

unit 15 quiz

1. Which dessert has the lowest amount of sugar in it?

- a) a bowl of vanilla ice cream
- b) a slice of pumpkin pie
- c) a serving of jello
- d) a grape popsicle

2. Which breakfast choice has the lowest amount of sugar per serving?

- a) cheerios
- b) waffles and syrup
- c) toaster streudel
- d) nutrigrain breakfast bar

3. Which of the following has the highest amount of sugar per serving?

- a) a can of Coke
- b) a cherry Poptart
- c) 2 Reeses peanut butter cups

4. Two tablespoons of honey barbecue sauce contains about as much sugar as?

- a) an 8 ounce serving of orange juice
- b) a 2.6 oz bag of skittles
- c) 3 chips ahoy chocolate chip cookies

5. Which food contains no sugar?

- a) $\frac{1}{2}$ tablespoon of butter
- b) 4 ounce portion of turkey breast
- c) one dinner roll
- d) $\frac{1}{2}$ cup serving of mashed potatoes
- e) both a and b
- f) both a, b, c
- g) all of the above
- h) none, these all contain sugar

6. Which of the following has a high amount of calcium?

- a) kale
- b) oatmeal
- c) almonds
- d) carrots
- e) all of the above
- f) a,b,c
- g) b,c,d
- h) none of the above

7. Which of the following has the highest pesticides residue?

- a) strawberries
- b) pineapple
- c) avocado
- d) broccoli

8. Which of the following would be a "better" lower fat food?

- a) pasta with red sauce
- b) pasta with white sauce

9. Which of the following would be a "lower" fat food?

- a) donut
- b) bagel

10. Which cake has the lower fat?

- a) chocolate cake
- b) pound cake
- c) angel food cake

Answers

1.d

2.a

3.a

4.c

5.e

6.f

7.a

8.a

9.b

10.c