

# FACT OR FICTION?

## National Nutrition Month® 2019 Quiz

**Circle the correct answer.**

- |  |                         |
|--|-------------------------|
| 1. The amount of calories needed daily is the same for everyone.   | <b>FACT OR FICTION?</b> |
| 2. Eating carbohydrates causes weight gain.  | <b>FACT OR FICTION?</b> |
| 3. Doing some physical activity is better than doing none at all.  | <b>FACT OR FICTION?</b> |
| 4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies. | <b>FACT OR FICTION?</b> |
| 5. Portion sizes have increased over the years.  | <b>FACT OR FICTION?</b> |
| 6. Only fresh produce is considered to be a good source for fruits and vegetables.                           | <b>FACT OR FICTION?</b> |
| 7. Oils, which are a source of fat, provide important nutrients.   | <b>FACT OR FICTION?</b> |
| 8. Vegetarian diets are not appropriate for certain age groups.  | <b>FACT OR FICTION?</b> |
| 9. Everyone should take a multivitamin mineral supplement.   | <b>FACT OR FICTION?</b> |
| 10. All sources of nutrition information are credible.   | <b>FACT OR FICTION?</b> |

# NATIONAL NUTRITION MONTH®

[www.eatright.org](http://www.eatright.org)

**MARCH 2019**

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## National Nutrition Month® 2019 Quiz

### Answers

1. The amount of calories needed daily is the same for everyone.

**FICTION:** The amount of calories needed daily will depend on a person's age, gender, height, weight, and activity level.

2. Eating carbohydrates causes weight gain.

**FICTION:** Too many calories from any type of food (or beverage) can result in weight gain.

3. Doing some physical activity is better than doing none at all.

**FACT:** Research has shown that even a little physical activity is better than being sedentary.

4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.

**FICTION:** Foods and beverages that contain naturally occurring sugars, such as fruit, milk, and yogurt contribute important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks often contain no nutrients, just calories.

5. Portion sizes have increased over the years.

**FACT:** The size of portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. The new Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).

6. Only fresh produce is considered to be a good source for fruits and vegetables.

**FICTION:** All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried will help you meet your daily goals. With forms other than fresh, it's important to look for fruits in water or their own juice (with no added sugars) and vegetables with no added salt or ones labeled reduced or low sodium.

7. Oils, which are a source of fat, provide important nutrients.

**FACT:** Fats can be either solid or liquid at room temperature. Liquid types of fats, like vegetable oils, are sources of necessary nutrients. Whereas solid fats are high in saturated fat and/or trans fats, both of which should be limited. All types of fat are high in calories, so portion sizes of these foods can make a big difference. The daily allowance for most people is just a few teaspoons.

8. Vegetarian diets are not appropriate for certain age groups.

**FICTION:** Well-planned vegetarian and vegan eating plans that include a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes can be nutritionally adequate during all stages of the life cycle.

9. Everyone should take a multivitamin mineral supplement.

**FICTION:** For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin and/or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.

10. All sources of nutrition information are credible.

**FICTION:** Unfortunately, there is a lot of misinformation available when it comes to nutrition, especially on the internet. Look for sources of credible information from health care organizations and government agencies and consult the nutrition experts — registered dietitian nutritionists.

