



the nutrition school

Nutrition 101 + Meal Planning

Lesson 2 Quiz

1. The three macronutrients that provide us with calories are:
 - a. Carbohydrates, fats, protein
 - b. Vitamins, minerals, fiber
 - c. Carbohydrates, fat, fiber
 - d. Polyunsaturated fat, monounsaturated fat, and omega-3s
2. Carbohydrates are only found in bread and pasta.
 - a. True
 - b. False. Carbs are also found in fruits, veggies, and dairy.
3. What's one thing you should try to have at every meal?
 - a. Vitamin C
 - b. Vegetables
 - c. Protein
 - d. Water
4. Why is protein so important?
 - a. It helps build muscle
 - b. It increases feelings of satiety
 - c. It makes up hormones and enzymes
 - d. All of the above
5. What is one reason fat is so important?
 - a. It builds muscle
 - b. It's essential for the absorption of vitamins
 - c. It's full of fiber
 - d. It improves endurance

6. You need to look at both the nutrition facts AND the ingredient list.
- a. True
 - b. False
7. Omega-3s are the most associated with...
- a. Reducing the amount of age related brain decline
 - b. Preventing inflammation
 - c. Fat metabolism
 - d. All the above
8. What are the 4 components of meal planning?
- a. Hunger Quotient, proportions of nutrients, portions of food, and food timing
 - b. Hunger Density, proportions of nutrients, portions of food, and nutrient quotient
 - c. Hunger Quotient, proportions of nutrients, portions of food, and nutrient density
 - d. Hunger Quotient, proportions of food, portions of nutrients, and nutrient density
9. What is the ideal hunger quotient range to maintain?
- a. Between four and six
 - b. Always be a five
 - c. Between one and ten
 - d. Between five and seven
10. What is food timing?
- a. Taking at least 20 minutes to eat a meal
 - b. Eating at exact times each day
 - c. Eating 6 mini meals in a day
 - d. Listening to your body and eating consistently throughout the day
11. You should get the most of your calories from protein.
- a. True
 - b. False. You should eat equal parts of carbs, fats, and proteins to make up your diet.

12. What is the most important part of portion control?
- a. Always measuring your food
 - b. **Listening to your body**
 - c. Eating strict portions of fat
 - d. Using portion control tools like plates and cups to portion food
13. When choosing what to eat, what should you focus on?
- a. The amount of protein
 - b. The amount of fat
 - c. **Nutrient density**
 - d. The amount of vitamins and minerals
14. Personality and lifestyle can affect what someone eats.
- a. **True. It's important to remember that everyone is an individual. Lifestyle and personal habits can affect eating patterns and their diet.**
 - b. False