1) True or false: Getting adequate protein, vitamins, and minerals from food can keep you from taking sick days and missing out on daily lessons.

2) Which of these fat sources has no cholesterol?
   A) Animal
   B) Vegetable
   C) Mineral

3) Which family of health-benefiting plant compounds gives dark vegetables their distinct colors?
   A) Phytochemicals
   B) Protonutrients
   C) Free radicals

4) This vegetable, nicknamed “lady finger,” has many health benefits and is a rich source of dietary fiber, vitamin A, folates, vitamin C and Vitamin K. What is it?

5) True or false: Eating breakfast regularly before class may affect the brain’s short-term blood sugar requirements and long-term nutritional support: improving the memory, problem solving, and concentration skills that are intrinsic to learning and achieving high grades.
6) What percent of UChicago’s milk is purchased regionally? 
   A) 50%  
   B) 75%  
   C) 100% 

7) Which of these is off limits if you’re a vegan? 
   A) Broccoli  
   B) Soy Milk  
   C) Honey 

8) This fruit contains nearly 50 percent more of the cancer-fighting compound lycopene than the tomato. What is it? 

9) Milton Hershey was originally in the caramel making business. He didn’t get involved in chocolate until he went to which World’s Fair? 
   A) Chicago  
   B) Philadelphia  
   C) St. Louis 

10) How many ounces of grains is recommended daily for women and men ages 19-30 years old who get less than 30 minutes per day of moderate physical activity beyond normal daily activities? 
   A) 4 ounces for women; 6 ounces for men  
   B) 6 ounces for women; 8 ounces for men  
   C) 6 ounces for women; 10 ounces for men
11) True or false: Eating a complete breakfast is linked to working more quickly and efficiently on exams.

12) What percent of the University of Chicago’s used fryer oil is converted into various biofuels through the Kazinski Brothers program?
   A) 50%
   B) 75%
   C) 100%

13) Whole grains aren’t found in which of these foods?
   A) White Bread
   B) Flavored Oatmeal
   C) Brown Rice

14) Which of the following counts as 1 serving from the bread group?
   A) 1 slice of bread
   B) 1 cup of cooked pasta
   C) 2 ounces of dry cereal

15) True or false: One of the best ways to eat better on a budget is by planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

16) This is the world’s most expensive spice and is made from dried stamens of crocus flowers - What is it?
17) According to the United States Department of Agriculture, the recommended daily intake of fruit for both men and women ages 19-30 is two cups. Which of the following does NOT count as one cup of fruit?¹²,¹³

   A) 1 large apple (6.5” diameter)
   B) 1 medium grapefruit (4” diameter)
   C) About 8 large strawberries

18) Vitamin C is important for which of the following:¹⁴

   A) Growth and repair of all body tissues
   B) Keeps teeth and gums healthy
   C) Both statements are true

19) True or false: Packing fresh fruit, cut-up vegetables, low-fat string cheese, a handful of unsalted nuts, and other healthy snacks can help you avoid craving for sweet or fatty snacks.¹⁵

20) What temperatures qualify as the “Danger Zone,” in which the bacteria that cause food poisoning multiply the quickest?⁷

   A) 35-100° F
   B) 40-100° F
   C) 40-140° F
   D) 55-140° F
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References:


