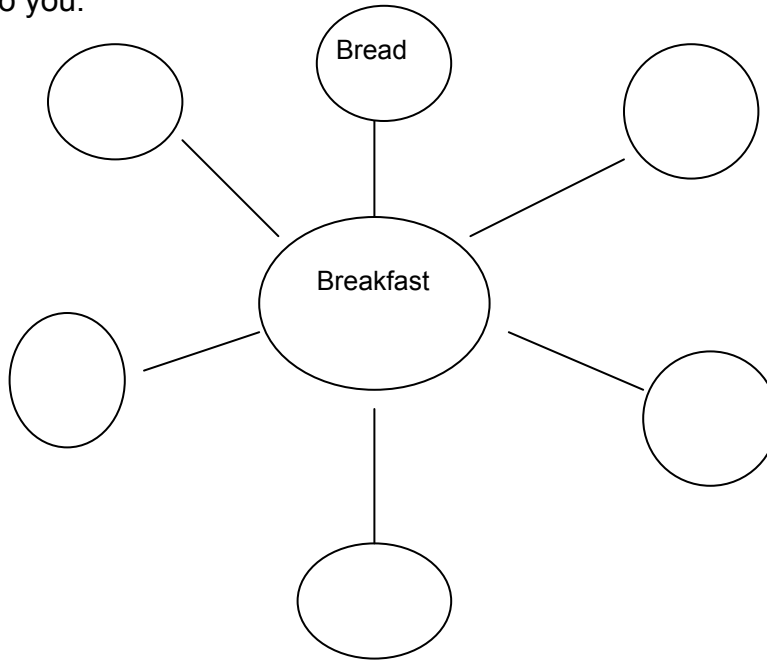
Criteria	Perfect Score	Actual Score
1. Quality of ingredients	10	
2. Technique of preparation	20	
3. Pace of work	5	
4. Quality of prepared breakfast		
Flavor	15	
Texture	10	
Temperature	5	
Color	10	
Nutritive Value	15	
5. Cost	10	
	100%	

Activity 9

Prepare a one week breakfast menu for your family. Make sure to follow the guidelines in meal planning.

Activity 10

Make the connections. Write inside the circles the needs that relate to breakfast. An example is given to you.



Activity 11

Evaluate your own breakfast, today using the instrument used in our lesson.



Self-check:

Answer the following:

1. Why is breakfast important?
2. Fill up the given menu pattern with a sample menu.

Menu Pattern	Sample Menu
Fruit	_____
Protein Dish	_____
Cereal or Bread	_____
Beverage	_____

Ask an elder in your family or your teacher to check your responses. What is your score? Did you get all items right? Very good! If not, review the part that you missed and improve it.



LET'S SUMMARIZE

- ❖ Consumers shop wisely to ensure consumption of good quality food. Knowing the tips in the choice and purchase of quality foods such as meat, poultry, cereals, fruits, and vegetables and other commodities ensures money's worth.
- ❖ Foods are stored and prepared in various ways. Proper storage and preparation of foods prevent food spoilage, wastage and nutrient loss.
- ❖ Consumers should be vigilant and alert against the malpractice of vendors and manufacturers to avoid being cheated and abused.
- ❖ Consumers have the right to be protected as well as the corresponding responsibilities. There are government and private agencies tasked to safeguard consumers' rights.
- ❖ Breakfast is the first and most important meal of the day. It can be simple but nutritious. Eating a nutritious breakfast starts the day right.
- ❖ Breakfast should be evaluated first to determine the nutritional value, quality of ingredients and the technique of preparation as well as the cost of the foods served.



POSTTEST

Multiple Choice:

Directions: Read each statement very well and write the letter of the best answer on the blank before each number.

- _____ 1. Which does not describe a fresh fish?
- a. sunken eyes
 - b. firm flesh
 - c. bright red gills
 - d. intact scales
- _____ 2. In buying poultry, which quality do you consider?
- a. bruised skin
 - b. firm flesh
 - c. light weight
 - d. poor conformation
- _____ 3. He or she is anyone who uses goods and services.
- a. buyer
 - b. consumer
 - c. manufacturer
 - d. producer
- _____ 4. This practice is intended to control the supply of goods.
- a. adulterated goods
 - b. created food shortage
 - c. mislabeling
 - d. short weighing

- _____ 5. Information on the product is not true when its undesirable qualities are not revealed.
- a. created food shortage
 - b. expired goods
 - c. false advertising
 - d. short-changing
- _____ 6. Which of the following is a consumer's right?
- a. Checking the health condition of the local markets
 - b. Checking the quality of food supply
 - c. Consumer Education
 - d. Honest and sincere entrepreneurship
- _____ 7. Which of the following is the consumer's responsibility?
- a. Consumer protection
 - b. Correct information about the value of food
 - c. Protection from the malpractice of vendors and manufacturers
 - d. Critical awareness
- _____ 8. A government agency that educates people about consumer education.
- a. DTI
 - b. DOH
 - c. DDB
 - d. DepEd
- _____ 9. It is a highly perishable food.
- a. egg
 - b. fruit
 - c. meat
 - d. vegetable
- _____ 10. Which is the best cooking temperature for meat?
- a. high to moderate
 - b. high to low
 - c. low to moderate
 - d. moderate to high
- _____ 11. Fish scales are usually removed except when the fish is to be
- a. fried
 - b. broiled
 - c. boiled
 - d. steamed
- _____ 12. It is the most important meal of the day.
- a. breakfast
 - b. lunch
 - c. snacks
 - d. supper
- _____ 13. In the breakfast menu pattern, which should be listed first?
- a. beverage
 - b. cereal or bread
 - c. fruits
 - d. protein dish
- _____ 14. Store eggs in the
- a. freezer
 - b. egg racks
 - c. closed container
 - d. jar

- _____ 15. It is an instrument used for evaluation.
- a. project plan
 - b. project proposal
 - c. scorecard
 - d. score sheet

At this point, you should have made a perfect score. Once you understand the lesson, you are ready for the next module. God Bless You!



ANSWER KEY

Pretest / Posttest

- 1. a
- 2. b
- 3. b
- 4. b
- 5. c
- 6. c
- 7. d
- 8. d
- 9. c
- 10. c
- 11. b
- 12. a
- 13. a
- 14. b
- 15. c

Lesson 1: Self-check

- | | |
|------|-------|
| 1. ✓ | 6. ✓ |
| 2. ✗ | 7. ✗ |
| 3. ✗ | 8. ✗ |
| 4. ✓ | 9. ✓ |
| 5. ✗ | 10. ✓ |

Lesson 2: Self-check

- 1. ✓
- 2. ✗
- 3. ✗
- 4. ✓
- 5. ✓

Lesson 3: Self-check

- | | |
|-------|--------|
| 1. RE | 6. RI |
| 2. RI | 7. RI |
| 3. RI | 8. RE |
| 4. RE | 9. RE |
| 5. RE | 10. RI |

Lesson 4: Self-check

- | | |
|------|-------|
| 1. F | 6. F |
| 2. F | 7. F |
| 3. F | 8. F |
| 4. T | 9. F |
| 5. T | 10. T |