

NUTRITION QUIZ

TRUE, FALSE, . . . or maybe ?

You are what you eat! And you want to be the best you can be! So, how vulnerable are you to nutrition myths? Are you confused by controversies? Do you know how to find hidden ingredients? What else don't you know? Take this quiz for fun. The answers will be available in class or on bulletin boards. Enjoy the discussions that ensue!

- _____ 1. Water is the single most important nutrient.
- _____ 2. Kwashiorkor is an African word but you don't have to go to Africa to get the disease called Kwashiorkor.
- _____ 3. Everybody should drink lots of milk.
- _____ 4. Food additives are bad for you.
- _____ 5. Chocolate sometimes contains chocolate.
- _____ 6. You can't take too many vitamins.
- _____ 7. Liver is good for you.
- _____ 8. A Ph.D. candidate in Zoology knows better than to get scurvy.
- _____ 9. Organically-grown food is better for you.
- _____ 10. Milk is a perfect food.



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- _____ 11. Protein is needed primarily for the building and repair of cells and tissues.
 - _____ 12. Gelatin is a good source of protein.
 - _____ 13. Empty calorie foods do not contain calories.
 - _____ 14. Fat is not required in reducing diets because the body burns its own fat stores.
 - _____ 15. Coca-Cola contains the same acid as Naval Jelly, a concoction formulated by the U S Navy to remove rust from the hulls of battleships.
 - _____ 16. Cottage cheese, a dairy product, is a good source of calcium.
 - _____ 17. Molasses is a natural food.
 - _____ 18. Honey is better for you than white sugar.
 - _____ 19. Brown sugar is better for you than white sugar.
 - _____ 20. Average consumption of sugar, in Canada, per person, is 100 lb. per year.
 - _____ 21. Vegetable oils are rich in polyunsaturated fats.
 - _____ 22. Margarine is superior to butter because it contains fewer calories and is rich in unsaturated fats.



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- _____ 23. Vegetables contain very little protein.
- _____ 24. Low carbohydrate diets are the best way to lose weight.
- _____ 25. We all need vitamin and mineral supplements to be healthy.
- _____ 26. Raw carrots contain more Vitamin A than cooked carrots.
- _____ 27. Carbohydrates are more fattening than proteins.
- _____ 28. High blood pressure is caused by a high salt intake.
- _____ 29. 2% milk is a low fat food.
- _____ 30. Substituting aspartame for sugar is a good way to cut calories.



