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>