

## Question Bank - Intermediate

1. Name 2 foods that you should only consume “sometimes”  
A: cookies, chocolate, potato chips, candy etc.
2. Why do we all need a little fat in our diet?  
A: Cushions our organs, helps us absorb important nutrients
3. What does fibre do for your body?  
A: Changes the nature of your gastrointestinal tract and helps clear and move food through your intestinal tract.
4. What is the main nutrient in a banana?  
A: Potassium
5. What food group do we need the most servings of, in our diet, to promote good health?  
A: Vegetables and Fruit
6. What is Eating Well with Canada's Food Guide?  
A: A document that helps Canadians decide how to make healthy food selections for their diets
7. Name a food high in fibre.  
A: Whole grain bread, any fruit, most vegetables
8. What is an example of a serving of grain products?  
A: (See food guide for an example)

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9. What is an example of a serving of fruit?

A: (See food guide for an example)

10. What is an example of a serving of meat & alternative products?

A: (See food guide for an example)

11. What is an example of a serving of milk & alternative products?

A: (See food guide for an example)

12. What is an example of a serving of vegetables?

A: (See food guide for an example)

13. Give 2 examples of healthy afterschool snacks.

A: Grapes and low-fat cheese, whole grain bread with peanut butter, low-fat yogurt and fruit, etc.

14. Where can you get Vitamin D from?

A: From the sun, or foods like milk, fish, eggs, margarine.

15. What food group helps you build strong bones?

A: Milk and Alternatives

16. How much of your plate should have veggies on it, at a meal?

A: Half a plate

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17. Name 2 foods that contain calcium.  
A: Milk, yogurt, broccoli, almonds, soy milk
18. What exotic, round fruit with bumpy green skin is full of lots of healthy fats?  
A: Avocado
19. Which red vegetable sometimes hot, is a very good source of vitamin C?  
A: Red pepper
20. Name 5 vegetables that grow out of the ground  
A: potatoes, parsnips, carrots, broccoli, onions
21. In which food group would you find yogurt?  
A: Milk and Alternatives
22. What kind of smelly meat alternative is full of healthy fats?  
A: Fish
23. How many slices of bread give you one serving of grains?  
A: One
24. How many glasses of water should you drink each day?  
A: 8

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25. What vitamin can you get from the sun?  
A: Vitamin D
26. What is found in fruits and vegetables that make them so good for you?  
A: Vitamins, minerals, water
27. What vitamin is found in many citrus fruits?  
A: Vitamin C
28. What kind of meat alternative do chickens lay?  
A: Eggs
29. Foods from which food group help build muscles?  
A: Meat & Alternatives
30. Foods from which food group give you energy for learning and playing?  
A: Grain products
31. Foods from which food group help your body heal cuts and bruises?  
A: Fruits & Vegetables
32. Which food group helps prevent diseases such as cancer, heart disease, and diabetes?  
A: Fruits and Vegetables

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33. Are processed foods such as ham a high source of salt?

A: Yes

34. Are today's soda cups at most restaurants the same size as those in the 1960's?

A: No, they are much bigger now.

35. Name 2 benefits of being active

A: Reduces stress, better circulation, stronger heart, weight management, chronic disease prevention, fun

36. Is there more vitamin C in an orange juice or a cup of Broccoli?

A: a cup of broccoli

37. Should you stop drinking milk if you're lactose intolerant?

A: No, you should drink lactose-free milk instead

38. Are unlimited amounts of cheese in the diet healthy?

A: No, because it is high in saturated fat and very filling so it will stop you from eating other nutritious foods

39. Are all restaurant meal sizes and portions exactly how much a person needs?

A: No, they tend to be larger than what we need

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40. Are Gatorade and other sports drinks a much healthier choice than pop?  
A: No
41. Which mineral deficiency may lead to osteoporosis in later life?  
A: Calcium deficiency
42. Name the two types of diabetes?  
A: Type 1 and Type 2 diabetes
43. Which vitamin is associated with vision?  
A: Vitamin A
44. Which food group does tofu belong to?  
A: Meat and Alternatives
45. What is yellow, grows under the ground, and is a high source of starch?  
A: Potato
46. How much of your plate should have meats and alternatives on it?  
A: A quarter of your plate

