|  |
| --- |
| **True / False** |

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| 1. ​In 2007, more than seventy-five different ancestry groups were reported in the United States.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | Introduction |
| *KEYWORDS:* | Bloom's: Understand |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. ​The fastest and largest growing ethnic groups in America in 2007 were from Asia, but more recently Latin Americans became the fastest growing race or ethnic group.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | False |
| *REFERENCES:* | Introduction |
| *KEYWORDS:* | Bloom's: Understand |

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| 3. Dining out is one way that we demonstrate belongingness, status, and self-realization.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | Self Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 4. ​*Biculturation* can be defined as a minority group member’s identity being completely submerged in or sublimated to the dominant cultural identity.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | False |
| *REFERENCES:* | The Acculturation Process |
| *KEYWORDS:* | Bloom's: Understand |

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| 5. ​Flavor principles are the preparation and seasoning of foods to match the identifying spices and ingredients of a culture.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | Cultural Food Habits |
| *KEYWORDS:* | Bloom's: Understand |

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| 6. Urbanization of a population is associated with maintenance of traditional food habits.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *REFERENCES:* | Developmental Perspective of Food Culture |
| *KEYWORDS:* | Bloom's: Understand |

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| 7. Traditional food choices are among the last factors to change in the process of acculturation.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | Acculturation of Food Habits |
| *KEYWORDS:* | Bloom's: Understand |

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| 8. The term “tossed salad” has replaced the idea of a “melting pot” because individuals maintain their own identity—even when mixed together in a group.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | The American Paradox |
| *KEYWORDS:* | Bloom's: Understand |

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| 9. Your self- identity related to your role in life affects your perception of what should and should not be eaten for health.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |
| *REFERENCES:* | Consumer Food Choice |
| *KEYWORDS:* | Bloom's: Understand |

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| 10. Ethnicity has no relationship to health disparities in the United States.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |
| *REFERENCES:* | Ethnicity and Health |
| *KEYWORDS:* | Bloom's: Understand |

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| **Multiple Choice** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 11. ​What is the fastest-growing ethnic group in the United States.?

|  |  |  |
| --- | --- | --- |
|   | a.  | ​Latinos |
|   | b.  | ​Chinese |
|   | c.  | ​Asians |
|   | d.  | ​Africans |
|   | e.  | ​Arabs |

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| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | Introduction |
| *KEYWORDS:* | Bloom’s: Remember |

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| 12. ​Which phrase is the best definition of *culture*?

|  |  |  |
| --- | --- | --- |
|   | a.  | ​the beliefs, attitudes, values, and practices of a community of individuals |
|   | b.  | ​the influence of physical geography and climate on a person’s choices |
|   | c.  | the ability to select and enjoy fine food, art, and leisure​ |
|   | d.  | ​a lifestyle that is determined by the country in which a person was born |
|   | e.  | the identity associated with shared behavior patterns​ |

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| *ANSWER:* | a |
| *REFERENCES:* | What is Culture? |
| *KEYWORDS:* | Bloom's: Remember |

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| 13. The term “food \_\_\_\_” (also called food culture or foodways) refers to the multiplicity of ways in which humans use food.​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​habits |
|   | b.  | ​manners |
|   | c.  | ​standards |
|   | d.  | ​mores |
|   | e.  | ​norms |

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| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | What Is Food? |
| *KEYWORDS:* | Bloom's: Understand |

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| 14. The need for humans to experiment with food choices, but at the same time to be conservative, is called​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​the omnivore’s paradox. |
|   | b.  | the demographic dilemma.​ |
|   | c.  | assimilation.​ |
|   | d.  | the American paradox.​ |
|   | e.  | ​ethnocentrism. |

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| *ANSWER:* | a |
| *REFERENCES:* | The Omnivore’s Paradox |
| *KEYWORDS:* | Bloom's: Understand |

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| 15. ​The process of handing down the manners and understandings in common to a culture from one generation to the next is known as

|  |  |  |
| --- | --- | --- |
|   | a.  | ​*bicultural*. |
|   | b.  | *assimilation*.​ |
|   | c.  | *enculturation*.​ |
|   | d.  | *acculturation*.​ |
|   | e.  | *intra-ethnic variation*.​ |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *REFERENCES:* | What is Culture? |
| *KEYWORDS:* | Bloom's: Remember |

