

Food and Nutrition Quiz

1. What is a calorie?
 - a. An ingredient in unhealthy food
 - b. A measure of how healthy a food is
 - c. A measure of how much energy you get from a food
2. Who needs 2,000 calories a day?
 - a. Every adult
 - b. An active woman who weighs 130 pounds
 - c. An active male who weighs 200 pounds
3. A hard and fast rule of weight loss is that cutting 500 calories a day leads to dropping a pound a week.
 - a. True
 - b. False
4. A very low-calorie diet will:
 - a. Speed up your metabolism
 - b. Slow down your metabolism
 - c. Have no effect on your metabolism
5. Which nutrient is the building block of your body?
 - a. Protein
 - b. Carbohydrates
 - c. Fats
6. What nutrient is your body mainly made of?
 - a. Fat
 - b. Protein
 - c. Water
7. What are substances found in food that your body needs for survival, development, energy and growth? (Hint: There are 6 of them!)
 - a. Nutrients
 - b. Vitamins
 - c. Minerals
8. What is our main source of energy?
 - a. Proteins
 - b. Carbohydrates
 - c. Water
9. "Good carbs" are:

- a. Plant-based
- b. Have fiber
- c. Are refined
- d. A & B
- e. All the above

10. Fiber has many benefits, such as...

- a. Repairs muscle
- b. Helps us feel fuller for longer
- c. Provides energy

11. Nutrition Facts labels tell you what nutrients and their percentage are in a food.

- a. True
- b. False

12. It is important to read Ingredients Labels to know what is in your food.

- a. True
- b. False

Find the nutrients



Proteins:



Healthy fats:



Vitamins:



Minerals:



Carbohydrates:



Water: