Nutrition and Weight Management Center

Nutrition Knowledge Pre - Test

For the following 8 questions, circle the correct answer.

1. How many servings of fruit are suggested to eat each day?
   a. 0 – 1          b. 2 – 4          c. 5 or more

2. How many servings of vegetables are suggested to eat each day?
   a. 0 – 2          b. 3 – 5          c. 6 or more

3. Which of the following is equal to 1 serving from the grain group?
   a. 1 cup cooked pasta          b. 2 slices of bread         c. ½ cup cooked pasta

4. Which of the following has the most calories per gram?
   a. fat          b. protein          c. carbohydrate          d. water

5. Which of the following types of pasta sauces would have the least calories?
   a. meat           b. Alfredo          c. pesto          d. tomato

6. Which of the following foods are high in calcium?
   a. chicken          b. yogurt          c. bread          d. pear

7. Which of the following is the healthiest type of fat?
   a. all fat is bad          b. trans-fat          c. monounsaturated          d. saturated

8. How many glasses of water do you need each day?
   a. 4          b. 6          c. 8          d. 10
For the following statements, circle true or false.

1. Creamy soups generally are healthier than broth-based soups.
   
   True  False

2. 80% lean ground beef is considered high in fat.
   
   True  False

3. Margarine has less total fat than butter.
   
   True  False

4. Eating large amounts of cheese would be recommended for someone with high blood pressure.
   
   True  False

5. It would be better to eat a whole piece of fruit, than to drink a glass of 100% juice.
   
   True  False

6. Adults should drink whole milk on a regular basis.
   
   True  False

7. Low-fat ice cream has fewer calories than regular ice cream.
   
   True  False

8. Individuals trying to lose weight should not strength train or lift weights.
   
   True  False

9. A 100-gram muffin with 5 grams of fat would be considered low-fat.
   
   True  False

10. Skipping meals is an appropriate way to lose weight.
    
    True  False