1. The food that we eat is converted to _____.
   A. Protein
   B. Sugar
   C. Energy

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
4. Fats are in meat and food cooked with _____.
   A. Oil
   B. Water
   C. Sugar

5. Protein is in meat, eggs, beans and _____.
   A. Fruit
   B. Sugar
   C. Cheese

6. Carbohydrates are in vegetables, fruit, sugar and ________.
   A. Bread
   B. Beans
   C. Butter
7. If you are overweight you might get these health problems.

A. High blood pressure, headaches and diabetes
B. Low blood pressure, heart disease and diarrhea.
C. High blood pressure, heart disease, or diabetes

8. Food labels tell us how many grams of _____ are in this food.

A. Fat, Protein and Carbohydrates
B. Fat, Meat and Cheese
C. Fat, Butter and Eggs

9. The label also tells how much _______ and _______ is in this food.

A. Salt and Pepper
B. Sugar and Salt
C. Sugar and Pepper
Nutrition Quiz 1

10. Labels also tell how many calories are in each ______.

A. Carbohydrate  
B. Package  
C. Serving

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td>Fat Cal</td>
</tr>
<tr>
<td>% DV*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
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<tr>
<td>Sodium</td>
<td>550mg</td>
<td>23%</td>
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<tr>
<td>Total Carb.</td>
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<td>10%</td>
</tr>
<tr>
<td>Fiber</td>
<td>7g</td>
<td>28%</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  
Vitamin C 0%  
Calcium 6%  
Iron 10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.