

Food and Fiber Problem Solving #1

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

How many servings of milk are in this package?

A. 1

B. 2

C. 5

D. 8

Food and Fiber Problem Solving #2

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**How many calories
are in one serving
of whole milk?**

- A. 30**
- B. 70**
- C. 125**
- D. 150**

Food and Fiber Problem Solving #3

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

What percent of your recommended daily value of calcium will you get from one serving of milk?

- A. 4%**
- B. 12%**
- C. 25%**
- D. 30%**

Food and Fiber Problem Solving #4

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

How many grams of protein are in one serving of milk?

- A. 5
- B. 8
- C. 11
- D. 12

Food and Fiber Problem Solving #5

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

True or False:
Whole milk is a
good source of
Vitamin D.

- A. True**
- B. False**

Food and Fiber Problem Solving #6

What completes the food equation?

Tomatoes + Vinegar + Sugar = ?

- A. Salsa**
- B. Tomato Sauce**
- C. Jelly**
- D. Ketchup**

Food and Fiber Problem Solving #7

Which food is a good source of protein?



A



B



C

Food and Fiber Problem Solving #8

Which item has the highest citric acid content?



A



B

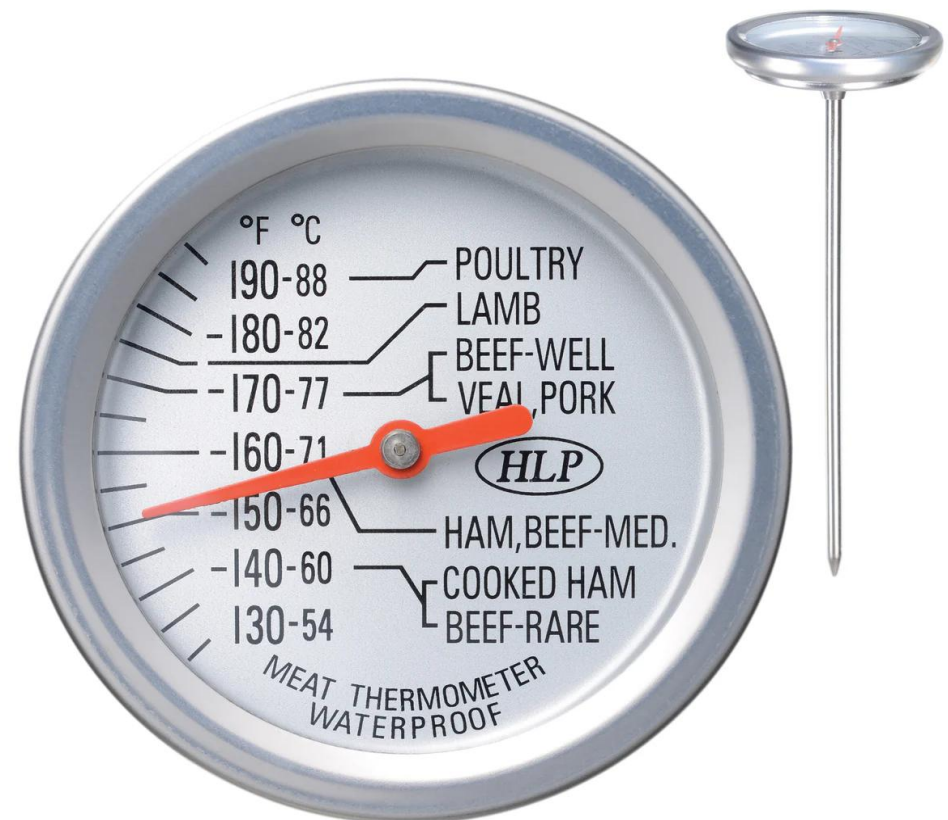


C

Food and Fiber Problem Solving #9

Look at the meat thermometer. Would this reading indicate that ground beef is well-done?

