Foundations 1E Lesson 4.5 Quiz Answers

Title: Lesson 4.5 Quiz

Topic: L4.5LO22: Understand what processed foods are and explain how they contribute to a food toxic environment.

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

Title: Lesson 4.5 Quiz

Topic: L4.5LO23: Explain how type 2 diabetes is related to food choices.

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

a. fresh fruit

b. protein

\*c. sugar

d. sodium

Title: Lesson 4.5 Quiz

Topic: L4.5LO25: Compare and contrast healthy and unhealthy fats.

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

\*a. true

b. false

Title: Lesson 4.5 Quiz

Topic: L4.5LO27: Use the decision-making process to demonstrate how to choose a healthy breakfast.

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

Title: Lesson 4.5 Quiz

Topic: L4.5LO28: Compare and contrast grilling and broiling with frying and describe how each relates to health.

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

a. true

\*b. false