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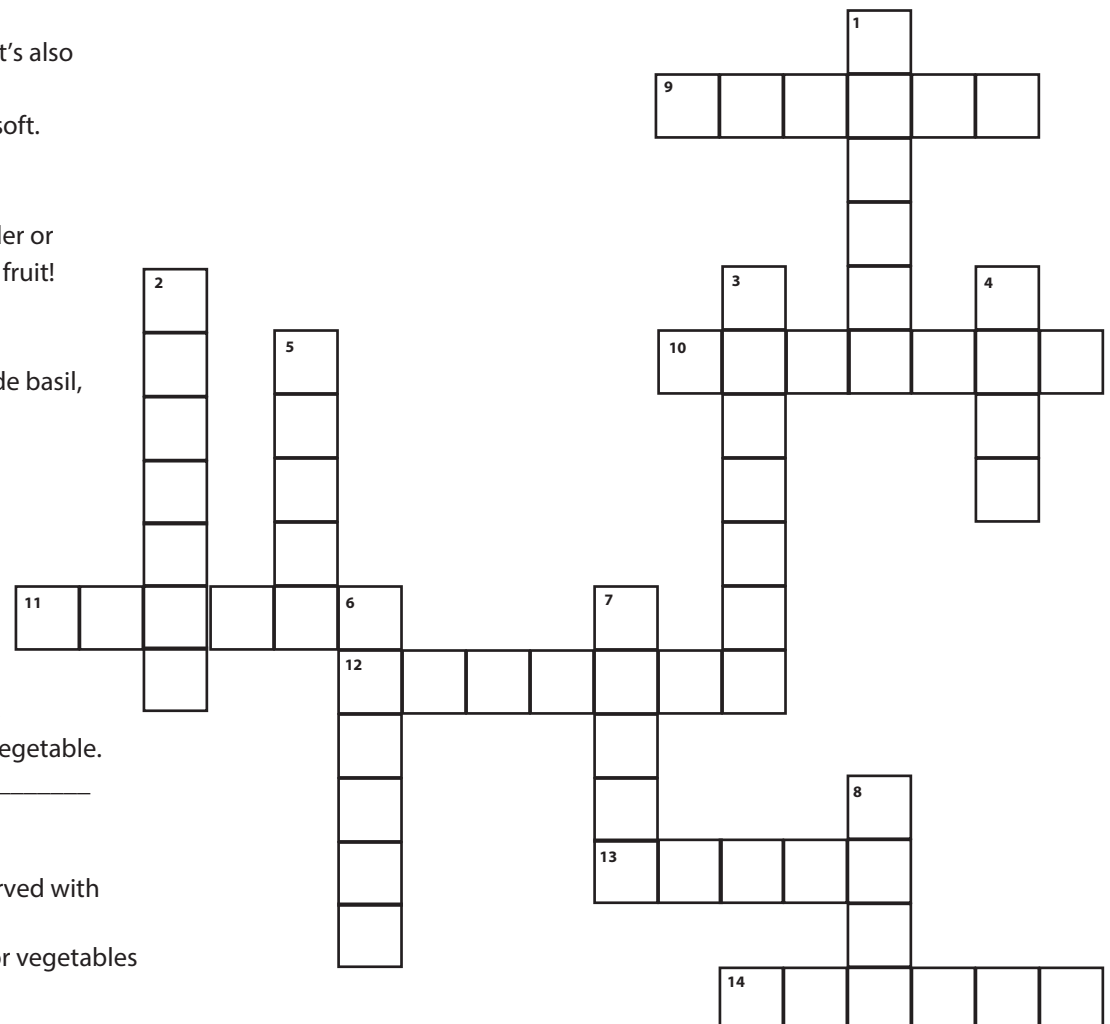
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## DOWN

1. This orange root vegetable is a popular snack and side dish.
2. Tasty snack made by popping the kernels of a starchy vegetable. It's also a whole grain and a good source of dietary fiber.
3. This snack comes in a variety of shapes and can be either hard or soft. Sometimes dipped in cheese or mustard
4. Fuzzy green fruit that is high in vitamin C.
5. Popular fruit for snacks and at lunch – can be made into sauce, cider or juice. Cortland, Red Delicious and McIntosh are all varieties of this fruit!
6. Made from milk, this creamy food may be enjoyed as a snack or at breakfast and goes well with fruit.
7. Plants that are used to give extra flavor to food. Some types include basil, thyme, oregano and cilantro.
8. Green, leafy vegetable used in salad, soup and other dishes.



## ACROSS

9. Zucchini and yellow \_\_\_\_\_ are summer vegetables, whereas acorn, butternut and spaghetti \_\_\_\_\_ are winter types of this vegetable.
10. Beef, chicken, fish, tofu, beans and lentils are all sources of \_\_\_\_\_ foods.
11. A popular bird commonly served during Thanksgiving.
12. Hot breakfast cereal. Can be made instant or steel cut. May be served with fruit and nuts.
13. A spicy or mild sauce made with tomatoes that is used as a dip for vegetables or tortilla chips.
14. Parmesan, mozzarella, cheddar, and feta are all types of \_\_\_\_\_.

# Word Search for Kids

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Words may be horizontal, vertical, or diagonal.