- A. Yes**
- B. No**
- C. Impossible to tell**



Food and Fiber Problem Solving #10

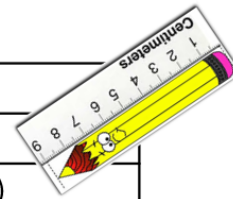
You are making 80 gallons of apple butter. How many quart jars will you need?

- A. 20
- B. 80
- C. 160
- D. 320

Customary Conversions

Length

1 foot (ft.)	=	12 inches (in.)
1 yard (yd.)	=	3 feet (ft.)
1 mile (mi.)	=	5, 280 feet (ft.)
1 mile (mi.)	=	1, 760 yards (yd.)



Weight

16 ounces (oz.) =		1 pound (lb.)
2,000 pounds (lbs.) =		1 ton (T.)

Capacity

8 fluid ounces (fl.oz.)	=	1 cup (c.)
2 cups (c.)	=	1 pint (pt.)
2 pints (pt.)	=	1 quart (qt.)
4 quarts (qt.)	=	1 gallon (gal.)



Time

60 seconds (sec.)	=	1 minute (min.)
60 minute (min.)	=	1 hour (hr.)



Food and Fiber Problem Solving #11

How many steaks are included in this package?

- A. 4
- B. 8
- C. 10
- D. 20

Two Rivers
MEAT CO.

**BOX CONTAINS
8 Steaks**
Individually Sealed

USDA CHOICE BEEF STRIP LOIN STEAK
BEEF FAT ADDED, 10 oz
Needle Tenderized
Contains up to 13% solution of water and salt

COOKING INSTRUCTIONS:
Grill until product reaches 145 degrees F, as measured in the thickest part by a food thermometer, and hold the product at or above this temperature for 3 minutes.

Best By 01/19/27 **KEEP FROZEN**

Distributed by: Two Rivers Distribution, LLC.
891 Two Rivers Drive • Dakota Dunes, SD 57049
Product of USA

NET WT 5.0 LB 40080

Nutrition Facts
20 servings per container
Serving size 4 oz. (113g)

Amount per serving	Calories	% Daily Value*
Total Fat 21g	270	27%
Saturated Fat 9g		45%
Trans Fat 0g		
Cholesterol 85mg		28%
Sodium 210mg		9%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		0%
Includes 0g Added Sugars		0%
Protein 19g		
Vitamin D 0mcg		0%
Calcium 6mg		0%
Iron 2mg		10%
Potassium 290mg		6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Food and Fiber Problem Solving #12

The steaks in this package are produced in the United States.

- A. True
- B. False



Food and Fiber Problem Solving #13

Which product label would most likely be found on chicken nugget packaging?

Nutrition Facts	
servings per container	
Serving size	(87g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 152mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

A

Nutrition Facts	
Serving Size 3/4 cup (126g/4.5 oz.)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 15mg	1%
Potassium 240mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%
Vitamin K 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g

B

Nutrition Facts	
1 serving per container	
Serving size	1 Pouch (21g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol <5mg	1%
Sodium 150mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 0.9mg 4%	Potassium 50mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

C

Food and Fiber Problem Solving #14

A Salad dressing recipe calls for 2 teaspoons of salt. You are making a triple batch. You only have a Tablespoon to measure with. How many tablespoons of salt will you need for the triple batch?

(Hint: 1 Tablespoon = 3 teaspoons)

- A. 6 Tablespoons**
- B. 3 Tablespoons**
- C. 2 Tablespoons**
- D. 1 Tablespoon**

Food and Fiber Problem Solving #15

Use the Foodservice Guide to Shell Eggs to answer the question below.

You run a small bakery. You normally order (2) 30 dozen cases of large eggs. They are out of large so they ask what you would like to substitute with. Your best option to get close to the same weight would be:

- A. Two extra large cases of 30 dozen**
- B. One case of extra large and one case of medium**
- C. Three cases of pee wee**
- D. One case of medium and two cases of small**

Food and Fiber Problem Solving #16

Use the Foodservice Guide to Shell Eggs to answer the question below.

