

Test Your Knowledge

Use these questions as a pre- or post-test, or for general discussion after viewing each video segment.

Beef

1. How many cuts of beef meet the government's definition for "lean"?
2. List 3 of the 10 essential nutrients found in beef.
3. What is the recommended internal temperature for cooking ground beef?
4. What are 3 easy steps to enjoying lean beef in a healthy diet?

Dairy

1. How many essential nutrients are in a serving of milk?
2. Besides calcium can you list one other essential nutrient found in milk?
3. What dairy food is optimal to refuel you after exercise?
4. Being lactose intolerant does not mean being dairy intolerant, can you list one tip that may help someone with lactose intolerance enjoy dairy and get their 3 servings each day?

Egg

1. Eggs provide what percentage of your Recommended Daily Value?
2. How many calories does an egg contain?
3. How long does it take eggs to reach grocery store shelves?
4. How many eggs are produced in Iowa annually?

Pork

1. Pork is a nutrient-rich food and a great source of what nutrients?
2. How much lower in fat is today's pork?
3. Including pork in a low-fat diet is as easy as 1-2-3. What are three steps for including pork in a low-fat diet?
4. What internal temperature should pork be cooked to?

Soy

1. Is Soy protein a complete protein?
2. Name a few different forms of soy.
3. How do I determine what firmness of tofu to use?
4. How do you use textured soy protein (TSP) and is it a good economical protein?

Turkey

1. Why is turkey a healthy food choice?
2. What is the number one way American's eat turkey?
3. What is the recommended internal temperature for cooking turkey?
4. Turkey pepperoni is flavorful with _____ less fat than other pepperoni.

Healthy Eating for Healthy Living

Answers to Test Your Knowledge:

Beef

1. How many cuts of beef meet the government's definition for "lean"? **29 cuts of beef can be called "lean". This means they have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 mg of cholesterol per serving and per 100 grams.**
2. List 3 of the 10 essential nutrients found in beef. **Beef is a source of 10 essential nutrients the body needs each day. ZIP – Zinc, Iron, Protein and Vitamins B-6, B-12, Niacin, Riboflavin, Selenium, Phosphorus and Choline.**
3. What is the recommended internal temperature for cooking ground beef? **Ground beef (patties, meat loaf, meat balls, etc.) should be cooked until an instant-read thermometer inserted horizontally reaches 160° F. The color of cooked ground beef is not an accurate indicator of doneness.**
4. What are 3 easy steps to enjoying lean beef in a healthy diet?
 1. **Choose lean cuts (one of the 29 lean cuts)**
 2. **Cook it right. Trim visible fat before cooking and limit fat in preparation.**
 3. **Eat moderate portions of meat. One serving is 3 ounces of cooked lean meat; that's about 4 ounces raw.**

Dairy

1. How many essential nutrients are in a serving of milk? **Nine**
2. Besides calcium can you list one other essential nutrient found in milk? **Potassium, protein, Vitamin B12, niacin, phosphorus, Vitamin D, Vitamin A, Riboflavin**
3. What dairy food is optimal to refuel you after exercise? **Chocolate milk**
4. Being lactose intolerant does not mean being dairy intolerant, can you list one tip that may help someone with lactose intolerance enjoy dairy and get their 3 servings each day?

Drink Milk with meals; enjoy aged cheese like Cheddar; introduce dairy slowly; start with small amounts and increase gradually to 3 servings a day; try lactose free milk or milk products; and finally try eating yogurt as cultured dairy foods contain friendly bacteria that help digest the lactose.

Egg

1. Eggs provide what percentage of your Recommended Daily Value? **10-13%**
2. How many calories does an egg contain? **70 calories**
3. How long does it take eggs to reach grocery store shelves? **1-3 days**

4. How many eggs are produced in Iowa annually? **14 billion Eggs**

Pork

1. Pork is a nutrient-rich food and a great source of what nutrients? **Protein, B-vitamins (thiamin and niacin), and several minerals.**
2. How much lower in fat is today's pork? **Today's pork has 16% less fat and 27% less saturated fat than 15 years ago due to the efforts of pork producers.**
3. Including pork in a low-fat diet is as easy as 1-2-3. What are three steps for including pork in a low-fat diet?
 - **Select lean cuts - look for loin on the label (tenderloin, loin chops, loin roasts, etc...)**
 - **Eat moderate portions - 3-ounce portions of cooked lean pork**
 - **Select low-fat cooking methods - broiling, grilling, and roasting (limiting the amount of fat used in preparation)**
4. What internal temperature should pork be cooked to? **Pork should be cooked to medium doneness of 160°F. Remember to remove the meat from the heat source at about 145°F since the meat will continue to cook after it is removed from the heat source.**

Soy

1. Is Soy protein a complete protein? **Yes**
2. Name a few different forms of soy: **Edamame, soymilk, soy flour, tofu, textured soy protein.**
3. How do I determine what firmness of tofu to use? **If I want it to keep its shape, use a firm tofu. If I want it to blend in, use a soft-silken tofu.**
4. How do you use textured soy protein (TSP) and is it a good economical protein? **Rehydrate and use as is or blend with other meats. Yes, it is very economical!**

Turkey

1. Why is turkey a healthy food choice? **Low in calories, low in fat, high in protein**
2. What is the number one way American's eat turkey? **Sandwiches**
3. What is the recommended internal temperature for cooking turkey? **170° F**
4. Turkey pepperoni is flavorful with _____ less fat than other pepperoni. **70%**