

Pre-/Post-Assessment Answer Key

1. Which of the following does the brain require for energy?
 - a. amino acids
 - b. *trans* fat
 - c. glucose**
 - d. biotin
2. How much physical activity is recommended per week?
 - a. 60 minutes
 - b. 75 minutes
 - c. 90 minutes
 - d. 150 minutes**
3. Why is breakfast considered the most important meal of the day?
 - a. Breakfast breaks the fast to give the body fuel to start the day.**
 - b. Breakfast provides students the energy to misbehave in class.
 - c. Breakfast provides students with a short attention span.
 - d. Breakfast from a convenient store is more nutritious than breakfast at school.
4. What is nutrition?
 - a. The process of eating the right kind of food so the body can grow properly**
 - b. The research of food and beverage to cure cancer
 - c. The process of preparing and consuming a healthful diet to cure all diseases
 - d. The study of food to help farmers determine what to grow and provide healthy food for Americans to eat
5. The *Dietary Guidelines for Americans* encourage Americans to _____.
 - a. eat half their foods each day from grain sources
 - b. limit fat, sodium, and fiber intake
 - c. increase intake of whole grains, fruits, vegetables, and low-fat milk**
 - d. drink fruit juice everyday
6. How are the ingredients on the Nutrition Facts label required to be listed?
 - a. In alphabetical order
 - b. In descending order by weight**
 - c. The manufacturer can list the ingredients the way they want
 - d. It does not matter how the ingredients are listed
7. Which of the following are whole grains?
 - a. Brown rice, old-fashioned oats, and stoneground whole oats**
 - b. Stoneground oats, durum flour, and brown rice
 - c. Enriched bread flour, wheat germ, and wheatberries
 - d. Amaranth, graham flour, and semolina
8. Vegetables are organized into five subgroups. Which of the following fall under the dark green category?
 - a. Green cabbage, poi, and parsley
 - b. Zucchini, soybeans, and escarole endive
 - c. Beet greens, collard greens, and kale**
 - d. Mustard greens, okra, and Swiss chard

9. Health experts recommend limiting added sugars to _____ in the diet.
- 35% of total daily calorie needs
 - 10% of total daily calorie needs**
 - 30% of total daily calorie needs
 - 25% of total daily calorie needs
10. What are the functions of protein?
- Protein supplies energy to the heart, lungs, and brain.
 - Protein is the building blocks of muscles, body tissues, and blood cells.**
 - Protein cushions the organs, supplies energy, and is the building blocks of muscles.
 - Protein has a chemical structure that aids in digestion, enters the blood stream quickly, and provides quick energy.
11. The amount of calories per gram of energy nutrients is ____ for protein, ____ for carbohydrate, and ____ for fat.
- 10,10, and 30
 - 20, 30, and 50
 - 2, 4, and 10
 - 4, 4, and 9**
12. School menus reflect the *Dietary Guidelines for Americans* by providing students with the minimum amounts of nutrients needed for growth and health. Which of the following is one way school nutrition programs can achieve this goal?
- Adding more protein to the menus
 - Limiting saturated fat to less than 10% of total calories**
 - Limiting the amount of fruit and vegetables to the menu
 - Purchasing foods with 25% protein and 20% trans fats
13. What are the best sources of vitamin A?
- Whole grains, grits, and wheatberries
 - Dried beans, peas, and lentils
 - Bananas, onions, and garlic
 - Milk, dark green/orange fruits and vegetables**
14. Which of the following are fat-soluble vitamins?
- Vitamins A, D, E, and K**
 - Vitamins B, C, D, and E
 - Vitamins A, B, C, and D
 - Vitamins J, K, L, and M
15. There are three types of blood cholesterol. What are they?
- HDL, BMI, and MUFA
 - HDL, LDL, and VLDL**
 - LDL, PUFA, and SFA
 - VLDL, TFA, and MUFA
16. How do school meals contribute to the health and school achievement of students?
- Providing only low-fat foods
 - Providing fat-free foods to all students
 - Providing only those foods that are familiar to students
 - Providing a balance of vitamin and minerals**

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17. Which of the following nutrients is not a nutrient of concern for plant-based diets?
- Fiber**
 - Vitamin B-12
 - Iron
 - Calcium
18. What are some healthy benefits of a vegetarian diet?
- Lower blood cholesterol and blood pressure levels**
 - Higher BMI and reduced risk of Type 2 diabetes
 - Lower BME and increased risk of Type 2 diabetes
 - Higher blood cholesterol and blood pressure levels
19. What is a complementary protein?
- Two complete protein foods combined together to create a complementary protein
 - Two incomplete protein foods combined to create a complete protein**
 - An essential food item that must be consumed at every meal
 - Two meat products combined to create a complementary protein
20. There are eight major allergens. Which of the following are three of them?
- Gluten, milk, and clams
 - Milk, wheat, and soy**
 - Eggs, beef, and peanuts
 - Shrimp, cashews, and pork
21. According to current labeling laws, where MUST the 8 big allergens be listed on the ingredient label?
- In the body of the ingredient list
 - At the end after a contains statement
 - They are not required to be listed
 - Either place (a) or (b)**
22. What is celiac disease?
- It is an allergy to gluten, flour, wheat, barley, and rye.
 - It is a food intolerance that does not involve the immune system.
 - It is a genetic condition caused by amino acid.
 - It is a food intolerance that involves the immune system.**
23. How can school nutrition professionals provide a positive perspective on nutrition trends and fads?
- Provide short, informative food facts for school announcements and newsletter.**
 - Provide research results of a study that was performed more than one time and produced different results.
 - Prepare a new food item and promote it as a cure-all for any disease.
 - Post nutrition information with false facts.
24. If an individual has a family history of a disease, such as diabetes, how may they reduce their risk of developing the disease?
- Limit the amount of calories consumed
 - Continue their current activity level since developing diabetes is inevitable
 - Live a healthful lifestyle with balanced food and activity choices**
 - Adhere to a strict dietary restriction of all carbohydrate foods