

Healthy Diet Quiz Multiple Choice Answers

nutrition quiz “ true or false - healthy kids - nutrition quiz “ true or false . 1. potato chips are a healthy way to eat potato. “ false chips and crisps are made from potato, but cooked in oil, so are high in fat and usually have added salt. 2. snacks are an important part of a healthy diet for active children “ true children have small stomachs and need to eat meals and mid-meal snacks to keep up their energy levels and to get all ...

eating a balanced diet - little worksheets - diet. developing healthy eating habits is not as confusing or as restrictive as you may imagine. the first principle of a healthy diet is simply to eat a wide variety of foods. this is important because different foods make different nutritional contributions. fruits, vegetables, grains, and legumes“ foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat and free of ...

food and nutrition pop quiz - infinite wellness solutions - food and nutrition quiz see how savvy you are about food and nutrition by taking this little quiz. some questions have more than one answer.

how healthy is your diet - devon health and wellbeing - reducing the amount of salt in your diet can help keep your blood pressure down, especially if this is part of a healthy diet that includes plenty of fruit and vegetables reducing your blood pressure reduces the risk of developing heart disease and stroke,

nutrition quiz 1 - multi-cultural educational services - nutrition quiz 1 2. you can lose weight if you eat less _____. a. calories b. vegetables c. meat 3. food that we eat is processed by our body as one of these three things. a. fats, sugars and carbohydrates b. proteins, carbohydrates and meats c. fats, proteins and carbohydrates ...

exercise and fitness quiz - fitivities - maintaining a healthy diet and controlling your caloric intake is the best way to lose belly fat. a full body exercise builds lean muscle all over. 12) ...

healthy eating plate by the harvard university - what makes up a healthy diet because it is based on out-of-date science and influenced by people with business interests in their messages. the healthy eating pyramid brick-by-brick introduction more than a decade and a half ago, the u.s. department of agriculture (usda) created a powerful and enduring icon: the food guide pyramid. this simple illustration conveyed in a flash what the usda ...

eating habits questionnaire - national cancer institute - in this survey, a “healthy diet“ means eating a wide variety of foods which contain plenty of fiber and are low in fat, salt, and sugar. worksite eating habits

food label quiz - move! weight management program home - knowing this can help you to make heart healthy choices and reduce fat in your diet. 2. a. true we are used to saying “portion“ or “helping“ when we talk about how much we eat. “serving size“ is a more official or standard amount used for food labels. the nutrition facts given on a food label are based on the serving size. 3. a. true fat has 9 calories per gram, whereas ...

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