Pre-/Post-Assessment

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.
   a. 35% of total daily calorie needs
   b. 10% of total daily calorie needs
   c. 30% of total daily calorie needs
   d. 25% of total daily calorie needs

10. What are the functions of protein?
   a. Protein supplies energy to the heart, lungs, and brain.
   b. Protein is the building blocks of muscles, body tissues, and blood cells.
   c. Protein cushions the organs, supplies energy, and is the building blocks of muscles.
   d. 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.
   a. 10,10, and 30
   b. 20, 30, and 50
   c. 2, 4, and 10
   d. 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?
   a. Adding more protein to the menus
   b. Limiting saturated fat to less than 10% of total calories
   c. Limiting the amount of fruit and vegetables to the menu
   d. Purchasing foods with 25% protein and 20% trans fats

13. What are the best sources of vitamin A?
   a. Whole grains, grits, and wheatberries
   b. Dried beans, peas, and lentils
   c. Bananas, onions, and garlic
   d. Milk, dark green/orange fruits and vegetables

14. Which of the following are fat-soluble vitamins?
   a. Vitamins A, D, E, and K
   b. Vitamins B, C, D, and E
   c. Vitamins A, B, C, and D
   d. Vitamins J, K, L, and M

15. There are three types of blood cholesterol. What are they?
   a. HDL, BMI, and MUFA
   b. HDL, LDL, and VLDL
   c. LDL, PUFA, and SFA
   d. VLDL, TFA, and MUFA

16. How do school meals contribute to the health and school achievement of students?
   a. Providing only low-fat foods
   b. Providing fat-free foods to all students
   c. Providing only those foods that are familiar to students
   d. 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?
   a. Fiber
   b. Vitamin B-12
   c. Iron
   d. Calcium

18. What are some healthy benefits of a vegetarian diet?
   a. Lower blood cholesterol and blood pressure levels
   b. Higher BMI and reduced risk of Type 2 diabetes
   c. Lower BME and increased risk of Type 2 diabetes
   d. Higher blood cholesterol and blood pressure levels

19. What is a complementary protein?
   a. Two complete protein foods combined together to create a complementary protein
   b. Two incomplete protein foods combined to create a complete protein
   c. An essential food item that must be consumed at every meal
   d. Two meat products combined to create a complementary protein

20. There are eight major allergens. Which of the following are three of them?
   a. Gluten, milk, and clams
   b. Milk, wheat, and soy
   c. Eggs, beef, and peanuts
   d. Shrimp, cashews, and pork

21. According to current labeling laws, where MUST the 8 big allergens be listed on the ingredient label?
   a. In the body of the ingredient list
   b. At the end after a contains statement
   c. They are not required to be listed
   d. Either place (a) or (b)

22. What is celiac disease?
   a. It is an allergy to gluten, flour, wheat, barley, and rye.
   b. It is a food intolerance that does not involve the immune system.
   c. It is a genetic condition caused by amino acid.
   d. 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?
   a. Provide short, informative food facts for school announcements and newsletter.
   b. Provide research results of a study that was performed more than one time and produced different results.
   c. Prepare a new food item and promote it as a cure-all for any disease.
   d. 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?
   a. Limit the amount of calories consumed
   b. Continue their current activity level since developing diabetes is inevitable
   c. Live a healthful lifestyle with balanced food and activity choices
   d. Adhere to a strict dietary restriction of all carbohydrate foods