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| 16. Children learn food preferences from valued or trusted others. Who has the ***least*** long-lasting influence?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​Teachers |
|   | b.  | ​Peers |
|   | c.  | ​Older siblings |
|   | d.  | ​Parents |
|   | e.  | ​Daycare providers |

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| --- | --- |
| *ANSWER:* | d |
| *REFERENCES:* | Self-Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 17. Culturally specific preferences become apparent around what age?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​2 years |
|   | b.  | 3-6 years​ |
|   | c.  | 7 years​ |
|   | d.  | Teen years​ |
|   | e.  | Adulthood​ |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *REFERENCES:* | Cultural Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 18. Rules regarding \_\_\_\_\_ determine who can dine together.​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​commensalism |
|   | b.  | ​ethnocentrism |
|   | c.  | ​prejudice |
|   | d.  | ​class |
|   | e.  | ​status |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | Cultural Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 19. Historians and scientists speculate that \_\_\_\_\_ is the foremost reason that herbs and spices have assumed such an essential role in food habits.​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​palatability |
|   | b.  | disguising spoiled foods​ |
|   | c.  | producing physiological responses​ |
|   | d.  | producing psychological responses​ |
|   | e.  | self-expression​ |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | Flavor Principles |
| *KEYWORDS:* | Bloom's: Understand |

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| 20. ​Cultural membership or social identity is defined by

|  |  |  |
| --- | --- | --- |
|   | a.  | ​accommodation. |
|   | b.  | race.​ |
|   | c.  | ethnicity.​ |
|   | d.  | acculturation.​ |
|   | e.  | religion.​ |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | What is Culture? |
| *KEYWORDS:* | Bloom's: Understand |

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| 21. According to the consumer food choice model, what factor influences food selection?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​Portion size |
|   | b.  | Well-being​ |
|   | c.  | Terroir​ |
|   | d.  | Sell by date​ |
|   | e.  | Country of origin​ |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *REFERENCES:* | Consumer Food Choice Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 22. How many ethnicities were identified by the Canadian census in 2006?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​200 |
|   | b.  | 100​ |
|   | c.  | 50​ |
|   | d.  | 21​ |
|   | e.  | 10​ |

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| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | Diversity in the Canadian Population |
| *KEYWORDS:* | Bloom's: Understand |

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| 23. Complex rules that define how humans eat meals are called​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​traditions. |
|   | b.  | ​customs. |
|   | c.  | ​manners. |
|   | d.  | ​foodways. |
|   | e.  | ​food habits. |

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| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | What is Food? |
| *KEYWORDS:* | Bloom's: Understand |

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| 24. Eating walnuts to improve brain function is an example of a(n) \_\_\_\_\_\_\_\_ of food association?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​extrapolation |
|   | b.  | incorporation​ |
|   | c.  | assumption​ |
|   | d.  | evaluation​ |
|   | e.  | stereotype​ |

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| --- | --- |
| *ANSWER:* | b |
| *REFERENCES:* | Self-Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 25. Bread is often used as a symbol in many cultures. A symbolic use of bread might be​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​associating it with a religious value. |
|   | b.  | consuming bread at any time of day.​ |
|   | c.  | eating organic bread at a family dinner.​ |
|   | d.  | serving bread instead of cake at a party.​ |
|   | e.  | associating it with a diet plan.​ |

|  |  |
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| *ANSWER:* | a |
| *REFERENCES:* | Symbolic Use of Food |
| *KEYWORDS:* | Bloom's: Understand |

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| 26. Foods that satisfy the basic need for food familiarity and are eaten during personal events or times of stress are called​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​food associations. |
|   | b.  | superfoods.​ |
|   | c.  | ​soul food. |
|   | d.  | ​comfort foods. |
|   | e.  | ​food stereotypes. |

|  |  |
| --- | --- |
| *ANSWER:* | e |
| *REFERENCES:* | Cultural Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 27. An example of a food that was renamed in order to assert a new cultural identity is​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​freedom fries. |
|   | b.  | barbarian yams.​ |
|   | c.  | turkey wheat.​ |
|   | d.  | *kimchis*.​ |
|   | e.  | *dim sum*.​ |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | Cultural Identity |
| *KEYWORDS:* | Bloom's: Understand |

