

Senior Sample Quiz #2

1. Which foodborne pathogen is associated with raw or undercooked seafood, particularly shellfish?
 - a. Salmonella
 - b. Staphylococcus aureus
 - c. Campylobacter
 - d. Vibrio vulnificus

2. A BMI of 24.9 is:
 - a. Underweight
 - b. Normal Weight
 - c. Overweight
 - d. Obese

3. Which of the following are considered added sugars?
 - a. Brown sugar
 - b. Maltose
 - c. Honey
 - d. All of the above

4. Insoluble fiber is a source of calories.
 - a. True
 - b. False

5. Which 3 nutrients work together to promote strong bones and teeth?
 - a. Vitamin D, sodium, Calcium
 - b. Vitamin D, phosphorus, selenium
 - c. Calcium, Selenium, Fluoride
 - d. Vitamin D, Calcium, phosphorus

6. If your recipe calls for 1 teaspoon of baking powder, but you do not have any on hand, what can you use instead?
 - a. 1 teaspoon of baking soda
 - b. $\frac{1}{4}$ teaspoon baking soda + $\frac{5}{8}$ teaspoon cream of tartar
 - c. $\frac{1}{2}$ teaspoon baking soda + $\frac{1}{4}$ teaspoon cream of tartar
 - d. 1 teaspoon cream of tartar

7. Aerobic physical activity uses the bodies large muscles to move in a rhythmic manner for a sustained period of time. Examples of aerobic physical activity include all of the following EXCEPT:
- Swimming
 - Bicycling
 - Walking
 - Jumping rope
8. A health benefit associated with regular physical activity for children and adolescents is reduced risk of depression.
- True
 - False
9. The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies is referred to as:
- Physical fitness
 - Physical activity
 - Aerobic activity
 - Aerobic fitness
10. What two things must be considered when trying to control body weight?
- Physical activity and fruit and vegetable intake
 - Carbohydrates intake and weightlifting
 - Physical activity and caloric intake
 - Caloric intake and genetics