

## Practical Nutrition Post-test

Circle the correct answer.

1. It is normal for children to have different rates of growth.
  - a. True
  - b. False
2. A pre-game meal for a school-age athlete should consist of foods that are high in fat.
  - a. True
  - b. False
3. MyPyramid groups foods into \_\_\_\_\_ major categories.
  - a. 4
  - b. 5
  - c. 6
  - d. 7
4. Vitamin A will generally be found in this food group.
  - a. Meat, poultry, beans, eggs and nuts
  - b. Vegetables
  - c. Grains
  - d. Fats
5. RDA stands for
  - a. Recommended Daily Amount
  - b. Required Daily Allowance
  - c. Recommended Dietary Allowance
  - d. Required Daily Amount
6. School lunch menus must provide what amount of a student's daily nutrient intake?
  - a. 25% (1/4)
  - b. 33% (1/3)
  - c. 75% (3/4)
  - d. 100%
7. School breakfast menus must provide what amount of a student's daily nutrient intake?

- a. 25% (1/4)
- b. 33% (1/3)
- c. 75% (3/4)
- d. 100%

8. Which of the following vitamins is not fat soluble?
- a. Vitamin A
  - b. Vitamin C
  - c. Vitamin D
  - d. Vitamin E
9. What happens when the amount of calories consumed exceeds the amount of calories burned?
- a. Impossible to predict weight gain or loss
  - b. Weight gain
  - c. Weight loss
  - d. No change in weight
10. What is the range for a healthy Body Mass Index?
- a. 17-18.5
  - b. 18.5-24.9
  - c. 25-29.9
  - d. Over 30
11. What is the recommended amount of weight that can be lost per week without compromising nutrition status?
- a. 1-2 pounds/week
  - b. 3-5 pounds/week
  - c. 5-7 pounds/week
  - d. No limits, it depends on the individual
12. This is also known as the binge and purge syndrome:
- a. Anorexia Nervosa
  - b. Bulimia
  - c. Chronic Overeating
  - d. Obsessive Compulsive Behavior
13. The goal for fat intake is to limit fat to no more than \_\_\_\_\_% of calories from fat.
- a. 15%
  - b. 20%

- c. 30%
- d. 40%

14. Which of the following is not one of the six classes of nutrients?
- a. Fiber
  - b. Protein
  - c. Carbohydrates
  - d. Water
15. Which of the following foods is the most naturally nutrient rich?
- a. Skim milk
  - b. Coffee
  - c. Potato chips
  - d. Lemonade
16. It is recommended that kids engage in at least \_\_\_\_\_ minutes of physical activity on most days of the week.
- a. 30
  - b. 60
  - c. 90
17. Which of the following is not a sub-group of the vegetable group?
- a. Dark, green leafy
  - b. Orange
  - c. Yellow
  - d. Starchy
  - e. Other