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| 28. ​As peoples become acculturated, which habits are likely to be the last to change?

|  |  |  |
| --- | --- | --- |
|   | a.  | ​Language |
|   | b.  | Traditional clothing​ |
|   | c.  | Food habits​ |
|   | d.  | Cultural values​ |
|   | e.  | Traditional practices​ |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | Acculturation of Food Habits |
| *KEYWORDS:* | Bloom's: Understand |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. An example of culturally based food categorization is​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​one pot meals. |
|   | b.  | peripheral foods.​ |
|   | c.  | sympathetic magic foods.​ |
|   | d.  | bicultural foods.​ |
|   | e.  | symbolic foods.​ |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | Cultural Food Habits |
| *KEYWORDS:* | Bloom's: Understand |

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| 30. According to the core and complementary foods model, foods that are eaten sporadically and are an indicator of individual food preference are​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​peripheral foods. |
|   | b.  | core foods.​ |
|   | c.  | secondary foods.​ |
|   | d.  | ​complementary foods. |
|   | e.  | ​sympathetic magic foods. |

|  |  |
| --- | --- |
| *ANSWER:* | a |
| *REFERENCES:* | Core and Complimentary Food Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 31. Two main protein foods eaten by Greeks virtually daily include lamb and legumes. These are examples of​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​indigenous foods. |
|   | b.  | secondary core foods.​ |
|   | c.  | core foods.​ |
|   | d.  | peripheral foods.​ |
|   | e.  | ​prestige foods. |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | Core and Complimentary Food Model |
| *KEYWORDS:* | Bloom's: Apply |

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| 32. Changes in food behavior happen most often with​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​core foods. |
|   | b.  | secondary foods.​ |
|   | c.  | peripheral foods.​ |
|   | d.  | complementary foods.​ |
|   | e.  | rare foods.​ |

|  |  |
| --- | --- |
| *ANSWER:* | c |
| *REFERENCES:* | Core and Complimentary Food Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 33. Which term refers to the conditions, such as soil texture, minerals, drainage, source of water, and temperature, in which grapes are grown?​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​agriculture. |
|   | b.  | ​*terroir*. |
|   | c.  | ​region. |
|   | d.  | ​cultural identity. |
|   | e.  | ​palatability. |

|  |  |
| --- | --- |
| *ANSWER:* | b |
| *REFERENCES:* | Flavor Principles |
| *KEYWORDS:* | Bloom's: Understand |

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| 34. The assumption that cultures progress from under-developed to developed through structural and food culture changes is termed the \_\_\_\_\_.​

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| --- | --- | --- |
|   | a.  | ​social dynamic of modernization |
|   | b.  | ​developmental perspective of food culture |
|   | c.  | ​consumer food choice model |
|   | d.  | ​globalization |
|   | e.  | ​urbanization |

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| *ANSWER:* | b |
| *REFERENCES:* | Developmental Perspective of Food Culture |
| *KEYWORDS:* | Bloom's: Understand |

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| 35. *Garam masala* is a distinct flavor principle associated with which ethnicity?​

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| --- | --- | --- |
|   | a.  | ​Brazilian |
|   | b.  | ​Chinese |
|   | c.  | ​French |
|   | d.  | ​Asian Indian |
|   | e.  | ​Puerto Rican |

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| *ANSWER:* | d |
| *REFERENCES:* | Flavor Principles |
| *KEYWORDS:* | Bloom's: Understand |

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| 36. An important consideration in defining a meal is​

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|   | a.  | ​number of guests. |
|   | b.  | ​length of meal. |
|   | c.  | ​time of day. |
|   | d.  | ​portion size. |
|   | e.  | ​amount of calories. |

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| *ANSWER:* | d |
| *REFERENCES:* | Meal Patterns and Meal Cycles |
| *KEYWORDS:* | Bloom's: Understand |

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| 37. Among the elements that differ regarding a meal are​

