

- ___ 12. According to the MyPyramid plan, what should make up the smallest portion of a teenager's diet?
- a. milk
 - b. meat and beans
 - c. grains
 - d. oils

True/False

Indicate whether the statement is true or false.

- ___ 13. Food is your body's energy source.
- ___ 14. Two meals may contain the same number of calories but different amounts of energy.
- ___ 15. The *Dietary Guidelines for Americans* document recommends that teenagers be active for 30 minutes most days.
- ___ 16. In the MyPyramid plan, the dinner plate represent food groups.
- ___ 17. There are six classes of nutrients: carbohydrates, fats, proteins, vitamins, minerals and water.
- ___ 18. Metabolism is the chemical process by which your body breaks down food to release this energy.
- ___ 19. Pasta, Broccoli, Bread, Bananas and fruit are all exmaple of Proteins.

Performance Task

20. Below please draw the **MY PLATE PICTURE** of the how your plate should look below.

Chapter 8 Food and Nutrition Quiz

Answer Section

MULTIPLE CHOICE

1. ANS: A PTS: 1 DIF: L2 REF: p. 192
OBJ: 8.1.1 Name the three classes of nutrients that supply your body with energy.
STA: PL-H-N-U-2 | PL-H-N-S-6
2. ANS: C PTS: 1 DIF: L1 REF: p. 193
OBJ: 8.1.2 Explain how the body obtains energy from foods.
3. ANS: B PTS: 1 DIF: L2 REF: p. 193
OBJ: 8.1.1 Name the three classes of nutrients that supply your body with energy.
STA: PL-H-N-U-2 | PL-H-N-S-6
4. ANS: A PTS: 1 DIF: L2 REF: p. 198
OBJ: 8.1.3 Describe the roles that carbohydrates, fats, and proteins play in your body.
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
5. ANS: D PTS: 1 DIF: L1 REF: p. 194
OBJ: 8.1.3 Describe the roles that carbohydrates, fats, and proteins play in your body.
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
6. ANS: C PTS: 1 DIF: L3 REF: p. 197
OBJ: 8.1.3 Describe the roles that carbohydrates, fats, and proteins play in your body.
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
7. ANS: B PTS: 1 DIF: L2 REF: p. 203
OBJ: 8.2.1 Identify the two main classes of vitamins.
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
8. ANS: C PTS: 1 DIF: L2 REF: p. 205
OBJ: 8.2.2 List seven minerals your body needs in significant amounts.
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
9. ANS: D PTS: 1 DIF: L1 REF: p. 209
OBJ: 8.2.3 Explain why water is so important to your body. NAT: 5.12.5
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
10. ANS: A PTS: 1 DIF: L1 REF: p. 209
OBJ: 8.2.3 Explain why water is so important to your body. NAT: 5.12.4 | 7.12.2
STA: PL-HS-1.2.1 | PL-H-N-U-2 | PL-H-N-S-6
11. ANS: C PTS: 1 DIF: L1 REF: p. 210
OBJ: 8.3.1 Explain how the Dietary Guidelines for Americans can help you plan a healthful diet.
NAT: 3.12.1 | 3.12.2 | 3.12.5 STA: PL-HS-1.2.2 | PL-H-N-U-3
12. ANS: D PTS: 1 DIF: L1 REF: p. 212
OBJ: 8.3.2 Summarize the recommendations in the MyPyramid plan.
NAT: 3.12.2 | 3.12.5 STA: PL-HS-1.2.2 | PL-H-N-U-3

TRUE/FALSE

13. ANS: T PTS: 1 DIF: L1 REF: p. 193
OBJ: 8.1.2 Explain how the body obtains energy from foods.
14. ANS: F PTS: 1 DIF: L1 REF: p. 193
OBJ: 8.1.2 Explain how the body obtains energy from foods.

15. ANS: T PTS: 1 DIF: L2 REF: p. 211
OBJ: 8.3.1 Explain how the Dietary Guidelines for Americans can help you plan a healthful diet.
NAT: 3.12.2 | 3.12.5 STA: PL-HS-1.2.2 | PL-H-N-U-3
16. ANS: T PTS: 1 DIF: L1 REF: p. 213
OBJ: 8.3.2 Summarize the recommendations in the MyPyramid plan.
NAT: 3.12.2 | 3.12.5 STA: PL-HS-1.2.2 | PL-H-N-U-3
17. ANS: T PTS: 1
18. ANS: T PTS: 1
19. ANS: F PTS: 1

ESSAY

20. ANS:
My plate picture
- PTS: 1