

Nutrition Written Test

Food Groups

1. Which element from the list below is not one of the food groups?
 - a. grains
 - b. meat and beans
 - c. fat
 - d. milk

2. How many servings of vegetables a day does the USDA recommend?
 - a. 6 ounces for girls; 7 ounces for boys
 - b. 2.5 cups for girls; 3 cups for boys
 - c. 1.5 cups for girls; 2 cups for boys
 - d. 3 cups
 - e. 5 ounces for girls; 6 ounces for boys

3. How many servings of grains a day does the USDA recommend?
 - a. 6 ounces for girls; 7 ounces for boys
 - b. 2.5 cups for girls; 3 cups for boys
 - c. 1.5 cups for girls; 2 cups for boys
 - d. 3 cups
 - e. 5 ounces for girls; 6 ounces for boys

4. How many servings of meat and beans a day does the USDA recommend?
 - a. 6 ounces for girls; 7 ounces for boys
 - b. 2.5 cups for girls; 3 cups for boys
 - c. 1.5 cups for girls; 2 cups for boys
 - d. 3 cups
 - e. 5 ounces for girls; 6 ounces for boys

5. How many servings of fruit a day does the USDA recommend?
 - a. 6 ounces for girls; 7 ounces for boys
 - b. 2.5 cups for girls; 3 cups for boys
 - c. 1.5 cups for girls; 2 cups for boys
 - d. 3 cups
 - e. 5 ounces for girls; 6 ounces for boys

6. How many servings of milk a day does the USDA recommend?
 - a. 6 ounces for girls; 7 ounces for boys
 - b. 2.5 cups for girls; 3 cups for boys
 - c. 1.5 cups for girls; 2 cups for boys
 - d. 3 cups
 - e. 5 ounces for girls; 6 ounces for boys

7. What percentage of grains per day should be consumed in whole grains?
- $\frac{1}{4}$
 - $\frac{1}{2}$
 - $\frac{3}{4}$
 - all
8. True or False: You should vary the kinds of fruits and vegetables you consume.
9. True or False: The USDA states that fruit juice is just as good as eating the whole fruit.
10. True or False: Starchy vegetables are used by the body different than other vegetables.

Match the food below to the food group in the following answer bank. Use the following answers: a) grains b) vegetables c) fruits d) milk e) meat & beans

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|---------------|--------------------|---------------------|
| 11. banana | 16. potatoe | 21. ice cream |
| 12. chicken | 17. cheese | 22. carrot |
| 13. oatmeal | 18. grape | 23. pasta |
| 14. rice | 19. shrimp | 24. dry beans |
| 15. asparagus | 20. nuts and seeds | 25. Romaine lettuce |

Serving Sizes

26. If you don't have a measuring cup, what can you use to compare what a one-cup serving of grains would be?
- golf ball
 - four dice
 - deck of cards or palm of your hand
 - tennis ball
27. What is the approximate portion size of a small piece of fruit?
- golf ball
 - four dice
 - deck of cards or palm of your hand
 - tennis ball
28. How many ounces is in one cup of milk?
- one
 - four
 - eight
 - twelve

29. If you don't have a measuring cup, what can you use to compare what a one-ounce serving of cubed cheese would be?
- golf ball
 - four dice
 - deck of cards or palm of your hand
 - tennis ball
30. If you don't have a measuring cup, what can you use to compare what a three-ounce serving of meat would be?
- golf ball
 - four dice
 - deck of cards or palm of your hand
 - tennis ball
31. True or False: Restaurant servings are often times much larger than what a true portion should be.

Reading Labels

32. Which one of the following will a nutrition label not provide for you?
- serving size
 - percent of protein
 - calories per serving
 - nutrient information
33. Why do you have to look at the serving size on a label?
- it may contain more than one serving in the package
 - you have to make sure you are getting enough fat from the product
 - the product may contain less than one serving in the package
 - the serving size may be incorrect so you need to verify the number of servings
34. To what percentage of fat does the FDA recommend that Americans limit in their diet?
- 10%
 - 15%
 - 20%
 - 30%
35. According to the General Guide to Calories, what amount of calories would be considered the low check point?
- 20
 - 40
 - 100
 - 400
 - 600

36. According to the General Guide to Calories, what amount of calories would be considered the moderate check point?
- 20
 - 40
 - 100
 - 400
 - 600
37. According to the General Guide to Calories, what amount of calories would be considered the high checkpoint?
- 20
 - 40
 - 100
 - 400
 - 600
38. The General Guide to Calories is based on how many calories?
- 1,500
 - 2,000
 - 2,500
 - 3,000
39. What does the footnote of a label provide for you?
- the recommended dietary advice for all Americans
 - the percentage of nutrients in the product
 - the amount of fat that is in the product
 - the serving size of the product
40. What does the % Daily Value allow you to do?
- determine what the weight of the product is
 - determine what percentage of the product is in sugar
 - determine what percentage of nutrients the product provides for your daily diet
 - determine what percentage of the product is lite
41. What % Daily Value is considered low for a product?
- 5 %
 - 10 %
 - 20 %
 - 30 %
42. What % Daily Value is considered high for a product?
- 5 %
 - 10 %
 - 20 %
 - 30 %

Use the following label to answer the questions below:

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
			% Daily Value*
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 1.5g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
<hr/>			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

43. What is the serving size of this product?
 - a. 1 cup
 - b. 2 cups
 - c. 12 grams
 - d. 5 grams
44. How many servings are in the container?
 - a. 1
 - b. 2
 - c. 250
 - d. 12
45. If you ate the entire package, how many calories would you eat?
 - a. 250
 - b. 500
 - c. 24
 - d. 10
46. If you ate the entire package, would this product contribute a little or a lot to your fat intake for the day?
 - a. a little
 - b. a lot
47. According to the label, which healthy nutrient are you getting an adequate amount of per serving?
 - a. calories
 - b. cholesterol
 - c. sodium
 - d. calcium
48. According to the label, every American should limit their diet to how many grams of sodium per day?
 - a. less than 65 grams
 - b. less than 300 mg
 - c. less than 2,400 mg
 - d. 300 g
49. Is this product an adequate source of fiber?
 - a. yes
 - b. no
50. Looking at the calories from fat, would this product be considered high in fat?
 - a. yes
 - b. no

