Nutrition Quiz

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PL-HS-1.1.2 “Students will explain key recommendations made in the Dietary Guidelines for Americans, including recommendations for specific population groups and how these recommendations contribute to good health.”**

1. List the (3) recommended Dietary Guidelines of America.

1. List the (5) food groups in order of most servings needed to least needed (daily).
2. List the (6) nutrients.
3. Diabetics should monitor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in their daily diet.
   1. Sodium
   2. Sugar
   3. Fats
   4. Calories
4. People with high blood pressure should monitor \_\_\_\_\_\_\_\_ in their diet.
   1. Sodium
   2. Carbohydrates
   3. Fats
   4. Calories
5. People who have high cholesterol or are obese should monitor \_\_\_\_\_\_\_\_.
   1. Sodium
   2. Protein
   3. Calories
   4. Calcium

**PL-HS-1.1.8 “Students will explain risks associated with unhealthy habits & behaviors.”**

7. The following ingredients might contribute to diabetes.

1. high fructose corn syrup
2. vegetable oil
3. fiber
4. sodium

8. Regular fast food consumption could lead to

1. high blood pressure
2. increased body fat & higher cholesterol
3. mood swings & addictive headaches
4. liver damage
5. all of the above

9. In order to lose weight, calories eaten should \_\_\_\_\_\_\_\_\_ daily calories burned

a. equal

1. be less than
2. be more than
3. None of the above

10. Reading food labels can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. protect against food allergies
2. inform you about daily serving percentages in that item
3. help monitor calories
4. inform you about fiber, vitamins, & minerals in that item
5. all of the above

11. If a food item has 20% or more of anything, it is considered

1. high
2. low
3. average
4. unedible

**PL-HS-1.1.7 “Students will describe symptoms, causes, patterns of transmission, prevention, and treatments of non-communicable diseases (cancer, cardiovascular disease, emphysema, etc).**

12. Trans fats & saturated fats lead to

1. better heart function
2. high blood pressure
3. increased body fat & higher cholesterol
4. mood swings & addictive headaches

13. A diet with too much sugar could lead to

a. high blood pressure

1. increased body fat & higher cholesterol
2. mood swings & addictive headaches
3. diabetes

14. The best way to combat obesity is

1. high protein diets
2. exercise
3. high calorie diets
4. gastro-bypass surgery