44 extra large eggs are the same as how many medium eggs?

- A. 50**
- B. 56**
- C. 52**
- D. 27**

Food and Fiber Problem Solving #17

A pancake recipe makes 10 pancakes and calls for $\frac{3}{4}$ cup of milk. You only want to make 5 pancakes. How much milk should you use?

- A. $\frac{1}{4}$ cup**
- B. $\frac{1}{2}$ cup**
- C. $1\frac{1}{2}$ cups**
- D. $\frac{3}{8}$ cup**

Food and Fiber Problem Solving #18

A community center is building a new park bench. The bench must be very strong (to safely hold several people) and durable (to last for many years outside in the rain, sun, and snow).

A woodworking class is given a chart with information about four types of wood.

The class must choose one type of wood for the bench. Their most important goals are strength (High Density/Hardness) and rot resistance (lasting in the rain).

Based only on the chart, which wood is the BEST choice for the outdoor bench?

- A. White pine**
- B. Cherry**
- C. Walnut**
- D. White oak**

Food and Fiber Problem Solving #19

Which of the following cuts would be best cooked at 275°F for 4 hours?



A



B



C



D

Food and Fiber Problem Solving #20

Which of the following exhibits produce with the desired level of ripeness?



A



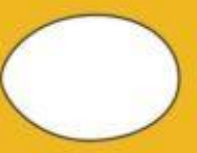
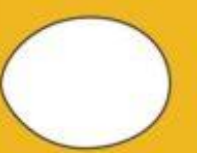
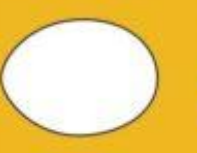
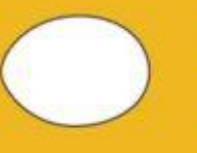
B



C

A Foodservice Guide to Shell Eggs

Egg Size

JUMBO	EXTRA LARGE	LARGE	MEDIUM	SMALL	PEE WEE
					

Minimum wt. per dozen

30 oz.	27 oz.	24 oz.	21 oz.	18 oz.	15 oz.
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Minimum wt. per 30 dozen case

56 lbs.	50.5 lbs.	45 lbs.	39.5 lbs.	34 lbs.	28 lbs.
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Egg Quality

		
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	Grade AA	Grade A	Grade B
Break Out Appearance	Covers a small area	Covers a moderate area	Covers a wide area
Albumen Appearance	White is thick and stands high; chalazae prominent	White is reasonably thick, stands fairly high, chalazae prominent	Small amount of thick white, chalazae small or absent. Appears weak and watery
Yolk Appearance	Yolk is firm, round and high	Yolk is firm and stands fairly high	Yolk is somewhat flattened and enlarged
Shell Appearance	Approximates usual shape; generally clean,* unbroken; ridges/rough spots that do not affect the shell strength permitted		
Usage	Ideal for any use, but are especially desirable for poaching, frying, and cooking in shell		
	*An egg may be considered clean if it has only very small specks, stains or cage marks. Source: USDA		
	Good for scrambling, baking, and use as an ingredient in other foods		
	Abnormal shape; some slight stained areas permitted; unbroken; pronounced ridges/thin spots permitted		

Egg Size Substitutions

Jumbo	X-Large	Large	Medium	Small
1	1	1	1	1
2	2	2	2	3
5	5	6	7	8
9	10	12	13	15
18	21	24	27	28
37	44	50	56	62

Use for Question 18

Table1 ▾				
Type of Wood ▾	Density (Weight) ▾	Hardness (Resists Dents) ▾	Rot Resistance (Lasts in Rain) ▾	
White Pine	Low	Soft	Poor	
Cherry	Medium	Medium-Hard	Poor	
Walnut	Medium-High	Hard	Good	
White Oak	High	Very Hard	Excellent	