Foundations 1E Lesson 5.1 Quiz Answers

Type: MR

Title: Lesson 5.1 Quiz

Topic: L5.1LO1: Compare and contrast the nutritional needs of people across the lifespan.

1. Of the following five options, select the three that are food-related and nutritional concerns for infants, not children.

\*a. food allergies

b. low calcium intake

c. body image concerns

\*d. choking

\*e. digestive issues

Title: Lesson 5.1 Quiz

Topic: L5.1LO2: Identify strategies that encourage children to eat healthy.

2. When Lorraine urges her friends to have lunch at a restaurant with healthy food options, she is using which strategy for healthy eating?

a. asking for help

b. making decisions

c. saying no

\*d. negotiating

Title: Lesson 5.1 Quiz

Topic: L5.1LO3: Explain why calcium is important during the teen years.

3. If you do not get enough calcium during adolescence, your bones will not reach their peak bone density.

\*a. true

b. false

Title: Lesson 5.1 Quiz

Topic: L5.1LO3: Explain why calcium is important during the teen years.

4. All of the following foods are good sources of calcium EXCEPT

\*a. ground beef

b. soy milk

c. broccoli

d. baked beans

Title: Lesson 5.1 Quiz

Topic: L5.1LO4: Use communication skills to make healthy nutrition decisions.

5. All the following will reinforce a “no” message about food EXCEPT

a. repeating the “no” message until you’re sure it’s been heard

\*b. laughing as you deliver the “no” message to seem nicer

c. standing up straight as you offer the “no” message

d. saying “no, thank you” in a polite but firm way