Foundations 1E Quiz Questions Lesson 4.5

1. Problems with processed foods include all the following EXCEPT

a. they can have added salt, sugar, or chemicals

b. they are usually boxed or canned

c. they can lose vitamins through processing

d. they can lose minerals through processing

Answer: \_\_\_\_\_

2. Eating foods high in \_\_\_\_\_\_\_\_\_\_ can increase the risk for developing type 2 diabetes.

a. fresh fruit

b. protein

c. sugar

d. sodium

Answer: \_\_\_\_\_

3. Examples of foods with good fats include fish, avocados, and nuts.

a. True

b. False

Answer: \_\_\_\_\_

4. At a diner, Raoul checks the breakfast menu for facts about calories and ingredients. Which part of the decision making process is this?

a. making a decision

b. gathering information

c. thinking about his choice

d. knowing the consequences

Answer: \_\_\_\_\_

5. Cooking a hamburger in a skillet is healthier than cooking it on the grill.

a. True

b. False

Answer: \_\_\_\_\_