

Directions: Read each item carefully. In your notebook, write the letter of your answer.

1. In which of the following practices can you eat a variety of foods?

- A. Eat at a fast food restaurant every day.
- B. Eat food from some of the food groups.
- C. Eat a variety of foods from each food group every day.
- D. Eat only one type of food from each food group every day.

2. Which dietary guideline will you use in choosing healthful snacks?

- A. Eat salty snacks.
- B. Eat sweet snacks.
- C. Eat your favorite snacks.
- D. Eat grains and fruits for snacks.

3. Which snack is NOT healthful?

- A. Milk
- B. Fruit juice
- C. Soft drinks
- D. Fresh fruits

4. Which of the following is NOT a nutrient?

- A. Bread
- B. Calcium
- C. Protein
- D. Iron

5. Which is a healthful snack?

- A. Potato chips and soft drinks
- B. Halo-halo with Ice cream and biscuit
- C. Hot dog sandwich and bottled fruit juice
- D. Chicken sandwich with lettuce and fruit juice

6. Which of the following is an energy food?

- A. Guava
- B. Milk
- C. Rice
- D. Spinach

7. Which of the following practices is NOT healthful to do?

- A. Eat vegetables and fruits daily.
- B. Limit the intake of sugar and salt
- C. Increase the consumption of fatty foods.
- D. Eat breakfast high in fiber like oatmeal.

8. Why do adolescents require more energy and nutrients?

- A. They need to achieve full growth potential.
- B. They engage in more active physical activities.
- C. Their bodies are preparing for pubertal changes

D. Their bodies are undergoing several physical changes

9. Which healthful diet makes you stay at a healthy weight?

A. High calories from sweets

B. Fibers from fruits, and vegetables

C. Fats and salt from processed food

D. Caffeine from cola drinks and coffee

10. Aside from vitamins, what do you get from eating grains?

A. Fiber

B. Fat

C. Calcium

D. Complete nutrients

11. What do you call an essential nutrient needed for bone development?

A. Carbohydrates

B. Iron

C. Calcium

D. Protein

12. How are you going to prevent iron deficiency anemia?

A. Eat seaweeds

B. Eat water fish

C. Eat iodized table salt

D. Eat dark green leafy vegetables

13. What are you going to buy if you were asked by your mother to go to the market and buy some food for your lunch?

A. Longganisa, fried rice, egg, and coffee

B. Fried chicken, rice, lychee, and juice

C. Sinigang, rice, pinakbet, and ripe banana

D. Barbecue, rice, watermelon, and soda

14. Which of the following practices is healthful to do?

A. Limit fruits and vegetables

B. Eat sugary and salt foods

C. Increase the consumption of fatty foods

D. Eat breakfast high in fiber like oatmeal

15. What essential nutrient is important to the growth and repair of muscles and tissues and production of hormones?

A. Grains

B. Fruits and Vegetables

C. Protein

D. Iron