

AMBIENT Content Questions

Ethnobotany Research Paper

1. What is ethnobotany?
 - a. Study of how people use plants
 - b. Study of plants in ecology
 - c. Study of plants for decoration
 - d. Plants and human disease

2. What does ethnobotany contribute to our understanding of culture and history?
 - a. How humans have used plants to prevent and treat disease
 - b. How plants came to grow in certain areas of the world
 - c. What changes plants have gone through as a result of changing climate
 - d. What plants have transformed themselves over time

3. How can food recipes from different cultures have similar nutritional value?
 - e. They rely on the same basic receipt
 - f. They use similar ingredients to obtain nutritional balance
 - g. They use only natural ingredients
 - h. Different cultures have different dietary needs

AMBIENT Content Questions

Food Journal Exercise

1. What behaviors are most often associated with common eating disorders?
 - a. Liking only two or three kinds of food or getting sick often
 - b. Not eating, throwing up or eating too much
 - c. Eating one thing at a time or nothing at all
 - d. Eating all day instead of at meal times or always eating alone

2. Which population most often gets eating disorders?
 - a. Men in early adulthood
 - b. White, upper middle class women
 - c. High-school students that do not join athletic teams
 - d. Girls between the ages of 6 and 10

3. What are the qualities of a balanced diet?
 - a. Eating exclusively fruits and vegetables
 - b. Eating proteins, fruits, and vegetables while avoiding carbohydrates
 - c. Eating a fat free diet
 - d. Eating proteins, fruits, vegetables, and carbohydrates

4. What is the most common disease caused by improper diet in the United States?
 - a. Heart disease
 - b. Malnutrition
 - c. Diabetes
 - d. Obesity

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Food Labels

1. Who sets the standards for the information on food labels?
 - a. Manufacturers
 - b. Farmers
 - c. Food and drug administration
 - d. Doctors

2. What information is required to be on food labels?
 - a. Nutritional values
 - b. GMO content
 - c. Organic percentage
 - d. Food interaction warnings

3. Which of the following student quotes is a fact and not an opinion?
 - a. Lisa “I hate to eat fruit. So since fruit just is just as good as fresh fruit, I drink juice instead.”
 - b. Ceaser: “I won’t gain weight because I only eat non-fat foods.”
 - c. Bill: “Some fats are good.”
 - d. Rachel: “Food prepared at home is much safer than food prepared in restaurants

4. What vitamins and minerals are required to be on a label?
 - a. Those that are good for you
 - b. Those that are in the food
 - c. Those that are part of a balanced diet
 - d. Those that are part of the minimum daily requirements

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Food Myths Critical Thinking and Reading

1. Which of the following is a food fact?
 - a. Eating fruit at the end of a meal is better for digestion
 - b. Fruit juice is just as nutritious as eating fruit
 - c. Eating red meat is not bad for you
 - d. Fried food is good for you if the oil used is vegetable oil

2. Which of the following is a food myth?
 - a. All fats are not bad for you
 - b. High protein diets are the best way to lose weight
 - c. Weight loss is best done gradually by decreasing food intake and increasing exercise
 - d. Too much of any food can be bad for you

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Food Safety Lab (Inhibitor of Bacterial Growth – High Temperature)

1. What is the effect of very high temperature (i.e. boiling) on bacterial activity?
 - a. Slows it
 - b. Stops it
 - c. Does not effect it
 - d. Speeds it up

2. What is yeast?
 - a. Bacteria
 - b. Virus
 - c. Powder
 - d. Microbe

3. What is the effect of sugar on yeast?
 - a. Stops it from growing
 - b. Feeds it
 - c. Warms it up
 - d. Makes it bubble up

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Food Safety Lab – Part 2 (Inhibitor of Bacterial Growth – Low Temperature)

1. What is the effect of very low temperature (refrigeration) on most microbial activity?
 - a. Slows it
 - b. Stops it
 - c. Does not effect it
 - d. Speeds it up

2. What is the effect of humidity on microbial growth?
 - a. Slows it
 - b. Stops it
 - c. Does not effect it
 - d. Speeds it up

