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| Which vegetable has three times as much vitamin C as an orange and twice as much iron as spinach?1. Orange
2. Apple
3. **Peppers**
 | Which of these foods is NOT a whole grain?1. Oatmeal
2. **White rice**
3. Brown Rice
4. Popcorn
 |
| Which vegetable did the ancient Greeks hold sacred, using it to not only to adorn victors of athletic contests, but also for decorating the tombs of the deceased?1. **Parsley**
2. Cauliflower
3. Celery
 | Which fruit is Not grown on trees?1. Lemons
2. Bananas
3. **Strawberries**
4. Apples
 |
| Which vegetable comes in white, yellow, orange, green, and purple varieties?1. **Cauliflower**
2. Celery
3. Parsley
 | What color are Kiwis inside?1. Purple and white
2. **Green and White**
3. Yellow and Blue
4. Orange and green
 |
| Which fruit is a member of the rose family?1. Strawberries
2. Apples
3. **Pears**
 | Which of these IS a whole grain?1. Grits
2. **Oatmeal**
3. White Rice
4. Couscous
 |
| Which nut did the Romans shower newlyweds with as a fertility charm?1. Pecans
2. **Almonds**
3. Peanuts
 | Vitamin A, found in carrots, fish, and egg yolks, is good for which part of your body?1. Your toenails
2. **Your eyes and eyesight**
3. Your teeth
4. Your ankles
 |
| What are the 3 major fruits native to North America?1. Apples, blueberries, Thompson seedless grapes
2. Cranberries, Concord grapes, apples
3. **Blueberries, concord grapes, cranberries**
 | How many serving of fruit and vegetables should you eat each day?1. One or two
2. **Six to 10**
3. 15 to 20
 |
| What is the biggest reason your body needs protein?1. To strengthen bones
2. **To build and maintain tissue**
3. To increase blood flow to the heart
 | Your running late to class, don’t have time to eat breakfast, whats the best thing to do?1. Skip breakfast
2. Grab a soda
3. **Grab a granola bar**
 |
| How often should you be doing some form of aerobic exercise each week?1. Once a month for 15 min
2. At least once a week for 1 hour
3. **At lest 3 times a week for 30 mins**
4. Seven days a week 2 hours a day
 | Which of the following is NOT a benefit of exercising?1. Exercising strengthens your hear
2. **Exercising increases your brain cells**
3. Exercising relieves stress
4. Exercising increases self-esteem
 |
| Whats the best way to figure out if you weigh too much or too little for your body size?1. **Ask a doctor**
2. Ask the best looking people
3. Ask a dentist
4. Look on google
 | Whats the best thing to eat an hour before a game?1. **An apple**
2. Pizza
3. Meatballs
 |
| Which of the following is the best source of calcium?1. Bread
2. **Yogurt**
3. Chicken
4. Banana
 | How many calories should a person intake?1. 5 times your weight
2. 12 times your weight
3. **14 times your weight**
4. 18 times your weight
 |
| What is the only vitamin that can be synthesized in a body?1. **Vitamin D**
2. Vitamin C
3. Vitamin A
4. Vitamin E
 | Which of the following major food groups is an essential part of the food pyramid?1. **Dairy**
2. Multi Vitamin Supplement
3. Protein
4. Water
 |
| Excess Calcium is good for your body1. True
2. **False**
 | **What is the worst type of Fat?**1. **Trans Fat**
2. Saturated fat
3. Mono Saturated fat
4. All of the above
 |
| Drinking nutrient enhanced water beverages is a healthy alternative for water 1. True
2. **False**
 | How many Glasses of water should an individual drink a day?1. 6 glasses
2. 7 glasses
3. **8 glasses**
4. 9 glasses
 |
| A healthy diet consist of how many meals?1. 3 large
2. 3 small
3. 4 large
4. **6 small**
 | What percentage does water account for our body weight?1. **55-70%**
2. 33-40%
3. 10-12%
4. 100%
 |
| How many calories does it take to make a pound?1. **3500**
2. 2000
3. 3000
4. 2500
 | What percentage of our body weight are minerals?1. **4%**
2. 50%
3. 30%
4. 10%
 |
| How many times does the average person swallow during dinner?1. **250 times**
2. 200 times
3. 150 times
4. Does not swallow
 | In how many weeks can an adult starve to death?1. **8-12 weeks**
2. 5-6 weeks
3. 4 weeks
4. 3 weeks
 |
| What percentage of Americans are overweight?1. **66%**
2. 30%
3. 50%
4. 8%
 | Which food contains the highest quality food protein?1. **Eggs**
2. Grilled Chicken
3. Fried Chicken
4. Protein Shackes
 |
| How many tons of food will an average person eat in their lifetime?1. 10 tons
2. 15 tons
3. 30 tons
4. 35 tons
 | The body can break down complex carbohydrates more efficiently than simple carbohydrates1. **True**
2. False
 |
| Which of the following food provides the body with a fast source of energy?1. **Pasta**
2. Beans
3. Burgers
4. Fish
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