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|   | a.  | ​order of meal courses. |
|   | b.  | number of green items.​ |
|   | c.  | whether it is protein-rich.​ |
|   | d.  | whether it is kid-friendly.​ |
|   | e.  | what type of fats are used.​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Meal Patterns and Meal Cycles |
| *KEYWORDS:* | Bloom's: Understand |

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| 38. The term that describes eating more food than is customarily consumed daily for religious or other special events is:​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​feasting. |
|   | b.  | fasting.​ |
|   | c.  | grazing.​ |
|   | d.  | gorging.​ |
|   | e.  | binging.​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Meal Patterns and Meal Cycles |
| *KEYWORDS:* | Bloom's: Understand |

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| 39. The most universal of food taboos is​

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|   | a.  | ​eating insects. |
|   | b.  | ​cannibalism. |
|   | c.  | ​eating dog meat. |
|   | d.  | ​eating eggs. |
|   | e.  | ​eating  rodents. |

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| *ANSWER:* | b |
| *REFERENCES:* | Edible or Inedible |
| *KEYWORDS:* | Bloom's: Understand |

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| 40. One classification system used to categorize foods is “edible” versus “inedible.” In this classification, a Hindu vegetarian would consider chicken​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​inedible. |
|   | b.  | ​edible by animals, but not by me. |
|   | c.  | ​edible by humans, but not by me. |
|   | d.  | ​edible by humans, but not by my kind. |
|   | e.  | ​edible by me. |

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| *ANSWER:* | c |
| *REFERENCES:* | Edible or Inedible |
| *KEYWORDS:* | Bloom's: Understand |

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| 41. Food choices in all societies are driven by an inborn preference for what food flavors?​

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| --- | --- | --- |
|   | a.  | ​Sugar and fat |
|   | b.  | Salt and protein​ |
|   | c.  | Bitter and sweet​ |
|   | d.  | Savory and sour​ |
|   | e.  | Salt and fat​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Consumer Food Choice Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 42. The vicarious enjoyment of eating through reading about it or watching food-related programs on television is known as​

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|   | a.  | ​mass marketing. |
|   | b.  | overindulging.​ |
|   | c.  | gorging.​ |
|   | d.  | ​food porn. |
|   | e.  | ​exploitation. |

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| *ANSWER:* | d |
| *REFERENCES:* | Consumer Food Choice Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 43. The primary factor in consumer food choice is:​

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|   | a.  | ​convenience. |
|   | b.  | taste.​ |
|   | c.  | self-identity.​ |
|   | d.  | health benefit.​ |
|   | e.  | cost.​ |

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| *ANSWER:* | b |
| *REFERENCES:* | Consumer Food Choice Model |
| *KEYWORDS:* | Bloom's: Understand |

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| 44. What term describes an area where no single ethnic group is the majority?​

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|   | a.  | ​Biculturation |
|   | b.  | Mixed salad​ |
|   | c.  | Cultural plurality​ |
|   | d.  | Intercultural​ |
|   | e.  | Cultural competency​ |

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| *ANSWER:* | c |
| *REFERENCES:* | Diversity in the U.S. Population |
| *KEYWORDS:* | Bloom's: Understand |

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| 45. A minority group moving into a larger, dominant culture and assuming the manners and values of the majority is called​

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|   | a.  | ​bicultural. |
|   | b.  | assimilation.​ |
|   | c.  | enculturation.​ |
|   | d.  | acculturation.​ |
|   | e.  | intra-ethnic variation.​ |

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| *ANSWER:* | b |
| *REFERENCES:* | The Acculturation Process |
| *KEYWORDS:* | Bloom's: Understand |

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| 46. If I believe that all cultures other than my own eat “weird” food, my views are​

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| --- | --- | --- |
|   | a.  | ​ritualistic. |
|   | b.  | ethnocentric.​ |
|   | c.  | sociocentric.​ |
|   | d.  | culturally relevant.​ |
|   | e.  | culturally materialistic.​ |

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| *ANSWER:* | b |
| *REFERENCES:* | What is Culture? |
| *KEYWORDS:* | Bloom's: Understand |

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| 47. Which of the following types of ethnic restaurants have grown the most in popularity in recent years?​

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|   | a.  | ​German |
|   | b.  | Chinese​ |
|   | c.  | soul food​ |
|   | d.  | Thai​ |
|   | e.  | French​ |

