

## **Unit 3 Unit Review Quiz: Achieving Wellness**

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**Name:**

**Date:**

### **MULTIPLE CHOICE**

For each of the following questions, circle the letter of the most appropriate answer.

1. The nutrient that gives the most concentrated form of energy is:
  - a. Carbohydrates
  - b. Fats
  - c. Proteins
  - d. Vitamins and minerals
2. The nutrient that has the main function of building and repairing body tissue is :
  - a. Carbohydrates
  - b. Fats
  - c. Proteins
  - d. Vitamins and minerals
3. How many vegetables and fruits does the Canada's Food Guide recommend you eat every day?
  - a. 5 - 12
  - b. 5 – 8
  - c. 3 – 4
  - d. 2 – 3
4. How many grain products does the Canada's Food Guide recommend you eat every day?
  - a. 9 - 12
  - b. 5 – 8
  - c. 3 – 4
  - d. 2 – 3
5. According to the Canada's Food Guide, which of the following would not be considered an 'other' food?
  - a. Popcorn
  - b. Coffee
  - c. Salad dressing
  - d. Jam
6. The number of servings you will need from the four food groups depends on:
  - a. Whether you are male or female
  - b. If you are pregnant or breast feeding
  - c. Your activity level
  - d. All of the above

7. Which of the following foods do vegans eat?
  - a. Milk products in addition to foods from plant sources
  - b. Milk and egg products in addition to foods from plant sources
  - c. Poultry and fish sometimes, but not red meat
  - d. Only foods from plant sources
8. What is the name of the disease in which a person does not produce enough insulin or the body can't use the insulin it produces?
  - a. Cancer
  - b. Diabetes
  - c. Homocysteine
  - d. Osteoporosis
9. What are food additives?
  - a. Chemicals added to food to preserve freshness or enhance flavour/colour.
  - b. Chemicals added to prevent people from having allergy reactions
  - c. Chemicals added to remove some of the nutrients
  - d. All of the above
10. Which substance slows down or prevents rancidity in fats and oils and prevents browning when fruits or vegetables are cut and exposed to air?
  - a. Artificial colour
  - b. Emulsifier
  - c. Antioxidant
  - d. Anti-caking agent

### Essay questions

11. You are eating a sandwich when a friend tells you that the sandwich is hazardous to your health because it has additive in it. Write a response to your friend to explain if you agree or disagree with his point of view and why.
12. You have a friend who does not like to eat breakfast, has a small lunch and eats whatever is in the house for dinner. It doesn't really bother him because he takes mega doses of vitamin and mineral pills. Write a recommendation to your friend, being sure to fully explain your opinion.
13. Create a pamphlet that deals with one of the following topics:
  - a. Encourages teens to follow the Canada's food guide
  - b. Teaches teens the importance of having a good breakfast each day
  - c. Teaches people about the safety and role of food additives.