Foundations 1E Lesson 4.1 Quiz Answers

Title: Lesson 4.1 Quiz

Topic: L4.1LO1: Explain how nutrients affect your overall health.

1. Substances called \_\_\_\_\_\_\_\_\_\_ are found in food that your body needs to survive.

a. calories

b. carbohydrates

\*c. nutrients

d. proteins

Type: MR

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Topic: L4.1LO2: Describe the importance of each nutrient category and provide examples of foods for each.

2. Of the following eight options, select the six nutrients found in foods.

a. calories

\*b. protein

\*c. vitamins

\*d. water

\*e. carbohydrates

\*f. fats

g. sodium

\*h. minerals

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Topic: L4.1LO3: Identify and defend the benefits of drinking enough water each day.

3. A key benefit of drinking water is that it keeps your body at a constant temperature.

\*a. true

b. false

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Topic: L4.1LO4: Explain how sugary drinks and energy drinks might influence your health.

4. Halle never had any cavities until high school. At the end of her senior year, Halle’s dentist found that she had four cavities. Which of the following most likely caused her to get so many cavities in one year?

\*a. She started going to a coffee shop for iced caramel lattes on a regular basis.

b. She went on a high-carbohydrate, low-protein diet during senior year.

c. She started drinking several cans of diet soda per day for more energy.

d. She changed her toothbrush only twice that year instead of every two months.

Title: Lesson 4.1 Quiz

Topic: L4.1LO5: Use communication skills to increase water consumption.

5. Tran began her persuasive talk about the importance of drinking water by describing a hypothetical teen who fails to drink enough water daily and suffers from many health problems. Tran is using which strategy of persuasion?

a. Identify the issue.

b. Know your facts.

\*c. Hook your audience.

d. Be straightforward.