

Nutrition Quiz

Questions	Points	Score	Complete Check mark
Name 5 Determinants of Health	50		
Canada's Food Guide is in the shape of a _____	10		
What 2 colours of vegetables does Canada's Food Guide recommend we eat more often?	20		
How many servings from the Milk Products group do adults require daily? Children?	Total 20 (10/answer)		
Hold your breath under water for 10 seconds	30		
Name four broad reasons why we should care about Food Security	40		
Who's Problem is Food Security anyway?	20		
Name three key messages from Canada's Food Guide	20		
Poke your head through a 2" diameter hole (anyone can do it!)	20		
If you all agree that Food Security is an important issue —everyone get up and circle around your chair	10		
Name two safe ways to thaw meat	30 (15/answer)		
Canada's Food Guide recommends that we choose foods from this group in moderation. Give four examples. Why should we eat these in moderation?	Total 30 (10/question)		
Name four vegetables that are grown in Canada	20		
TOTAL POINTS	320		