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| Lesson 3 Quiz Answers  At 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 rice  C. Potato  D. Milk |
| 4. Which of the following is ***healthiest?*** |
| A. Enriched wheat flour  B. White flour  C. 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.** |