

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.

Answers: 1) B 2) C 3) C 4) A 5) D 6) C 7) C 8) C 9) D 10) A