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47. The best source of nutrition information is:

- The internet
- Diet books
- Health Food Stores
- Your doctor

**A Dietitian**

48. Where do most people get most of their salt from?

- Table salt added at the table
- Soya Sauce
- Salt added during cooking of pasta and vegetables

**Processed Foods**

49. Most people in North America eat more protein than their bodies require

A: True

50. Osteoporosis can be prevented by:

- Adequate calcium intake
- Adequate vitamin D intake
- Weight bearing exercise

**All of the above**

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51. How can you tell which fruit and vegetables are more nutrient-rich?  
A: Darker, brighter colors
52. Name three good sources of fiber.  
A: Beans, whole grain breads, vegetables and fruit (best with skin on)
53. Skim milk is watered down milk and so has fewer nutrients than 1%, 2% or homogenized.  
A: False
54. Children should have homogenized milk until at least 2 years of age.  
A: True
55. Is all the fat and cholesterol in an egg found in the yolk, the white, or the shell?  
A: Yolk
56. Hydrogenation is a process in which good \_\_\_\_ is turned into bad \_\_\_\_\_.  
A: Fat
57. If something is natural, it cannot be harmful.  
A: False
58. Athletes need to take protein supplements  
A: False



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59. There is the same amount of sugar in a cup of chocolate milk as in:

**An orange**

A chocolate bar

A can of pop

A bag of skittles

60. How many teaspoons of sugar are there in one serving of Sunny Delight?

A: 7

61. Bison, elk, moose and deer are good lean meats to eat

A: True

62. Which food group is the smallest part of the rainbow in Canada's Food Guide?

A: Meats and Alternatives

63. If you have anemia, you may want to choose foods high in which mineral?

A: Iron

64. Calcium is important in blood clotting.

A: True

65. Weight bearing exercise is important in building and maintaining strength of your bones

A: True

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66. Which of the following nutrients is known as the sunshine vitamin?

Vitamin C

Vitamin A

Vitamin K

**Vitamin D**

67. All of the following are needed for strong bones except:

**Vitamin A**

Calcium

Magnesium

Vitamin D

68. Which of these nutrients is the preferred energy source for the body?

B Complex Vitamins

**Carbohydrates**

Fats

Fibre

69. This mineral is essential for healthy red blood cells and a deficiency causes anemia.

**Iron**

Magnesium

Iodine

Chromium

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70. HDL is the “good” cholesterol and necessary for optimal health.

**True**

False

71. Which of the following can lead to heart disease when you get older?

Being overweight

Eating too much saturated fat and cholesterol

Not exercising

**All of the above**

None of the above

72. How big is your heart?

The size of a baseball

**Slightly larger than your fist**

The size of a large grapefruit

The size of an egg

73. A cola drink is not very good to drink before bedtime because of an ingredient called \_\_\_\_\_ that may keep you awake.

Water

**Caffeine**

Sodium

Potassium

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74. Iron is important because:

It keeps the kidneys functioning

**Helps prevent infections and anemia**

It helps balance blood sugar levels

It builds strong bones

75. Which of the following beverages has no fat, sugar, or oils?

Milk

Root beer

Coffee with cream

**Iced tea unsweetened**

Lemonade

76. You should be eating 5-6 servings of vegetables and fruit each day

**True**

False

77. Blood does not transport oxygen from the heart to other parts of your body

True

**False**

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78. The main sources of protein are meat, fish, and beans

**True**

False

## SOURCES

<http://nutrition.about.com/library/blnutritionquiz.htm>

*Canadian Living*

[http://www.canadianliving.com/food/cooking\\_school/quiz\\_whats\\_your\\_nutrition\\_iq.php](http://www.canadianliving.com/food/cooking_school/quiz_whats_your_nutrition_iq.php)<http://www.coolfoodplanet.org/gb/kidz>

<http://www.healthyfridge.org/kids.html>

*Quizmoz*

<http://a4esl.org/q/h/9801/cr-nutrition.html>

