Foundations 1E Quiz Questions Lesson 5.1

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

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

a. True

b. False

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

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

a. ground beef

b. soy milk

c. broccoli

d. baked beans

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

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

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