

## Nutrition Quiz

- 1) Which is the only real concern about sugar in children's diet?
  - a) It can cause diabetes.
  - b) It has too many calories
  - c) It makes kids hyperactive.
  - d) It causes dental cavities.**
  
- 2) Which of the following has the most Vitamin C?
  - a) 1 cup strawberries**
  - b) 1 medium kiwi
  - c) 1 medium nectarine
  - d) 1 medium apple
  
- 3) The best way to help an overweight child to lose weight is to limit portion sizes at meals.  
True or **False**
  
- 4) What is a good way to limit fat intake?
  - a) Keep plenty of fruits and vegetables available.
  - b) Use nonstick vegetable sprays to reduce added fat while cooking.
  - c) Serve whole grain breads, pasta and cereals regularly.
  - d) Instead of rich cream desserts, try angel food, frozen fruit bars and low fat frozen yogurt.
  - e) All the above.**
  
- 5) Which of the following has the least fat?
  - a) 1 T. butter
  - b) 1 T. margarine
  - c) 1 T. peanut butter
  - d) 1 T. apple butter**
  
- 6) How many of servings of fruit should you eat a day?
  - a) 0-2
  - b) 1-3
  - c) 2-4**
  - d) none