

Nutrition Quiz

1. True or False. Drinking milk is the only way to meet your calcium requirements.
2. It's never too late to become more physically active. Regular physical activity is important because it:
 - A) Helps you to maintain a desirable weight.
 - B) Promotes a healthy heart and lungs.
 - C) Boosts your overall sense of well-being.
 - D) All of the above
3. According to the Food Guide Pyramid, how many servings of grains, pasta, rice and cereal should you eat per day?
 - A) 2-3 servings
 - B) 5-7 servings
 - C) 6-11 servings
 - D) As little as possible, carbohydrates are bad for you.
4. What is the recommended amount of fluid that you should drink each day?
 - A) 1-2 cups
 - B) 3-4 cups
 - C) 6-8 cups
 - D) None of the above.
5. True or false.
Snacking may keep you from becoming overly hungry and overeating.
6. What is the key to healthy eating?
 - A) Variety
 - B) Balance
 - C) Moderation
 - D) All of the above
7. If you are too busy at work to eat a full lunch, how can you still enjoy nutritious foods?
 - A) Order "fast food"
 - B) Pack a brown bag lunch
 - C) Go to the vending machine
 - D) Any of the above

8. True or false.

Vitamin supplements are a good source of energy.

9. Both fat and cholesterol are found in:

A) Foods of animal origin, such as pork, chicken, fish, beef, milk, butter, and eggs.

B) Foods of both plant and animal origin like those listed above, and oils, like olive or canola oil, and avocado.

C) Largest quantities in seafood.

D) None of the above.

10. Which ethnic food offers healthful, low-fat choices?

A) Chinese

B) Italian

C) Mexican

D) All of the above

E) None of the above

Nutrition Quiz--Answers

1. False. All dairy foods, including cheese and yogurt, contain calcium. If you have difficulty digesting dairy products, consider eating more green leafy vegetables, like broccoli and spinach, to add calcium to your diet. Many foods, such as orange juice and cereals, are now fortified with calcium. Remember, everyone needs calcium to promote strong, healthy bones.
2. D. All of the above. The benefits to regular physical activity are endless. Start slow and take it one day at a time. With exercise, everything counts, so the more you move, the better you will feel!
3. C. 6-11 servings. According to the Food Guide Pyramid, you should eat 6-11 servings of grains, pasta, rice and cereal per day. It is important to note the proper portion sizes of these foods, as well. This group of foods supplies energy plus many important vitamins and minerals and should not be avoided.
4. C. 6-8 cups. Adequate fluids are needed to help the body get rid of wastes and to maintain normal kidney function. If you have trouble remembering to drink fluids, try filling a pitcher of water at the beginning of each day and keep it in the refrigerator. Use this for your drinking water or to make juice or tea. If you drink water from another source, pour out an equal amount from your container.
5. True. Healthful snacking can help you moderate the amount of food you eat so that you will be less inclined to overeat at your next meal. Choose snacks from the Food Guide Pyramid to help meet your daily needs.
6. D. All of the above. An eating style that promotes your overall health is based on: Variety– enjoying many different foods from all of the food groups, Balance– including enough, but not too much, of any one kind of food, Moderation– in use of fats, oils, added sweets, and portion sizes.
7. D. All of the above. Remember, all foods can fit. Healthy choices from quick-service restaurants include a grilled chicken sandwich, salad with low-fat dressing, and fat-free milk or frozen yogurt. Brown bag lunches allow a lot of flexibility. Some ideas include pasta leftovers, frozen entrees, and sandwiches made with whole-grain bread, low-fat deli meats like lean roast beef, ham, or turkey and sliced veggies. Finally, depending on your vending machine selections, look for pretzels, peanuts, fruit juice, and yogurt, to create a healthful mini-meal.
8. False. Vitamins are not a source of calories, but instead help convert food into energy. Foods are the best source of vitamins.
9. A. Foods of animal origin, such as pork, chicken, fish, beef, milk, butter, and eggs. The key here is the word “cholesterol.” Cholesterol is found only in foods of animal

origin. Plants do not contain cholesterol; however, some can contain significant amounts of fat, such as avocado and other vegetable oils. Most seafood is low in fat and cholesterol.

10. D. All of the above. All three popular ethnic cuisines offer healthful dishes, such as stir-fried vegetables, linguine in Marinara sauce, and rice and beans. All are high in complex carbohydrates, including fiber, and are flavorfully seasoned.