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1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

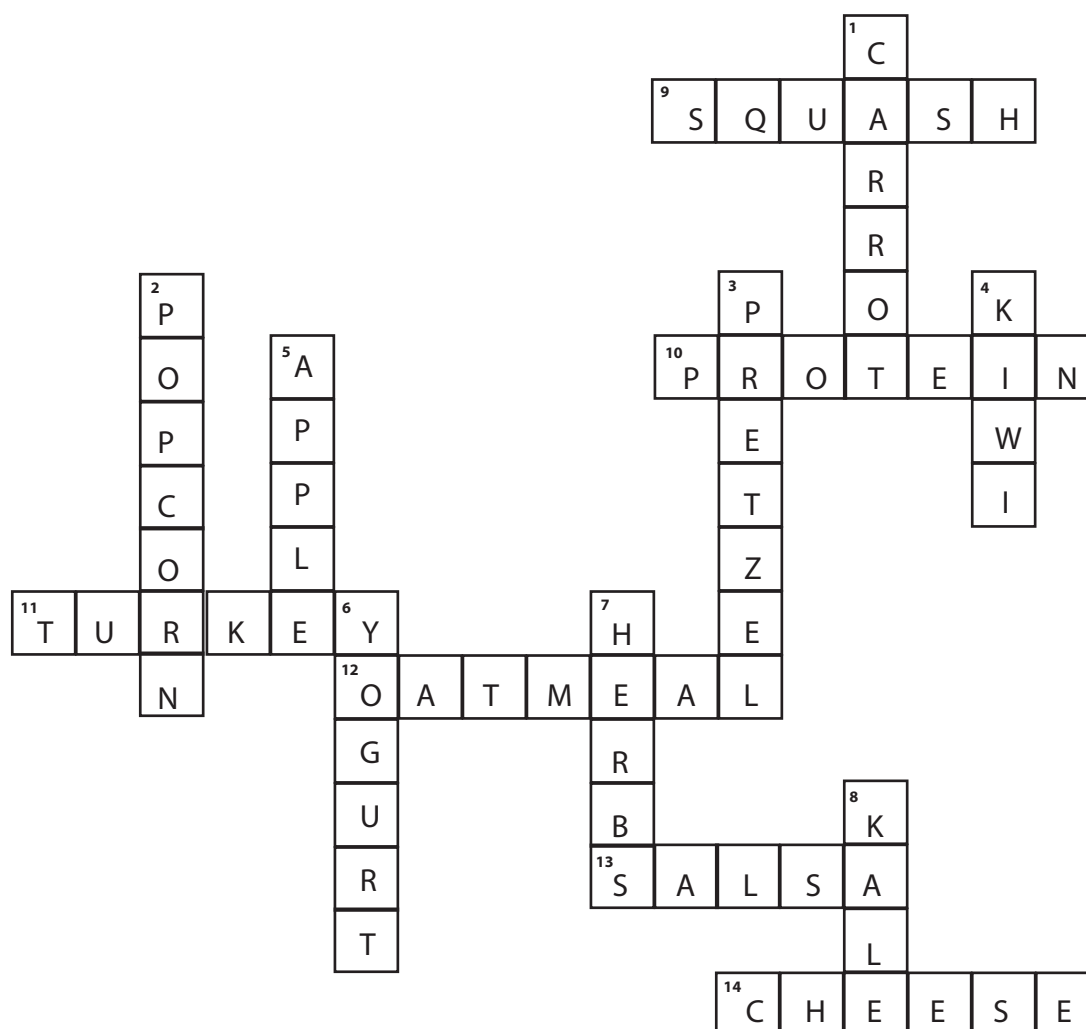
Z	A	S	D	Y	G	H	J	K	L	M	N	B	V	C	P
B	H	E	C	A	U	L	I	F	L	O	W	E	R	W	A
Q	J	A	N	L	W	E	A	F	E	T	A	Z	O	L	P
C	I	I	M	D	U	M	O	J	F	E	S	U	G	O	R
S	N	A	C	B	I	T	V	U	T	A	A	C	O	B	I
W	Y	S	Y	A	S	Q	A	S	B	A	B	C	Z	S	K
I	A	L	A	L	M	O	N	D	E	P	I	H	C	T	A
S	M	A	K	E	W	A	I	I	W	A	J	I	W	E	M
S	T	O	M	A	T	I	L	L	O	K	J	N	U	R	L
C	O	Y	U	L	O	C	L	L	U	Q	U	I	N	O	A
H	K	R	S	Q	G	E	A	I	R	O	W	V	O	J	L
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E	A	K	R	C	M	Z	C	I	L	E	D	K	A	S	G
S	J	I	O	Y	B	A	K	M	V	D	N	I	Z	U	G
E	A	C	O	Z	O	S	M	A	S	H	O	O	S	A	S
N	U	T	M	E	G	W	K	I	W	I	L	R	I	H	G
O	F	L	C	A	B	B	A	G	E	S	G	E	A	N	D

# Crossword Puzzle

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