**Chapter 6:**

**Health and Wellness Food and Beverages in Food Service, Hospitality and Tourism**

**Test Questions**

*Multiple Choice*

1. Food that is “grown without toxic and synthetic pesticides or fertilizers; GMO ingredients; antibiotics or synthetic growth hormones; artificial flavors, colors, or preservatives; and sewage sludge or irradiation” is known as:
   1. Farm-to-table
   2. Vegetarian
   3. Organic
   4. Ayurvedic
2. Which of the following diets encourages eating responsibly grown red meat?
   1. Vegetarian
   2. Vegan
   3. Pescatarian
   4. Paleo
3. Which of the following diets does not allow the consumption of any animal products?
   1. Vegetarian
   2. Vegan
   3. Pescatarian
   4. Paleo
4. Which of the following diets allows the consumption of non land animals?
   1. Vegetarian
   2. Vegan
   3. Pescatarian
   4. Keto
5. Followers of the Paleolithic (or Paleo) diet typically eat all of the following *except:*
   1. Nuts and seeds
   2. Meat
   3. Dairy products
   4. Fruits and vegetables
6. Technology is supporting positive agricultural innovations like all of the following *except:*
   1. Floating farms
   2. Food deserts
   3. Super crops
   4. Vertical farming
7. The conventional kitchen is defined by all of the following *except:*
   1. Fresh food reduces the need for packaging.
   2. Ingredients and prepared food comes in paper, aluminum, and plastic bags, jugs, boxes and cans.
   3. ‘Dead’ food is stored in freezing/near freezing temperatures or at warm room temperatures behind doors and easily forgotten about for long periods of time.
   4. Packaging from pre-made and pre-mixed food is recycled or thrown away.
8. The conventional kitchen is defined by all of the following *except:*
   1. Microwaves thaw, cook, and reheat main dishes. Stoves and ovens are meant to cook food quickly at high temperatures.
   2. A lot of bulky packaging is needed, and only some of it is recyclable. The rest is sent to landfills.
   3. Fast, unconscious eating habits increase food proportions.
   4. The kitchen is the heart of the home, designed for gathering, entertaining, and nourishing.

1. The wellness kitchen is defined by all of the following *except:*
   1. Fresh food is harvested from in-home gardens, and unprocessed local ingredients and bulk items are available and delivery may be automated.
   2. ‘Living’ food is kept alive or dormant in a range of appropriately temperature and humidity controlled environments with transparent display doors.
   3. Food is lacking in nutrients, and unhealthy additives allow for convenience and a long shelf life.
   4. Visible storage of healthy and fresh food is tempting, food preparation is conscious, and mindful consumption helps regulate proportions.
2. The wellness kitchen is defined by all of the following *except:*
   1. Food is cooked using a range of temperatures and a variety of sources to maintain nutrients and enhance natural flavors.
   2. Food is prepared in isolation before serving the dishes in a separate space.
   3. Unpackaged, fresh food and reusable containers reduce trash, and compost collection returns organic matter to the soil.
   4. Preparation spaces have multiple work stations and allow for easy clean up.
3. “Eating for happiness” is comprised of all of the following *except:*
   1. Foods filled with antioxidants
   2. Foods that boost serotonin
   3. Ingredients such as avocado, quinoa and raw honey that may offer benefits to the brain
   4. Foods that taste great and are full of calories
4. Which of the farm to table principles is defined as “A community that can meet its own food needs reduces the reliance on outside resources, as well as eliminating long-distance food transportation”?
   1. Food security
   2. Proximity
   3. Self-reliance
   4. Sustainability

*True/False*

1. Consumers in general are becoming more distrustful of the industrial food system, and are seeking real, local, sustainable alternatives like locally grown produce.

T

1. Fermented foods like kombucha, yogurt, sauerkraut, kimchi do not contain any probiotic health benefits.

F

1. Cocktail bars are not embracing or incorporating wellness food and beverage trends.

F

1. Ghost or cloud kitchens that only produce food for delivery, and are not customer facing and therefore have lower overhead, are rising in popularity.

T

1. Wellness practices like traditional Chinese medicine and yoga are also beginning to influence consumers’ diets.   
   T
2. Both Burger King and McDonalds have introduced plant-based food alternatives.

F

7. Psychobiotics is the thought that when live bacteria are ingested there may be mental health benefits.

T

*Short Answer*

1. Describe the farm-to-table/farm-to-fork concept, including at least 3 of the 4 pillars.

See section 6.5.1.

Pillars:

1. **Food security.** Community food systems are concerned with not only the needs of individuals or families, but with those of the entire community, including low-income households.
2. **Proximity.** The components of a local food system (or restaurant) should be as close to each other as possible. This allows relationships to form between producers, retailers, and consumers, and it reduces the environmental impact of transportation.
3. **Self-reliance.** A community that can meet its own food needs reduces the reliance on outside resources, as well as eliminating long-distance food transportation.
4. **Sustainability.** Locally oriented food systems are more likely to be sustainable over generations, as they do not destroy resources in the process of production.
5. Describe how technology can be used to improve personal health and wellness.

Technological devices such as fitness wearables are already common ways to measure activity levels throughout the day, and many smartphone apps allow for diet and nutrition tracking. However, technology will be continuing to advance in the area of food and beverages in health and wellness. The “smart diet” concept will enable consumers to not only track their activity and calorie intake, but to also completely customize and individualize their approach to physical and mental health. Innovations like increased personal data collection, personal health testing kits, and artificial intelligence-enabled apps will help individuals reach their own unique health goals.

While the budget and destinations of wellness travelers vary, as well as the specific activities chosen on a trip, this category of visitor may require more emotional attention than a more traditional guest. Wellness practices like yoga, meditation, journaling, acupuncture, and even walking through nature, can release deep emotions that have been blocked and boxed away mentally for months or years. This is an important component for staff to be trained in, as well as the more obvious and expected needs of any traveler looking for a healthy and self-fulfilling experience.

1. Discuss at least two examples of immersive and sensory food experiences available to wellness travelers.

* Food festivals
* Fusion of art and cuisine
* VR/AR

1. Discuss the differences and similarities between vegetarians, vegans, and pescatarians.

Three diets similar in nature are **vegetarians**, whodo not eat meat, **vegans**, who do not consume any animal products at all (including meat, eggs, milk, honey, etc.), and **pescatarians**, who will not consume meat from any land animals, but will eat fish and other seafood.Proponents of these diets often claim three primary reasons for their choices: being kind to animals, reducing the environmental footprint of factory meat farming, and the possible adverse effects of eating animal products (especially meat) on a person’s health.