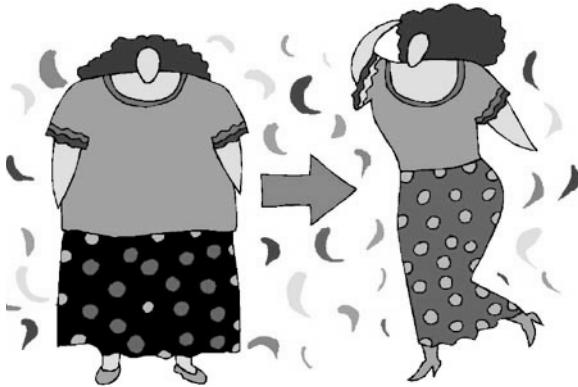


Nutrition Quiz 1



1. The food that we eat is converted to _____.

- A. Protein
- B. Sugar
- C. Energy



2. You can lose weight if you eat less _____.

- A. Calories
- B. Vegetables
- C. Meat



3. Food that we eat is processed by our body as one of these three things.

- A. Fats, Sugars and Carbohydrates
- B. Proteins, Carbohydrates and Meats
- C. Fats, Proteins and Carbohydrates

Nutrition Quiz 1



4. Fats are in meat and food cooked with _____.

- A. Oil
- B. Water
- C. Sugar

5. Protein is in meat, eggs, beans and _____.



- A. Fruit
- B. Sugar
- C. Cheese

6. Carbohydrates are in vegetables, fruit, sugar and _____.



- A. Bread
- B. Beans
- C. Butter

Nutrition Quiz 1



7. If you are overweight you might get these health problems.

- A. High blood pressure, headaches and diabetes
- B. Low blood pressure, heart disease and diarrhea.
- C. High blood pressure, heart disease, or diabetes

Nutrition Facts	
Serving size: 1/2 cup (130g)	
Servings: About 3.5	
Amount per serving	
Calories 150	Fat Cal 10
	% DV*
→ Total Fat 1g	2%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550 mg	23%
→ Total Carb. 29g	10%
Fiber 7g	28%
Sugars 5g	
→ Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

8. Food labels tell us how many grams of _____ are in this food.


- A. Fat, Protein and Carbohydrates
- B. Fat, Meat and Cheese
- C. Fat, Butter and Eggs

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*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

9. The label also tells how much _____ and _____ is in this food.

- A. Salt and Pepper
- B. Sugar and Salt
- C. Sugar and Pepper

Nutrition Quiz 1



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10. Labels also tell how many calories are in each _____ .

- A. Carbohydrate
- B. Package
- C. Serving