



1. What is a calorie?

- a. An ingredient in unhealthy food
- b. A measure of how healthy a food is
- c. A measure of how much energy you get from a food

2. Who needs 2,000 calories a day?

- a. Every adult
- b. An active woman who weighs 130 pounds
- c. An active male who weighs 200 pounds

3. A hard and fast rule of weight loss is that cutting 500 calories a day leads to dropping a pound a week.

- a. True
- b. False
- c. True and false

4. A very low-calories diet will :

- a. Speed up your metabolism
- b. Slow down your metabolism
- c. have no effect on your metabolism

5. Which nutrient is the building block of your buddy?

- a. Protein
- b. Carbohydrates
- c. Fats

6. What nutrient is your body mainly made of ?

- a. Fat
- b. Protein
- c. Water

7. What are substances found in food that your body needs for survival, development, energy and growth? (Hint: There are 6 of them!)

- a. Nutrients
- b. Vitamins
- c. Minerals

8. What is our main source of energy?

- a. Proteins
- b. Carbohydrates
- c. Water

9. "Good carbs" are:

- a. Plant-based
- b. Have fiber
- c. All the above

10. Fiber has many benefits, such as....

- a. Repairs muscle
- b. Helps us feel fuller for longer
- c. Provides energy