3. Why does lettuce turn brown when it's not refrigerated?
 - a. Microbes are eating it
 - b. Not enough moisture
 - c. Rotting with cold temperature
 - d. Fungus sets in

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Food Safety Lab – Part 3 (Cross Contamination and Hygiene)

1. What is cross contamination?
 - a. Contaminated food
 - b. When one food feeds the bacteria in another food
 - c. When microbes in one food get into another
 - d. Infecting a food purposefully to test pathogen resistance

2. Why is it dangerous if restaurant employees do not wash their hands?
 - a. They can cross-contaminate the food
 - b. They can get a cold or the flu
 - c. They can pass food poisoning on to their families
 - d. They will only be allowed to handle meats

3. What kinds of illnesses are passed through cross contamination of food?
 - a. Colds and the flu
 - b. Diarrhea and vomiting
 - c. Heart disease and meningitis
 - d. Diabetes and stroke

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Foodborne Illness - Educational Materials

1. What kinds of educational materials can be made available that promote awareness of food safety?
 - a. Warnings on menus
 - b. Advice on food levels
 - c. Directions to eat only canned foods
 - d. More prepared foods

2. Foodborne illnesses
 - a. Are often detected early in the outbreak
 - b. Represent a group of under-diagnosed illnesses
 - c. Are associated with the consumption of alcoholic beverages
 - d. Are often the result of an unavoidable situation

3. Groups of people most susceptible to foodborne illnesses are
 - a. The elderly and children
 - b. Adults
 - c. Hispanics
 - d. All groups of people are equally susceptible

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Foodborne Illness Outbreak Investigation

1. How best can we prevent food borne illness outbreaks?
 - a. More inspections
 - b. More careful preparation, handling and storage of food
 - c. Closing restaurants with contamination problem
 - d. Only eating organic food

2. Restaurants keeping track, doctors reporting multiple cases, and media reporting to the health department are all ways that
 - a. Food borne illnesses can be recognized as outbreaks and not just individual cases
 - b. The health department can keep from involving the authorities
 - c. Individual cases of food poisoning can be linked to individual restaurants
 - d. Employees can be help accountable for their improper handling of food

3. What is a “point source” epidemic?
 - a. An epidemic of influenza
 - b. An epidemic of hepatitis A in a restaurant from a food handler
 - c. An epidemic of the common cold
 - d. An epidemic of polio

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Foodborne Illness Scenario

1. What are the specific symptoms of food borne illness?
 - a. Do not feel well
 - b. Do not want to eat more – feel full
 - c. Unable to digest food at next meal
 - d. Vomiting and diarrhea

2. What are the most common causes of food borne illness?
 - a. Fertilizers and pesticides
 - b. Food not washed properly and not cook thoroughly
 - c. Handling and cooking spoiled food
 - d. Being exposed to someone who has a food borne illness and having a cold

3. How can food borne illness be prevented?
 - a. Store foods in refrigerator, then clean and cooked thoroughly
 - b. Use only organically grown food
 - c. Limit fertilizers
 - d. Don't eat out

AMBIENT Content Questions

Generate a Calibration Curve for Chlorophyll A

1. What is spectroscopy?
 - a. The study of light and colors
 - b. The study of the interaction of matter with electromagnetic radiation
 - c. A method used by scientists to study the changing amounts of phytoplankton in our oceans
 - d. A way of determining color absorbencies in materials

2. What is Beer's Law?
 - a. A relationship between the transmitted light and physical properties
 - b. A relationship between light transfer and material density
 - c. A relationship between material color and material transmission
 - d. A relationship between light transmission and light absorption

3. What color does 550 nm correspond to?
 - a. Red
 - b. Yellow
 - c. Green
 - d. Violet

AMBIENT Content Questions

Using Maps to Make Public Health Decisions

Case Study: Harmful Algal Blooms in the Gulf of Mexico

1. What is an algal bloom?
 - a. When the spring blooms occur
 - b. When algae multiply rapidly in time and space
 - c. When pollution increases
 - d. When fish die in a tank

2. What causes neurotoxic shellfish poisoning (NSP)?
 - a. Eating infected marine shellfish
 - b. Red Tide
 - c. Rapid changes in ocean temperatures
 - d. A viral infection of marine shellfish

