

Name: _____

Date: _____

Quiz name: Nutrition PreTest (7th)

1. This food group is our body's best source of energy?

- (A) Meat group
 - (B) minerals
 - (C) fats, oils, and sweets
 - (D) carbohydrates
-

2. Which of these is NOT considered a nutrient?

- (A) minerals
 - (B) vitamins
 - (C) fiber
 - (D) fats
-

3. Which of these is added to the food label because people sometimes don't eat ENOUGH of this?

- (A) fat
 - (B) sodium
 - (C) calcium
 - (D) cholesterol
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4. Which of these is required on the food label?

- (A) iron
 - (B) sugars
 - (C) total carbohydrate
 - (D) all of the above
-

5. The bread, cereal, rice and pasta group is a good source of _____?

- (A) carbohydrate
 - (B) Vitamin C
 - (C) Calcium
 - (D) Protein
-

6. Citrus fruits are an excellent source of _____?

- (A) Calories
 - (B) Vitamin C
 - (C) Vitamin B
 - (D) Minerals
-

7. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of _____?

- A iron
- B fiber
- C beta-carotene
- D calcium

8. The milk, cheese & yogurt group (dairy) important play a role in development of _____ due to calcium?

- A muscles
- B strong bones
- C teeth
- D Only B & C
- E All of the above

9. How many servings of vegetables do we need each day?

- A 4-5
- B 1.5-2
- C 1-2
- D 2.5-3

10. What are the the macronutrients

11. What macronutrients is considered the building blocks of the body?

12. Explain what a nutrient dense food is.

13. The food Pyramid is a better tool to use than the MyPlate diagram.

- A True
- B False

14. How many calories are in one pound of fat?

15. When choosing between meats/proteins, which of the following would be the best option?

- A Free range eggs
 - B Lean Poultry (ex. Chicken breast, turkey)
 - C Seafood
 - D Steak
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16. Which of the following would be the best source of fats?

- A Butter
 - B Margarine
 - C Oils
 - D Lard
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17. About how much of your grains should come from whole grains?

- A $\frac{1}{3}$
 - B $\frac{1}{4}$
 - C $\frac{1}{2}$
 - D $\frac{2}{5}$
-

18. Refined grains are healthier than whole grains.

- A True
 - B False
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19. Less than _____ percent of your calories should come from saturated fatty acids.

- A 10
 - B 25
 - C 30
 - D 50
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20. Sedentary lifestyles are those that?

- A Get the recommended amount of daily activity.
- B Consume all the necessary nutrients.
- C Don't involve any physical activity.
- D Lack necessary nutrients.