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| *ANSWER:* | d |
| *REFERENCES:* | The American Paradox |
| *KEYWORDS:* | Bloom's: Understand |

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| 48. Studies on type 2 diabetes suggest that which ethnicity has the lowest rates (although they are still increasing)?​

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|   | a.  | ​Hispanics |
|   | b.  | African Americans​ |
|   | c.  | Native American​ |
|   | d.  | ​Whites |
|   | e.  | ​Asian Americans |

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| *ANSWER:* | d |
| *REFERENCES:* | Ethnicity and Health |
| *KEYWORDS:* | Bloom's: Understand |

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| 49. Disparities in \_\_\_\_\_\_\_\_\_ rates, chronic disease incidence, and access to care are prevalent among many U.S. ethnic groups.​

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| --- | --- | --- |
|   | a.  | ​mortality |
|   | b.  | morality​ |
|   | c.  | migration​ |
|   | d.  | assimilation​ |
|   | e.  | diversity​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Ethnicity and Health |
| *KEYWORDS:* | Bloom's: Understand |

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| 50. A term used to describe overestimation of the association between group membership and individual behavior, often seen as a pitfall in health care relationships, is:​

|  |  |  |
| --- | --- | --- |
|   | a.  | ​stereotyping. |
|   | b.  | ethnocentrism.​ |
|   | c.  | prejudice.​ |
|   | d.  | biculturation.​ |
|   | e.  | intraethnic variation​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Intercultural Nutrition Care |
| *KEYWORDS:* | Bloom's: Understand |

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| 51. When considering diet in the context of other cultures, food habits can be classified according to nutritional impact. Which category of food habits is the first factor that should be considered?​

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| --- | --- | --- |
|   | a.  | ​Neutral food behaviors |
|   | b.  | Food behaviors that have harmful effects​ |
|   | c.  | Food use that has positive health consequences and should be encouraged​ |
|   | d.  | Food habits that are unclassified​ |
|   | e.  | Compatibility with the client’s traditional health beliefs and practices​ |

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| *ANSWER:* | c |
| *REFERENCES:* | Intercultural Nutrition Care |
| *KEYWORDS:* | Bloom's: Understand |

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| 52. Which term describes the idea that although foods from throughout the world are available and often affordable, there is a need for consistency and conservatism?​

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|   | a.  | ​omnivore’s paradox |
|   | b.  | American paradox​ |
|   | c.  | multiculturalism​ |
|   | d.  | culinary compass​ |
|   | e.  | culinary conservatism​ |

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| *ANSWER:* | b |
| *REFERENCES:* | The American Paradox |
| *KEYWORDS:* | Bloom's: Understand |

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| 53. A one-pot dish in America would be considered a meal if it contained​

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|   | a.  | ​rice. |
|   | b.  | cassava paste.​ |
|   | c.  | meat, vegetables, and starch.​ |
|   | d.  | meat, vegetables and cheese.​ |
|   | e.  | tuna and noodles.​ |

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| *ANSWER:* | c |
| *REFERENCES:* | Meal Patterns and Meal Cycles |
| *KEYWORDS:* | Bloom's: Understand |

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| 54. The integration of local, regional, and national phenomena into an unrestricted worldwide organization is​

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| --- | --- | --- |
|   | a.  | ​globalization. |
|   | b.  | modernization.​ |
|   | c.  | commoditization.​ |
|   | d.  | urbanization.​ |
|   | e.  | consumerization.​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Developmental Perspective of Food Culture |
| *KEYWORDS:* | Bloom's: Understand |

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| 55. The transition of a society from producers of indigenous foods to consumers of mass-produced foods is called​

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|   | a.  | ​consumerization. |
|   | b.  | modernization.​ |
|   | c.  | urbanization.​ |
|   | d.  | globalization.​ |
|   | e.  | commoditization.​ |

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| *ANSWER:* | a |
| *REFERENCES:* | Developmental Perspective of Food Culture |
| *KEYWORDS:* | Bloom's: Understand |

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| **Matching** |

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| a.  | Globalization |
| b.  | Modernization​ |
| c.  | Urbanization​ |
| d.  | Migration​ |
| e.  | Enculturation​ |

