

Adventures in Food and Nutrition! © 2012
Chapter 3: Your Nutrition Toolbox—Interactive Quiz Questions

- _____ 1. _____ foods provide a large amount of vitamins and minerals compared to their calories.
- A. Nutrient-dense
 - B. Calorie-light
 - C. Calorie-dense
 - D. Nutrient-calorie dense
- _____ 2. Many diets in the U.S. are too low in _____.
- A. cholesterol
 - B. sodium
 - C. fiber
 - D. fat
- _____ 3. Which of the following is a good source of potassium?
- A. Fat-free milk.
 - B. Peas.
 - C. Beans.
 - D. Sweet potatoes.
- _____ 4. To lower the sodium in your diet, you could eat fewer _____.
- A. fruits
 - B. frozen dinners
 - C. fresh vegetables
 - D. herbs and spices
- _____ 5. At least _____ your grain intake should be from whole-grain sources.
- A. half
 - B. one-fourth
 - C. one-third
 - D. three-fourths
- _____ 6. Foods from the vegetable group are rich sources of _____.
- A. protein
 - B. calcium
 - C. folic acid
 - D. vitamin D
- _____ 7. Red and orange vegetables are rich in _____.
- A. protein
 - B. calcium
 - C. vitamin C
 - D. vitamin A

Name _____ Date _____

- _____ 8. Foods from the dairy group are rich sources of _____.
- A. fiber
 - B. vitamin C
 - C. calcium
 - D. zinc
- _____ 9. Some foods and healthful oils are rich sources of _____.
- A. omega-3 fats
 - B. calcium
 - C. protein
 - D. magnesium
- _____ 10. Older children, teens, and adults need _____ cups from the dairy group daily.
- A. two
 - B. three
 - C. four
 - D. five