

Name: _____

Date: _____

Quiz name: 6th Grade Nutrition Pre-Test

1. What are macronutrients?

- (A) The biggest nutrients found in food.
 - (B) The smallest nutrients found in food.
 - (C) Nutrients that are harmful to our bodies.
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2. What nutrients are the building blocks of the body?

- (A) Carbohydrates
 - (B) Vitamins
 - (C) Proteins
 - (D) Fats
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3. Which of the following food tools do we use?

- (A) MyPyramid Diagram
 - (B) MyPlate Diagram
 - (C) Neither
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4. Why do we use the current visual tool to help us determine how much of each food group we should eat?

- (A) It clearly tells us the amounts per serving
 - (B) It shows the portion size
 - (C) It includes physical activity
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5. How many food groups are there?

- (A) 6
 - (B) 5
 - (C) 4
 - (D) 3
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6. Fruits and vegetables should make up how much of your plate?

- (A) Half
 - (B) One-fourth
 - (C) Two-thirds
 - (D) One-fifth
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7. Which of the following is not a macronutrient?

- (A) Fats
- (B) Proteins
- (C) Vitamins

D Carbohydrates

8. Which of the following is the body's second choice for energy?

A Carbohydrates

B Fats

C Vitamins

9. Which of the following nutrients function in providing insulation?

A Fats

B Carbohydrates

C Proteins

10. Electrolytes are usually common _____?

A Carbohydrates

B Energy providers

C Vitamins & Minerals

11. Micronutrients refer to which of the following?

A Proteins

B Vitamins

C Minerals

D Both B & C

12. Fiber aids in _____?

A Ridding the body of fat

B Energy

C a type of fat

13. Information on food nutrition labels are all based on _____?

A The amount of servings in the product.

B One serving of the product.

C The average american diet.

14. On the Food Nutrition Label, calories are divided into

A Total calories

B Calories from sugar

C Calories from fat

D Calories added from carbohydrates