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| **STEPS TO WELLNESS**Review QuestionsLesson Four – You Are What You Eat |
| T | F | (True or False) |
|[ ] [ ]  1. | Nutritional deficiency is not a problem in the United States where there is plenty to eat. |
|[ ] [ ]  2. | It does not matter what food we eat, as long as we do not eat more than we need. |
|[ ] [ ]  3. | Carbohydrates are used by the body as energy. |
|  |  |  |  |
| Multiple Choice Questions*Indicate your answers by checking the letter you think is most correct* |
| 4. | Each day we should eat a wide variety of fruits, vegetables, whole grains and legumes because they: |
|[ ]  A. | Are generally high in complex carbohydrates and low in fat. |
|[ ]  B. | Provide all the vitamins and minerals we need. |
|[ ]  C. | Are low in fiber. |
|[ ]  D. | All of the above. |
|  |  |  |  |
| 5. | Whole grain foods are better than refined foods because they:  |
|[ ]  A. | Contain the nutrients that are not in refined foods. |
|[ ]  B. | They have more fiber than refined grains. |
|[ ]  C. | Enriched products only contain 4 or 5 added nutrients compared to 19 in whole-grain flour |
|[ ]  D. | All of the above |
|  |  |  |  |
| 6. | Dietary fats should: |
|[ ]  A. | Make up the majority of our calories. |
|[ ]  B | Be avoided because they are unnecessary to the body. |
|[ ]  C | Consist of about 15-20% of total calories. |
|[ ]  D | None of the above. |
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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_