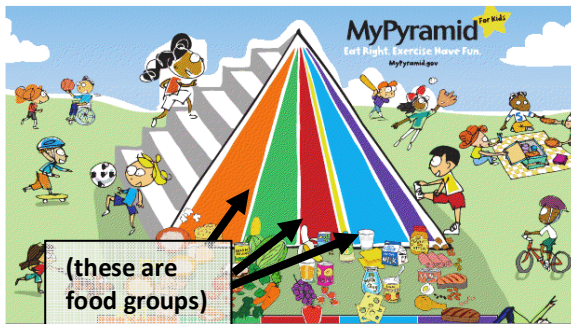


## Fruitful Minds: Post-curriculum Survey



### I. Food groups

1. We can categorize food into six groups. Five are listed below; list the group that is missing. (fill in the blank)  
Grains, Vegetables, Fruit, Meat/Beans, Oils, \_\_\_\_\_
2. True or false—"The stripes of the Food Pyramid represent different food groups. The thicker the stripe of a certain food group, the more important it is for our body."



Circle one answer:

- A) True  
B) False

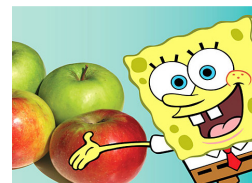
3. True or False—"Packaged, frozen foods are equally nutritious comparing to fresh, unprocessed foods because they contain the same ingredients."

Circle one answer:

- A) True    B) False

4. How many cups of fruit should we try to eat in one day?

- A) 0.5    C) 1-2  
B) 1    D) 2-3



### II. Nutrients

1. The nutrients we need can be categorized into different groups. Two nutrient groups are missing in the list below; list at least one.  
Protein, Vitamins/minerals, water, \_\_\_\_\_, \_\_\_\_\_

2. What is one benefit of fiber?

3. List one food that is rich in fiber.

4. True or False – "Some fats are good for our body."

- A) True
- B) False

5. Name one vitamin and how it helps your body.
  
  
  
  
  
  
  
6. What are some nutrients that we should look out for (and not eat too much)?

### III. Nutrition Labeling

1. When you read the food label, how can you tell how much “energy” a food product contains?
  
  
  
  
  
  
  
2. How do you know if a food product contains too much salt?
  - A) The number of milligrams of salt on the food label should be equal or less than the number of calories
  - B) The number of milligrams of salt on the food label should be equal to the number of calories
  - C) Taste it to see if it tastes salty
  
3. From looking at the “Nutrition Facts” below, how many calories total does this box of Oreo have? How many cookies does this box of Oreo contain?  
(one serving size = 3 cookies)
  

  - A) 34 calories; 15 cookies
  - B) 160 calories; 15 cookies
  - C) 160 calories; 45 cookies
  - D) 2400 calories (160 x 15); 45 cookies



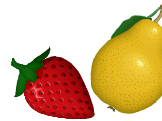
Nutrition Facts		
Serving Size 34g		
Servings per Container about 15		
Amount Per Serving		
Calories	160	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11 %
Saturated Fat	2g	10 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	160mg	7 %
Total Carbohydrate	25g	8 %
Dietary Fiber	1g	4 %
Sugars	14g	
Protein	1g	

### IV. Advertising & Media

1. What is the goal of advertisements? List one advertising technique.

2. True or false –“Food products that state their health benefits on their packaging are healthier than food that don’t include such statements. Government wouldn’t allow food products to make statements of their health benefits if they are not actually healthier and more beneficial than other food.”

A) True  
B) False



3. Where can you usually find the best information about the nutritional value of a packaged food?
- A) Front (where it talks about the benefits of the food)  
B) Back or Side (where the nutrition label is)  
C) Both have equally helpful information

#### V. Physical Activity

1. Why is exercise good for you?
2. What is the recommended daily amount of physical activity?
- A) 1 hour/day                      C) 0.5 hours/day  
B) 2 hours/week                D) 3 hours/week



3. Matching:
- |                             |   |                               |
|-----------------------------|---|-------------------------------|
| Running is a type of        | • | • strength training exercise. |
| Yoga is a type of           | • | • stretching exercise.        |
| Weight lifting is a type of | • | • aerobic exercise.           |
4. Name one bad thing that can happen if you exercise too little.
5. What happens if you eat more food than your body needs?
- A) The extra energy is stored as muscle, and it helps you become a stronger person  
B) The extra energy circulates in the body as energy, and they can be used in the future when you engage in intense physical activities.  
C) The extra energy is stored as fat in the body.  
D) The extra energy gets eliminated with feces and other body excretions.

6. Problem solving/decision making: Your friend Anna has been eating a lot of unhealthy food. She often eats at fast food restaurants, and sometimes she snacks on packaged food such as chips and cookies in place of proper meals. Her family doesn't have time to cook, and they think that fresh fruits and vegetables are often times too expensive comparing to fast food. Because Anna lives in a rather unsafe neighborhood, she also doesn't have access to parks or recreational facilities, so she rarely does any exercise.
- A) Identify parts of Anna's life style that might be unhealthy.
- B) What advice would you give Anna to help her make healthy decisions?