Foundations 1E Quiz Questions Lesson 4.3

1. Which best describes the idea of moderation in diet?

a. eating a number of different foods

b. eating enough calories and nutrients to maintain good health

c. not eating too much of one thing

d. eating enough fat, protein, and carbohydrate

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

2. Biased information is based on feelings and opinions more than on facts.

a. True

b. False

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

3. All of the following items are required on food labels EXCEPT the

a. ingredients list

b. servings per container

c. added sugar

d. manufacturing date

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

4. What is the main benefit of planning meals using MyPlate?

a. trying a variety of foods

b. getting a balanced, nutritious diet

c. eating a low-fat diet

d. eating less of all kinds of foods

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

5. Which of the following is most likely to provide valid and reliable nutrition information?

a. a dietitian

b. a personal trainer

c. a nutritionist selling diet products

d. a professional nutritionist on a YouTube channel

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