Foundations 1E Lesson 4.3 Quiz Answers

Title: Lesson 4.3 Quiz

Topic: L4.3LO11: Explain the four keys to a healthy diet.

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

Title: Lesson 4.3 Quiz

Topic: L4.3LO12: Explain what biased information is.

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

\*a. true

b. false

Title: Lesson 4.3 Quiz

Topic: L4.3LO13: Demonstrate the ability to read a nutrition facts label.

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

Title: Lesson 4.3 Quiz

Topic: L4.3LO14: Explain how to use MyPlate to plan a healthy diet.

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

Title: Lesson 4.3 Quiz

Topic: L4.3LO15: Demonstrate how to access valid and reliable nutrition information.

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