Foundations 1E Lesson 5.5 Quiz Answers

Title: Lesson 5.5 Quiz

Topic: L5.5LO19: Describe how to keep a food log.

1. What is the main purpose of keeping a food log?

a. focusing on your food intake each and every day

b. recording everything you eat and drink during a month

\*c. focusing on identifying weaknesses in your diet and developing strategies to improve them

d. comparing your diet during a certain period to a friend’s diet

Title: Lesson 5.5 Quiz

Topic: L5.5LO20: Describe two ways to analyze your diet.

2. You can analyze your diet in a food log by

a. listing foods you eat and then using ChooseMyPlate.gov to generate your own MyPlate Plan

b. entering foods you eat into an app and then analyzing your diet for total calories, fats, proteins, and carbs

c. keeping a record in your head of the foods you eat in a three-day period and then deciding how healthy your diet is

\*d. both a and b

Title: Lesson 5.5 Quiz

Topic: L5.5LO21: Practice setting SMART nutrition goals.

3. LaKeith has analyzed his diet, and now he wants to set a long-term goal related to reducing his intake of sugar. Which of these goals is a SMART goal he could use?

a. I won’t eat sweets every day; I will only eat them on special occasions like my birthday.

b. I will search websites and read blog posts to find out why too much sugar is bad for my body, and then I’ll make a plan for cutting sugar out of my diet.

\*c. I will eat fruit for dessert on weekdays if I’m craving something sweet, and I can have cookies, ice cream, or candy for dessert on the weekends.

d. I won’t eat sugary desserts or snacks at all for this entire year.

Title: Lesson 5.5 Quiz

Topic: L5.5LO22: Follow your nutrition plan and reflect on your progress.

4. If you are having trouble meeting your short-term SMART goals, you should

\*a. adjust your goals to make them more realistic

b. work harder to meet your goals

c. change to a different kind of nutrition plan

d. change your goals to make them much easier to meet

Title: Lesson 5.5 Quiz

Topic: L5.5LO23: Demonstrate how to ask for help with meeting your nutrition goals.

5. Telling a friend that you’re trying not to eat candy when you go to the movies because you want to eat healthier is a good example of asking for support for your nutrition goals.

\*a. true

b. false