

FOOD LABELS

1. If something is listed as one of the first three ingredients on a Nutrition Facts food label, it means the food probably contains a lot of it.
 - a) True
 - b) False
2. Because food labels are written according to the calorie needs of adults, they are not useful to kids.
 - a) True
 - b) False
3. Sugar is a kind of:
 - a) Protein
 - b) Fat
 - c) Carbohydrate
 - d) Cholesterol
4. There are three kinds of fats typically listed on a food label: _____, _____, and _____.
 - a) Saturated
 - b) Unsaturated
 - c) Trans fat
 - d) Fat
5. If you are an athlete or someone who is constantly active, which diet should you choose?
 - a) 2,000 Calorie
 - b) 2,500 Calorie
6. What is true about serving sizes?
 - a) They must be listed in commonly understood portions (cups, grams, pieces)
 - b) They only need to be listed if there is more than one serving per container
7. Reading the food label can help you compare products, make healthier choices and provide valuable information to people with food allergies.
 - a) True
 - b) False
8. Where is the Serving Size located?
 - a) Right at the top
 - b) In the middle
 - c) On the bottom

9. Does the label contain what Vitamins are in the food?
- a) No
 - b) Yes
10. For Nutrients we should limit, like Saturated Fat or Sodium, we should look for products that contain...
- a) Close to 5% or less
 - b) Less than 20%
 - c) More than 20%
 - d) 30%
11. Are calories bad?
- a) Yes, they make you gain weight.
 - b) No, but you should be aware of them to maintain a healthy weight.
 - c) No, you should eat as many calories as possible for energy.
 - d) Yes. Calories do not add any nutrients.
12. What is a serving size?
- a) How many people a product will feed
 - b) It defines what size container to serve the product in
 - c) The amount of the product listed as 1 serving
 - d) Amount that will allow you to meet your daily needs
13. Which is not a part of the Nutrition Facts Label?
- a) Calories
 - b) Allergens
 - c) Fiber
 - d) Cholesterol
14. Why are food labels important?
- a) Helps you to know what type of ingredients the food contains
 - b) Can help you determine how much the food costs for its weight
 - c) Provides health information
 - d) All of the above
15. The first ingredient listed in an ingredients list is used the most.
- a) True
 - b) False