Nutrition Quiz

Complete the following quiz to evaluate your understanding of the information presented in the child nutrition workshop that covered the following food groups: whole grains and breads, meat and meat substitute, fruits and vegetables, milk and milk substitutes, and fats and oils.

1. Foods in the breads and grains group
   a. are primarily used to build tissues.
   b. give the body energy to run, jump, and play.
   c. are needed to keep the body hydrated.
   d. give the body vitamins to help build bones.

2. The fiber recommendation for children is _____ gram(s) of fiber + child’s year of age.
   a. 1
   b. 3
   c. 5
   d. 7

3. The two food groups that provide vitamin A, vitamin C, and folate are:
   a. Meat/meat substitute and fruit groups
   b. Fruit and breads/grains groups
   c. Fruit and vegetable groups
   d. Meat/meat substitute and vegetable groups

4. All of the following statements are true about the milk and milk substitute group except
   a. Keeps you from getting sick.
   b. Make your bones strong.
   c. Helps build and repair tissues.
   d. Helps you move.

5. The primary role of the foods in the _____ group is to build and repair tissue.
   a. Breads and grains group
   b. Fruit group
   c. Vegetable group
   d. Meat and meat substitute group

6. Calcium is found predominantly in this food group ______, and is important for ________ development.
a. meat and meat substitute group; bone
b. meat and meat substitute group; muscle
c. milk and milk substitute; bone
d. milk and milk substitute; muscle

7. Which of the following statements applies to fat intake in children?
   a. All fat should be eliminated from children’s diets.
   b. Children can eat all the fat they want because they have high metabolic rates.
   c. Like adults, children should be offered a variety of healthful fats to choose from.
   d. Children’s fat intake should be restricted the first 2 years of life.

8. The most healthful types of fats to include in children’s diets are
   a. Saturated fat and polyunsaturated fat
   b. Saturated fat and monounsaturated fat
   c. Polyunsaturated fat and monounsaturated fat
   d. Saturated fat and trans fat

9. Foods in the fruits and vegetables group do all of the following except
   a. Make your body feel good.
   b. Keep you from getting sick.
   c. Keep your heart healthy.
   d. Give you strong bones.

10. To optimize children’s health, they should be offered foods from the following food groups.
    a. All food groups.
    b. All food groups except foods in the fat and oils group.
    c. Only the meat and meat substitute group, vegetable and fruit group, and breads and grains group.
    d. Only the meat and meat substitute group, vegetable and fruit group, and milk and milk substitute group.