**Agriculture in Society**

**Unit 4:** Food Science in Agriculture

Lesson 3 Quiz

1. Why is it important to understand where your food comes from?
2. What is a food budget?
3. Where might you find information about how many calories are in a food product?
4. Why is meal planning an important skill?
5. What are calories?
6. What is protein?
7. Why is it important to plan ahead before shopping?
8. How much money should you budget to spend every week on groceries for a single person?
9. You should balance your meals with what food groups?
10. Name at least 3 kitchen staples to always have.