

# Assessment Nutrition

Name \_\_\_\_\_

Circle the correct answer

1. We get energy our body needs from
  - a. Water
  - b. Food
  - c. Air
2. Sugars and starches together are called
  - a. Fats
  - b. Proteins
  - c. Carbohydrates
3. These are found in meat, milk and nuts. They are needed for strong bones and muscles. The body cannot store these.
  - a. Proteins
  - b. Fats
  - c. Carbohydrates
4. True or False --- Fat has more than tree times as much energy as sugar or starch.
  - a. True
  - b. False
5. The mineral that is important for healthy blood is
  - a. Water
  - b. Calcium
  - c. Iron
6. Which food contains calcium
  - a. Cheese
  - b. Pasta
  - c. Oranges

7. Where do we get Vitamin D from
  - a. Fruit
  - b. Milk
  - c. A Pill
8. How many glasses of water should we drink each day
  - a. 3-5
  - b. 6-8
  - c. 9-11
9. Which food group is at the bottom of the food pyramid
  - a. Dairy group
  - b. Fruit group
  - c. Bread, cereal, pasta and rice group
10. Which food group is at the very top of the food pyramid
  - a. Poultry, fish and egg group
  - b. Oils, fats and sweet group
  - c. Vegetables group
11. Does the shape of the food pyramid tell us something
  - a. Yes, we can move the food groups to any level of the pyramid
  - b. Yes, food at the top are the most important and we should eat more of those
  - c. Yes, we should eat more near the bottom because the bottom of the pyramid is wider
12. Which food doesn't belong in the milk, yogurt and cheese group
  - a. Cottage cheese
  - b. Cracker
  - c. Milk
  - d. Yogurt
13. Which food doesn't belong in the poultry, fish and eggs group
  - a. Turkey
  - b. Salmon
  - c. Bagel
  - d. Tuna
14. Which good doesn't belong in the bread, cereal, pasta and rice group
  - a. Waffle
  - b. Spaghetti
  - c. Oatmeal
  - d. Orange

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