

Adventures in Food and Nutrition! © 2012
Chapter 1: Food, Nutrition, and You—Interactive Quiz Questions

- _____ 1. Wellness is being at the highest level of health.
A. true
B. false
- _____ 2. _____ wellness means feeling good about yourself, keeping friendships, and having a positive outlook in both good and bad times.
A. Emotional
B. Mental
C. Intellectual
D. Philosophical
- _____ 3. _____ wellness means knowing what's important to you and finding meaning and purpose in your life.
A. Emotional
B. Mental
C. Intellectual
D. Philosophical
- _____ 4. _____ is all the foods a person eats.
A. Nutrition
B. Appetite
C. Diet
D. Wellness
- _____ 5. Nutrition is the study of nutrients and how the body uses them.
A. true
B. false
- _____ 6. Appetite is the physical need for food.
A. true
B. false
- _____ 7. Hunger is the desire to eat certain foods and reject others.
A. true
B. false
- _____ 8. A(n) _____ is a practice a group of people do often.
A. social need
B. culture
C. lifestyle
D. custom

Name _____ Date _____

- _____ 9. Actions taken by a company to get you to buy their food is called _____.
- A. nutrition selling
 - B. dietary public relations
 - C. food marketing
 - D. food science
- _____ 10. The savory sensation that occurs when you eat aged cheese is called _____.
- A. peppery
 - B. bitter
 - C. umami
 - D. spicy