

# 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**

## Pre/Post Assessment

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