

Tips to Healthy Eating Quiz

Name _____ Date _____

Question 1: You should eat a variety of nutrient-rich foods.

True False

Question 2: Everyone should enjoy plenty of candy, ice cream, and soda.

True False

Question 3: It is smart to maintain a healthy weight.

True False

Question 4: Eating moderate portions is suggested by doctors.

True False

Question 5: Skipping meals can lead to out-of-control hunger, often resulting in overeating.

True False

Question 6: Adults who eat high-fat meats at every meal are probably eating in a healthy way.

True False

Question 7: Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer, and other illnesses.

True False

Question 8: Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish, and other protein foods.

True False

Question 9: You should eat fruit only once a week.

True False

Question 10: Statistics show that people who practice healthy eating live longer.

True False

Tips to Healthy Eating Quiz -Answers

Question 1: You should eat a variety of nutrient-rich foods.

The correct answer is True

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