Name:\_\_\_\_\_\_\_\_\_\_\_\_\_  **Phys. Ed. 9 Nutrition Quiz** December 19, 2013

The quiz will be made up of 5 sections: multiple choice/true false, matching, fill in the blank, short answer, and long answer. You have the entire class to complete the quiz.

**Section 1: Multiple Choice/True and False (1 mark each)**

1. Which of the following is NOT a macronutrient?
2. Fat
3. Protein
4. Minerals
5. Carbohydrates
6. % Daily Value on food labels is based on a diet of how many calories?
7. 1500
8. 2000
9. 2500
10. 3000
11. What percentage of a normal diet should be made up of proteins?
12. 0-5%
13. 10-15%
14. 20-30%
15. 40-60%
16. Which of the following is not meat and alternative?
17. Tofu
18. Eggs
19. Fish
20. Soy Milk
21. Which of the following is an example of a food that fuels your body with simple carbohydrates?
22. Bread
23. Pasta
24. Banana
25. Rice
26. Which of the following is not found on the nutrition facts of a food label in Canada?
27. Serving Size
28. Amount of Vitamins
29. % Daily Value of Vitamins
30. Amount of Calories
31. The majority of your diet should be made up of carbohydrates.
32. True
33. False
34. A serving size of meat is approximately the size of two hands put together.
35. True
36. False
37. If you increase your daily amount of physical activity, your caloric need will increase if you want to maintain the same weight.
38. True
39. False
40. Sports drinks (like Gatorade or Powerade) are excellent to drink before participating in physical activity.
41. True
42. False

**Section 2: Matching (4 marks)**

Match the food group to the type of nutrient primarily found in the food group.

\_\_\_\_Fruits and Vegetables a) Fats

\_\_\_\_Grain Products b) Protein

\_\_\_\_Milk and Alternatives c) Simple carbohydrates

\_\_\_\_Meat and Alternatives d) Complex carbohydrates

**Section 3: Fill in the Blank (6 marks)**

Fill in the table with the number of servings the Canada’s Food Guide suggests that teens aged 14-18 should consume per day.

|  |  |  |
| --- | --- | --- |
| **Category** | **Males** | **Females** |
| Fruits and Vegetables |  | 7 |
| Grain Products |  |  |
| Milk and Alternatives |  |  |
| Meat and Alternatives | 3 |  |

**Section 4: Short Answer (10 marks)**

We looked a lot at 5 of the 6 (the 6th being water) nutrients that our bodies needs daily. Under each nutrient, explain one benefit of each nutrient and an example of a food that gives us a lot of that nutrient.

1. Carbohydrates (2 marks)
2. Fats (2 marks)
3. Proteins (2 marks)
4. Vitamins (2 marks)
5. Minerals (2 marks)

**Section 5: Long Answer (10 marks)**

1. **In full sentences**, explain the balance between caloric input and output. How does our body intake calories? How does exercise affect the number of calories our body needs? Use terms likes positive, negative, and neutral energy balance. This is worth 10 marks, so for full marks, I need to see 5 important points and good explanations for each of those points.