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| *REFERENCES:* | Developmental Perspective of Food CultureWhat is Culture? |
| *KEYWORDS:* | Bloom's: Understand |

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| 56. ​Delocalization of food production and consumption connections

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| *ANSWER:* | c |

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| 57. ​The process of learning culturally specific preferences passed from generation to generation

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| *ANSWER:* | e |

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| 58. ​Products produced in distant parts of the world are eaten in another country

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| *ANSWER:* | a |

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| 59. ​The movement of populations from one country, region, or location to another

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| *ANSWER:* | d |

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| 60. ​Technological advances that lead to the production of food commodities

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| *ANSWER:* | b |

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| **Essay** |

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| 61. Why is acculturation described as a process? When is the process complete?

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| *ANSWER:* | When people from one ethnicity move to an area with different cultural norms, adaptation to the new majority society begins. This process is known as acculturation, and it takes place along a continuum of behavior patterns that can be very fluid, moving back and forth between traditional practices and adopted customs. Assimilation occurs when people from one cultural group shed their ethnic identity and fully merge into the majority culture. Although some first-generation immigrants strive toward assimilation, due perhaps to personal determination to survive in a foreign country or to take advantage of opportunities, most often assimilation takes place in subsequent generations. |
| *REFERENCES:* | What is Culture? |
| *KEYWORDS:* | Bloom's: Understand |

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| 62. “Commensalism” regarding sharing food and dining together implies that something is owed to another. What is owed in commensalism?

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| *ANSWER:* | Many societies regulate commensalism (who can dine together) as a means of establishing class relationships. Men may eat separately from women and children, or servants may eat in the kitchen, away from their employers. In India, the separate social castes did not traditionally dine together, nor were people of higher castes permitted to eat food prepared by someone of a lower caste. This class segregation was also seen in some U.S. restaurants that excluded blacks before civil rights legislation of the 1960s. |
| *REFERENCES:* | Cultural Idenity |
| *KEYWORDS:* | Bloom's: Understand |

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| 63. Briefly define and give an example for each of the five categories of “edible” or “inedible” used as a method of “food” classification.

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| *ANSWER:* | ***Inedible foods:*** These foods are poisonous or are not eaten because of strong beliefs or taboos. ***Edible by animals, but not by me:*** These foods are items such as rodents in the United States or corn in France (where it is used primarily as a feed grain).  ***Edible by humans, but not by my kind:*** These foods are recognized as acceptable in some societies, but not in your own culture. ***Edible by humans, but not by me:*** These foods include all those accepted by a person’s cultural group but not by the individual, due to factors such as preference. ***Edible by me:*** These are all foods accepted as part of an individual’s dietary domain. |
| *REFERENCES:* | Edible or Inedible? |
| *KEYWORDS:* | Bloom's: Understand |

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| 64. ​Give a specific example that reflects a health disparity associated with an ethnicity in the United States today.

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| *ANSWER:* | Accrding to a 2004 Centers for Disease Control and Prevention National diabetes statistics report, American Indians/Alaska Natives (15.9%) are twice as likely as non-Hispanic Whites (7.6%) to be diagnosed with adult Diabetes. |
| *REFERENCES:* | Ethnicity and Health |
| *KEYWORDS:* | Bloom's: Understand |

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| 65. In the consumer choice model of food selection, many influences are discussed. Briefly discuss some of the primary factors that influence food choices for a single mother of young children who lives in the “inner city” of a large urban area and who does not own her own car.

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| *ANSWER:* | **Cost** is often an important influence on food choice, and income level is the most significant sociodemographic factor in predicting selection. In the United States, affordability has been found to limit the purchasing of healthy foods, and in some cases even families with government subsidies find it difficult to meet nutritional needs. **Convenience** is a major concern in food purchases, particularly by members of urbanized societies. In urbanized societies, people often work far from home; therefore, lunch is eaten with fellow employees. Instead of a large, home-cooked meal, employees may eat a quick fast-food meal. Furthermore, family structure can necessitate convenience. |
| *REFERENCES:* | Consumer Food Choice Model |
| *KEYWORDS:* | Bloom's: Understand |

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