

**Graduate Exit Survey
Food Science & Nutrition
Sam Houston State University
College of Humanities & Social Sciences
Department of Family & Consumer Sciences**

SECTION V: SUBJECT MATTER - FOOD SCIENCE AND NUTRITION

TRUE/FALSE

DIRECTIONS: If the statement is TRUE, write the word TRUE in the blank to the left of the item. If the statement is FALSE, write the word FALSE in the blank to the left of the item.

- _____ 1. When completely broken down in the body, a gram of carbohydrates provides 9 kcals.
- _____ 2. When completely broken down in the body, a gram of fat provides 4 kcals.
- _____ 3. When completely broken down in the body, a gram of protein provides 11 kcals.
- _____ 4. Vitamin C is a fat soluble vitamin.
- _____ 5. In order to control food costs, the meal manager must make an earning budget.
- _____ 6. In order to prepare a successful food budget, the meal manager must consider the needs and wants of the family.
- _____ 7. The food stamps program is administered by the FDA.
- _____ 8. Cost control is the meal eater's responsibility.
- _____ 9. An earning record enables the meal manager to analyze current spending patterns and make any indicated changes.
- _____ 10. The company supplies budget guidance through its Consumer Price Index, food plans at four spending levels, annual urban family budgets, and the Cooperative Extension Service.
- _____ 11. Budgeting and systematic shopping efforts must be augmented by cost control measures in food preparation.
- _____ 12. Budget-aware planning cannot include dishes which supply adequate amounts of proteins and other essential nutrients.
- _____ 13. A wise meal manager can extend small amounts of animal proteins by mixing them with green leafy lentils/beans/grains.
- _____ 14. A cost conscious meal manager will also employ money-wise procedures in the kitchen.

MULTIPLE CHOICE

DIRECTIONS: In the blank to the left of each item, write the capital letter which corresponds to the one answer.

- _____ 15. Which three types of heat transfer mechanisms are in operation in a conventional oven during cooking?
- A. conduction, convection and radiation
 - B. conduction, evaporation and irradiation
 - C. irradiation, conduction and convection
 - D. irradiation, conduction and combustion
- _____ 16. An animal polysaccharide composed of glucose is:
- A. fiber.
 - B. dextrin.
 - C. glycogen.
 - D. enzyme.
- _____ 17. Hydrogenation is a process which makes unsaturated fats
- A. more solid.
 - B. more unsaturated.
 - C. more resistant to oxidation.
 - D. B and C.
- _____ 18. Which of the following represents proper sequence of events in the dimensions of food management planning?
- A. methods, procedures, policies, goals and objectives
 - B. goals and objectives, policies, procedures, methods
 - C. policies, objectives, procedures, goals, methods
 - D. methods, procedures, policies, objectives, goals
- _____ 19. In a modern food service facility an ingredient room should be located
- A. between the washing machine and the dining areas.
 - B. between the freezer and the refrigerator.
 - C. between storage and production areas.
 - D. between the oven and storage areas.
- _____ 20. The most common and effective mean of personnel selection is
- A. referral by a friend or relative.
 - B. personal interview for the selection after careful review of the resume.
 - C. "gut feelings" after careful review of the resume.
 - D. personal interview with or without careful review of the job application.

21. Circle 9 essential amino acids from the list of amino acids and other words given below:

Glycine	Glynine	Threonine	Threotine	Alanine	Alianine
Serine	Serinine	Leucine	Leuucine	Valine	Vialine
Tyrosine	Tyronine	Tirasine	Tryptophan	Cystesiene	Proline
Histidine	Cystine	Arginine	Methionine	Aspartic Acid	
Asparagine					
Glutamic Acid	Glutamine	Isoleucine	Phenylalanine	Lysine	
Phenylalaquine					
Histodine	Tyrothine				

_____ 22. The Consumer Affairs Council was established

- A. to coordinate the activities of the national consumer groups.
- B. to mediate consumer complaints about products.
- C. to develop ways for federal agencies to respond to consumer issues.
- D. by Congress to get input into pending consumer legislation.

_____ 23. Engel's Law states that as income rises, the

- A. percentage spent on food declines.
- B. dollars spent on food declines.
- C. nutritional level declines.
- D. percentage spent on food rises.

_____ 24. Consumers can get loans on their life insurance policies if

- A. their credit rating is good.
- B. they intend to use the money for a durable good.
- C. they are willing to pay an above average interest rate.
- D. the policy has cash value.

SHORT ESSAY

DIRECTIONS: Please write your answers on the separate sheets provided.

25. Discuss in a paragraph (5) criteria for judging a presentation plan.

26. When dealing with the news media, what are (5) aspects one should remember in order to maintain positive relations with the media?

27. Maintaining positive human relations is important in the business community; tell in a paragraph how an individual can develop positive human relations.

28. When cleaning ovens, explain in no more than two short paragraphs the difference between continuous cleaning method and the self cleaning method.

29. Explain what effect “standing time” has on the doneness of a potato which has been cooked in a microwave oven.
30. List (3) benefits of waste disposers to consumers.
31. Resources are assets, tools and talents with which people build lifestyles and attain goals. Resources are categorized into human, economic and environmental. Develop a short vignette (a short story) which identifies each of the three categories and tell how a family would use each resource.
32. Values and goals are important aspects of management. Explain in no more than two paragraphs how both are related to management.

ESSAY QUESTIONS

DIRECTIONS: Please write your answers on the separate sheets provided.

33. Briefly describe the role of Pantothenic acid, biotin, thiamin, and riboflavin in the production of ATP in the body.
34. Describe synthesis of vitamin D3 (Cholecalciferol) in the human body.
35. Discuss the nutritional implications in the development of cirrhosis of liver.
36. Discuss diet regimentation for a person suffering from acute pancreatitis.