

Nutrition Written Test Review

The following will be included on the test:

Food Group Information (Nutrition 101 Powerpoint)

Serving Size Information (Serving Size Powerpoint)

Reading Labels (Labels Powerpoint)

1. Name the 5 food groups.
2. How many servings of each food group do you need per day?
3. What are whole grains?
4. Know examples of various foods from each food group.
5. What are the best cooking methods that affect your health?
6. What can you use as a gauge for what a 1 cup serving of an food is?
7. How many ounces are in a cup?
8. What can you use to equate a serving of cubed cheese or shredded cheese?
9. What can you use to gauge what a 3 ounce serving of meat is?
10. If given pictures, be able to choose correct portion sizes.
11. What is listed on a nutrition label?
12. Why is it important to know how many servings are in a package?
13. What is a calorie?
14. Why is it important to know how many calories in a product come from fat?
15. Know the “General Guide to Calories” from the powerpoint.
16. What is the first set of nutrients listed on a label? What should you do with these?
17. What is the second set of nutrients listed on a label? What should you do with these?

18. What does the footnote of a label tell you?
19. Why do products contain footnotes?
20. What total caloric value is the DV based on?
21. Know the levels of DV that are on slide #15 of the powerpoint.
22. How can you use the %DV in building your diet for the day?
23. How much calcium should you get as a young adult?
24. Why are Trans Fats, Proteins, and Sugars not listed as a %DV on the label?
25. Know how to read a label and provide information from it.