|  |  |  |  |
| --- | --- | --- | --- |
| **STEPS TO WELLNESS**  Review Questions  Lesson 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. | |
|  | | | |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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