3. What is a brevetoxin?
 - a. One that lasts only a brief time
 - b. One that is a short bacteria when looked at through a microscope
 - c. The natural toxin produced by Florida Red tide dinoflagellates
 - d. A chemical warfare agent

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Kitchen Inspection Exercise

1. How can we best minimize food borne illnesses from food preparation and storage?
 - a. Wash hands, keep food separated, refrigerated until use
 - b. Use antibiotic dish soap, wash hands, limit the cutting of meat
 - c. Keep food separated, do not thaw food in the refrigerator, change the dish towel weekly
 - d. Thaw food in the sink only, wash hands, refrigerate until use

2. What is HACCP?
 - a. A way to tell if food is good to eat
 - b. An instrument that measures food quality in kitchens
 - c. A course chefs have to take
 - d. An inspection system

3. Which of the following would you find as a violation of health and safety in a commercial kitchen?
 - a. Raw chicken being cut with salad
 - b. Washing hands between handling different types of food
 - c. Peeling fruits and vegetables
 - d. Raw chicken and beef being cut together

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Measure the absorbance of chlorophyll at three different wavelengths

1. White light is made up of which colors?
 - a. White
 - b. All the colors
 - c. All the colors except black
 - d. The primary colors (RGB)

2. What is the purpose of photosynthesis?
 - a. Capturing sunlight
 - b. Converting CO₂ and H₂O to O₂ and glucose
 - c. Making oxygen
 - d. Producing food for animals

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Observation and stimulation of bioluminescence and chemiluminescence

1. What is bioluminescence?
 - a. Plants that glow in the dark
 - b. Plants that glow during photosynthesis
 - c. The responding of plants to light
 - d. Plants giving off light because of a chemical reaction

2. Which of the following organisms are all bioluminescent?
 - a. Algae
 - b. All water microbes
 - c. Plankton
 - d. Deep water fish

3. What is the advantage of being a bioluminescent organism?
 - a. Scares away predators
 - b. Attracts food
 - c. Communication
 - d. To see for navigation

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Obtain a Visible Spectra of Chlorophyll A

1. An object that appears red, absorbs more of the _____ and reflects the _____ parts of the white light.
 - a. green, red
 - b. red, green
 - c. viable, invisible
 - d. invisible, visible

2. What color is chlorophyll?
 - a. Yellow
 - b. Green
 - c. No color
 - d. Different at different wavelengths

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Chromatography of photosynthetic pigments

1. What is the significance of looking at the photosynthetic pigments of two different organisms?
 - a. Comparing them for purity
 - b. Choosing the best one
 - c. To determine which is the most active
 - d. To determine their place of origin

2. What is chromatography?
 - a. Taking pictures of plant pigments under a microscope
 - b. Counting the chromosomes in plant cells
 - c. Separating compounds of a two-phase mixture
 - d. A method to determine the amount of chlorophyll in plant

3. What is an accessory pigment?
 - a. A plant pigment masked by the major pigment
 - b. A pigment that helps establish the main color
 - c. Color used by the plant to attract pollinating insects
 - d. A second colored chlorophyll that can be used with different sun light

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Educational Materials

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1.

AMBIENT Content Questions

Ethical and Critical Thinking: Genetically Modified Food

1. What is genetically modified food?
 - a. Food modified to make your genes stronger
 - b. Food that is good for you at the genetic level
 - c. A plant that has its genes moved around
 - d. A plant that has some of its genes changed

2. Which illness has been caused by genetically modified foods?
 - a. None
 - b. Diabetes
 - c. Cancer
 - d. Heart disease

3. What are the advantages of genetically modified food?
 - a. Plants may be easier to grow, more resistant to pests
 - b. New plants can be made, plants that can grow without water
 - c. Plants may be easier to grow, plants are easier to process
 - d. Plants are more resistant to pests, plants can use different forms of energy than sunlight

4. What are the possible health risks with genetically modified food?
 - a. Plants could become poisonous
 - b. Insects could disappear
 - c. Medicines could be altered
 - d. Plants could grow too rapidly