

23

Meal Planning, Shopping, Preparation, and Storage

1. Explain how to prepare a basic food plan and list food shopping guidelines

Short Answer
Make a basic food plan for Monday through Friday. Include breakfast, lunch, dinner, and snacks.

MONDAY

Breakfast

Snack

Lunch

Snack

Dinner

Snack

TUESDAY

Breakfast

Snack

Lunch

Snack

Dinner

Snack

WEDNESDAY

Breakfast

Snack

Lunch

Snack

Dinner

Snack

THURSDAY

Breakfast

Snack

Lunch

Snack

Dinner

Snack

FRIDAY

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Fill in the Blank

1. Avoid overly _____, already-mixed, or ready-made foods because they are more expensive.
2. Read _____ for ingredients that may be harmful to a client, such as excessive salt.
3. Estimate the _____ by dividing the total cost by the number of servings.
4. For clients on a low-fat diet, take the _____ off chicken and turkey parts.
5. Buy fresh foods that are in season when they are at their _____ flavor.
6. Large amounts or larger sizes are usually more _____.
7. Cheaper cuts of meat tend to have more _____ in bones and fat.

Short Answer

8. List four factors to consider when buying food for clients.

9. Do you buy any organic and/or locally grown foods? If so, why is that important to you?

2. List guidelines for safe food preparation**True or False**

1. _____ The home health aide should wash his hands before handling food, but does not need to wash his hands again afterward.
2. _____ Sponges should be washed in the dishwasher to disinfect them.
3. _____ Frozen foods should be defrosted on the counter.
4. _____ Food can be left out safely for about five hours.
5. _____ Poultry needs to be cooked thoroughly to kill microorganisms.
6. _____ If the HHA sneezes while around food, she should wash her hands again.
7. _____ It is best to use separate cutting boards for meat and vegetables.
8. _____ It is not necessary to change knives between cutting fresh meat and cutting vegetables.
9. _____ If a person has a weakened immune system because of cancer, a foodborne illness can be deadly.
10. _____ Elderly people are at increased risk for foodborne illnesses because they do not care about how food tastes.

3. Identify methods of food preparation**Matching**

For each method of food preparation, identify the correct description. Use each letter only once.

1. ____ Baking
 2. ____ Boiling
 3. ____ Braising
 4. ____ Broiling
 5. ____ Frying
 6. ____ Microwaving
 7. ____ Poaching
 8. ____ Roasting
 9. ____ Sautéing
 10. ____ Steaming
- (A) Safe for defrosting, reheating, and cooking, but this method can cause cold spots.
- (B) Cooked in barely boiling water or other liquids; this is an ideal way to prepare fish and eggs.
- (C) Used for meats, poultry, and some vegetables, this method may involve mixing items with oils or spices before cooking and basting meats or poultry during cooking.
- (D) The best method for cooking pasta, noodles, and rice.
- (E) Used in an oven at moderate heat, this method is appropriate for many foods such as breads, fish, vegetables, and casseroles.
- (F) A quick way to cook vegetables and meats by using a small amount of oil in a frying pan and stirring constantly.
- (G) A small amount of water is boiled in the bottom of a saucepan, and food is set over it in a basket or colander.
- (H) The least healthy way to cook, this method uses a lot of fat.
- (I) This method can be used to melt cheese or brown the top of a casserole.
- (J) A slow-cooking method that uses moist heat to cook meat or vegetables at a temperature just below boiling.

4. Identify four methods of low-fat food preparation**Fill in the Blank**

1. _____ allows fats in meat to drip out before food is consumed, which lowers fat content.
2. Plan meals around _____ to help cut out the fat content.
3. Sometimes high-fat ingredients can be _____ or replaced to lower the fat content of a recipe.
4. _____ meat on paper towels after you brown it.
5. Leave out _____ on sandwiches or on top of casseroles.
6. An example of a low-fat meal based on vegetables and grains is beans and _____.
7. Boiling, steaming, broiling, roasting, and _____ are all methods of cooking that require little fat.
8. Try substituting _____ for mayonnaise or sour cream.
9. For people who follow a vegan diet, _____ foods can be substituted for cheese and cream.

5. List four guidelines for safe food storage**Multiple Choice**

1. After shopping, which of the following foods should be put away first?
 - (A) Crackers
 - (B) Milk
 - (C) Pasta
 - (D) Cereal

2. It is a good idea to keep easily spoiled items in the
 - (A) Door of the refrigerator
 - (B) Cupboard
 - (C) Rear of the refrigerator
 - (D) Pantry
3. Refrigerator temperature should be between
 - (A) 0°F and 10°F
 - (B) 36°F and 40°F
 - (C) 10°F and 20°F
 - (D) 62°F and 66°F
4. Food should not be left out for more than _____ hours.
 - (A) 5
 - (B) 3
 - (C) 2
 - (D) 12
5. If the home health aide is not sure whether food is spoiled, she should
 - (A) Discard it
 - (B) Serve it and see if anyone complains or feels ill
 - (C) Cook it for a longer time than usual
 - (D) Smell it after cooking it to be sure it is safe
6. Foods that can be composted include
 - (A) Canola oil
 - (B) Fish bones
 - (C) Yogurt
 - (D) Coffee grounds