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## Nutrition Quiz

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1. A calorie is a unit of \_\_\_\_\_.
  - a. fat
  - b. sugar
  - c. carbohydrate
  - d. energy
  - e. I don't know
2. An average person requires a total of \_\_\_\_\_ calories a day.
  - a. 1000
  - b. 1500
  - c. 2000
  - d. 2500
  - e. I don't know
3. A pound of fat is equal to \_\_\_\_\_ extra calories.
  - a. 1500
  - b. 2000
  - c. 3500
  - d. 5000
  - e. I don't know
4. A 20-ounce regular soda has HOW MANY servings?
  - a. Two and one half
  - b. Two
  - c. One and a half
  - d. One
  - e. I don't know
5. How many calories are in a McDonald's Big Mac hamburger?
  - a. 230
  - b. 340
  - c. 420
  - d. 590
  - e. I don't know
6. True or False (circle one)  
12 ounces of regular Sprite has the same calories as 12 ounces of regular Dr. Pepper.
  7. One gram of fat contains how many calories?
    - a. 4
    - b. 7
    - c. 9
    - d. 12
    - e. I don't know
  8. A serving of juice is:
    - a. 4 ounces
    - b. 8 ounces
    - c. 12 ounces
    - d. 16 ounces
    - e. I don't know
  9. The average person (child or adult) should try to take how many steps in a normal day?
    - a. 2000
    - b. 5000
    - c. 10,000
    - d. 15,000
    - e. I don't know
  10. Which of the following is the best fat-burning activity?
    - a. swimming
    - b. running
    - c. walking briskly
    - d. weight lifting
    - e. I don't know
  11. The average child spends \_\_\_\_\_ hours per day listening to music, watching TV, and playing video games, even though he or she should limit these activities to 2 hours per day.
    - a. 4 hours
    - b. 6 hours
    - c. 8 hours
    - d. 10 hours
    - e. I don't know

Answers:  
1. d 2. c 3. c 4. a 5. d 6. false 7. c 8. a 9. c 10. c 11. a