

Name:

Real World Math

Unit 4 Nutrition Test Review

- Which of the following food groups should you try to reduce as much as possible? ____
 - Grains
 - Vegetables
 - Fruits
 - Dairy
 - Protein
 - Added sugars and saturated fats
- How can eating a nutritional breakfast help you? ____
 - Jump starts your metabolism
 - Helps you concentrate
 - Gives you energy
 - All of the above
- Compare the following food labels to answer questions a-d:

Label A	Label B
Nutrition Facts Serving Size 1 cup (245g) Servings Per Container	Nutrition Facts Serving Size 1 cup (244g) Servings Per Container
Amount Per Serving	Amount Per Serving
Calories 80 Calories from Fat 0	Calories 120 Calories from Fat 45
% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 5g 8%
Saturated Fat 0g 0%	Saturated Fat 3g 15%
Trans Fat 0g	Trans Fat 0g
Cholesterol 5mg 2%	Cholesterol 20mg 7%
Sodium 105mg 4%	Sodium 100mg 4%
Total Carbohydrate 12g 4%	Total Carbohydrate 11g 4%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 12g	Sugars 11g
Protein 8g	Protein 8g
Vitamin A 10% • Vitamin C 0%	Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0%	Calcium 30% • Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	Calories: 2,000 2,500
Total Fat Less than 65g 80g	Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g	Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg	Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg	Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g	Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g	Dietary Fiber 25g 30g
Calories per gram:	Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4	Fat 9 • Carbohydrate 4 • Protein 4

a. Which has the least number of calories?

b. Which has less total fat?

c. Which has more sodium?

d. Which do you think is healthier for you? Why?

4. Look at the following food label to answer questions a-d:

Potato Chips	
Nutrition Facts	
Serving Size 1 oz. (28g/about 18 chips)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from fat 90
% Daily Value*	
Total Fat 10g	10%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

a. What is the serving size for these potato chips?

b. How many servings are in the entire container?

c. How many calories are in one serving?

d. How many calories would you consume if you ate the entire container of potato chips?

5. When you compare food products, pay attention to the Percent Daily Values. Remember: 5% DV or less is considered low and 20% DV or more is considered high. Use the food label below to answer questions a-d:

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

a. What is the %DV for Calcium?

b. Would the %DV for Calcium be considered high or low?



c. What is the %DV for Sodium?

d. Would the %DV for Sodium be considered high or low?

6. Why are Calcium and Vitamin D important? _____
- a. Control muscle contractions
 - b. Maintain and build strong bones
 - c. Prevent Osteoporosis and bone fractures
 - d. All of the above
7. Which of the following is NOT a nutritious mineral found in fruits and vegetables? _____
- a. Vitamin A
 - b. Vitamin C
 - c. Sodium
 - d. Calcium
 - e. Iron
8. Suppose apples cost \$2.50 per pound and there are approximately 3 apples in a pound. One medium apple contains approximately 8mg of vitamin C.
- a. If you have \$7.50, how many pounds of apples could you purchase?
 - b. If you bought the pounds of apples from part a, how many apples would you have?
 - c. If you ate all of the apples bought from part a, how many milligrams of vitamin C would you consume?
9. Which of the following is NOT a good way to fight portion distortion? _____
- a. Go to an all-you-can-eat buffet
 - b. Share a meal with a friend
 - c. Take leftovers home to eat later
 - d. Use a smaller plate when serving yourself a meal
10. Why do people eat fast food? _____
- a. Quick
 - b. Cheap
 - c. Taste
 - d. Convenience
 - e. All of the above

11. Which of the following is NOT usually contained in fast food? _____
- a. Saturated fat
 - b. Vitamin C
 - c. Calories
 - d. Sodium

12. Compare the fast foods below to answer questions a-c:

BURGER KING		IMPOSSIBLE WHOPPER	WHOPPER
Price		\$5.19*	\$4.19
Calories		630	660
Fat		34 grams	40 grams
Saturated fat		11 grams	12 grams
Sodium		1,240 milligrams	980 milligrams
Protein		25 grams	28 grams
MCDONALD'S		MCVEGAN	BIG MAC
Price		\$5.80	\$3.99
Calories		438	540
Fat		21 grams	28 grams
Saturated fat		1.9 grams	1 gram
Sodium		n/a	940 milligrams
Protein		7.5 grams	25 grams

- a. What do you notice about the prices in the first column compared to the prices in the second column?
 - b. What do you notice about the calories in the first column compared to the calories in the second column?
 - c. What do you notice about the fat in the first column compared to the fat in the second column?
13. Which of the following is NOT a way your body gets energy out? _____
- a. Basal Metabolism (energy the body uses to maintain life)
 - b. Physical activity and exercise
 - c. Intake of calories
 - d. Thermic effect of food (energy needed to process food)

14. If you are an active teenager, you will need _____ calories than someone who is less active (in order to maintain your current weight).

- a. More
- b. Less
- c. The same number of

15. If you are a 15 year old active female, you will need _____ calories than a 15 year old active male (in order to maintain your current weight).

- a. More
- b. Less
- c. The same number of

16. Why is physical activity important? _____

- a. Increase chances of living longer
- b. Sleep better
- c. Better concentration
- d. Maintain a healthy weight
- e. All of the above

17. Which of the following ways can doctors help you determine your ideal weight? _____

- a. Body mass index
- b. Waist to hip ratio
- c. Waist to height ratio
- d. Body fat percentage
- e. All of the above