

Practical Nutrition Pre-Post Test-Answer Key

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

***NOTE: There are five major categories that the pyramid focuses on...Grains, Fruits, Vegetables, Milk, and Meat and Beans. Oils are a very small stripe on the pyramid and should be used very sparingly with most calorie levels needing between 4-7 teaspoons of fats per day. That is why it is not considered a "major category" on MyPyramid.**

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?
- 25% (1/4)**
 - 33% (1/3)
 - 75% (3/4)
 - 100%
8. Which of the following vitamins is not fat soluble?
- Vitamin A
 - Vitamin C**
 - Vitamin D
 - Vitamin E
9. What happens when the amount of calories consumed exceeds the amount of calories burned?
- Impossible to predict weight gain or loss
 - Weight gain**
 - Weight loss
 - No change in weight
10. What is the range for a healthy Body Mass Index?
- 17-18.5
 - 18.5-24.9**
 - 25-29.9
 - Over 30
11. What is the recommended amount of weight that can be lost per week without compromising nutrition status?
- 1-2 pounds/week**
 - 3-5 pounds/week
 - 5-7 pounds/week
 - No limits, it depends on the individual
12. This is also known as the binge and purge syndrome:
- Anorexia Nervosa
 - Bulimia**
 - Chronic Overeating
 - Obsessive Compulsive Behavior
13. The goal for fat intake is to limit fat to no more than _____% of calories from fat.
- 15%
 - 20%
 - 30%**
 - 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