Basic nutrition pre/post-test

Answers are in **BOLD** (1=b, 2=c, 3=c, 4=a, 5=b, 6=c, 7=d, 8=c, 9=a, 10=a, 11=c, 12=d, 13=b)

1. A healthy, balanced diet includes these three major nutrients (macronutrients):
a. calories, fat, carbohydrate
**b**. **carbohydrate, protein, fat**
c. protein, fiber, fat
d. calories, water, fiber
e. I don’t know
2. Which foods provide more of the essential nutrients that we’re often lacking?
a. fruit, vegetables, and protein shakes
b. seafood, whole grains, and gluten-free foods
**c.** **fruit, vegetables, whole grains and seafood**
d. I don’t know
3. Bread, cereal, fruit and vegetables are the best source of which important nutrient?
a. protein
b. fat
**c**. **carbohydrate**
d. water
e. I don’t know
4. Chicken, legumes (dried beans and peas), fish, soy foods and eggs are a good source of which nutrient?
**a.** **protein**
b. fat
c. carbohydrate
d. water
e. I don’t know
5. Which foods are part of the dairy group?
a. milk, eggs and cheese
**b. milk, cheese and yogurt**
c. soy milk, eggs and cheese
d. I don’t know
6. Use these plate proportions for healthy meal planning:
a. ½ protein, ½ vegetables
b. 1/3 protein, 1/3 vegetables, 1/3 fruit
**c**. **½ vegetables and fruit, ¼ protein, ¼ whole grains**
d. I don’t know
7. Which nutrient has the most calories per gram of weight?
a. carbohydrate
b. protein
c. fiber
**d.** **fat**e. I don’t know
8. Which type of fat helps promote a healthy heart and cardiovascular system?
a. saturated
b. trans
**c. mono-unsaturated**
d. partially hydrogenated
e. I don’t know
9. Healthier types of fat are typically:
**a.** **liquid at room temperature**
b. solid at room temperature
c. I don’t know
10. Which food components provide little nutritional value and can be harmful when we eat too much?
**a**. salt, sugar, cholesterol
b. sugar, saturated fat, whole grains
c. salt, cholesterol, fiber
d. I don’t know
11. Which of the following are sugar-sweetened beverages that provide little to no nutritional value?
a. 100% fruit juice
b. 100% vegetable juice
**c**. **fruit juice drinks**
d. I don’t know
12. Which type of grain is the healthiest and contains the most natural nutrients?
a. enriched grains
b. refined grains
c. multi-grains
**d.** **whole grains**
e. I don’t know
13. What percentage of our grain intake (bread, cereal, rice, pasta, crackers) should be whole grains to support overall good health?
a. 25%
**b. 50%**
c. 75%
d. 100%
e. I don’t know

Resources:

2010 Dietary Guidelines for Americans. <http://www.health.gov/dietaryguidelines/2010.asp>

Choose My Plate. USDA. <http://www.choosemyplate.gov>