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| Lesson 3 Quiz AnswersAt the beginning of class, circle the correct answer.At the end of class, box the correct answer. |
| 1. ***True or False:*** Drinking 100% juice is as healthy as eating whole fruit. |
| A. True**B. False** |
| 2. ***High fiber*** in foods can… |
| **A. Help you feel fuller for longer.** B. Make you gain weight.C. Add fat to your food. D. Lower salt levels. |
| 3. Which food is a ***whole grain?*** |
| **A. Oatmeal** B. White riceC. Potato D. Milk |
| 4. Which of the following is ***healthiest?*** |
| A. Enriched wheat flour B. White flourC. Enriched white flour **D. Whole wheat flour** |
| 5. ***High sugar*** in foods can… |
| A. Help you feel fuller for longer. B. Give you vitamins and minerals.C. Cause cancer. **D. Cause diabetes.** |