1. True or false: Each package of food has exactly one serving.

Answer: False. Packages of food or containers of drinks can have one serving or multiple servings. The serving size on the food label tells you the quantity of food or drink within one serving, and the number of servings tells you how many servings are in that package or container.

2. A package of 2 cookies has a serving size listed as 1 cookie and a total number of servings listed as 2. If there are 150 calories per serving, how many calories do you get if you eat the entire package?

1. 150 calories
2. 300 calories
3. 250 calories
4. 0 calories, because the cookies are fat free

Answer: B. 300 calories. There are 2 servings in the package, and each serving is 150 calories. Therefore, the total number of calories in the package is 150 x 2 = 300.

3. Of the following food components, which one should you try to stay under 100% of the Daily Value each day?

1. Saturated fat
2. Fiber
3. Calcium
4. Vitamin A

Answer: A. Saturated fat. Saturated fat has been linked to an increase in the risk of heart disease and stroke. Fiber, vitamin A, and calcium are food components that you should try and get at least 100% of your daily value.

4. On a loaf of bread, where would you look to find if it is made from whole wheat?

1. Carbohydrates
2. Ingredients list
3. Somewhere on the front of the package
4. Manufacturer’s website

Answer: B. Ingredients list. If the bread was made with whole wheat, it will list the words “whole wheat” in the list of ingredients. If it was not made with whole wheat flour, but rather some other type of flour, including refined wheat flour, it cannot say “whole wheat.”