**Foods I Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Nutrition Review Period \_\_\_\_**

1. **What does the term “nutrient dense” mean in foods?**
2. **What is the disadvantage of consuming “empty-calorie” foods?**
3. **What is the disadvantage of lacking *variety* in one’s diet?**
4. **Grain products are typically “refined” or “whole?”**
5. **Which grains are considered “whole” grains?**
6. **Which parts of the grain are removed in “refined” grains?**
7. **List the 2 health benefits of consuming fiber in one’s diet.**
8. **What is the health benefit of consuming “proteins” in one’s diet?**
9. **Why are “game” meats a healthier choice over “beef and pork” products?**
10. **What type of fish and dry beans are abundant in protein?**
11. **What is the health concern behind eating too much of processed meats?**
12. **Which 3 milk products contain little calcium?**
13. **How much milk should individuals (over 9 yrs. old) drink a day?**
14. **When does an individual’s bones stop developing?**
15. **Identify the 5 ways to purchase and consume fruit. Which has the most nutrients?**
16. **How does a fruit’s color affect the nutrients?**
17. **Which colors are best when considering the amount of nutrients in vegetables?**
18. **Compare nutrients when purchasing fresh and frozen vegetables.**
19. **Identify the healthier oils to cook and eat.**
20. **Define monounsaturated fats.**
21. **Identify a tropical fruit and a protein food that is rich in monounsaturated fats.**
22. **Identify 3 natural sweeteners.**
23. **What does the DV% stand for?**
24. **What does it mean on the label if the number is 5% or less? 20% or more?**
25. **What does the serving size stand for on a label?**