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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 body   1. 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 carbohydrates   1. **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 |  |