Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Champ Camp Post-Test**

1. How many types of dietary fiber are there?
   1. 1
   2. 2
   3. 3
   4. 4
2. Which food is a good source of fiber?
   1. Oatmeal
   2. Frosted Flakes cereal
   3. Cheetos
   4. Lunchables
3. What one of these will help you get all of your vitamins and minerals?
   1. Only eating fruit
   2. Eating a well balanced diet
   3. Only eating vegetables
   4. Only eating protein
4. Which protein is plant based?
   1. Fish
   2. Steak
   3. Soy
   4. Eggs
5. What does the formation of carbon dioxide gas do while baking foods like bread or cake?
   1. It gives flavor to the food
   2. It makes the food light and fluffy
   3. It makes the food more dense
   4. It doesn’t do anything to help
6. How do high temperatures affect molecular bonds in foods?
   1. The bonds will break apart and make the food soft
   2. The bonds will strengthen and make the food more stiff
   3. High temperatures don’t do anything for cooking
   4. Foods don’t have molecular bonds
7. You can get sick from raw meat and uncooked fruits and vegetables?
   1. True
   2. False
8. Why do we need to wash our hands before we eat or handle food?
   1. To prevent illness
   2. To avoid cross-contamination
   3. To keep our food germ free
   4. All of the above
9. Which of the following can help you stay hydrated?
   1. Choose sugary beverages like soda and juice
   2. Only drink water at lunch
   3. Carry a water bottle with you are refill it throughout the day
10. What material makes up most of our body?
    1. Bones
    2. Muscle
    3. Fat
    4. Water
11. What makes up the majority of ice cream?
    1. Air
    2. Milk
    3. Sugar
    4. Water
12. What main ingredient of homemade ice cream helps freeze the milk to turn it into ice cream?
    1. Sugar
    2. Water
    3. Pepper
    4. Salt
13. Which one of these would be a good amount of protein servings to eat every single day?
    1. Boys and Girls: 6 servings
    2. Boys and Girls: 3 servings
    3. Boys and Girls: 8 servings
14. Which one of these would be a good number of vegetables servings to eat every single day?
    1. Boys and Girls: 1 serving
    2. Boys and Girls: 3 servings
    3. Boys and Girls: 8 servings
15. What is NOT one benefit of being sustainable?
    1. Reducing pollution
    2. Reducing trash going into the landfill
    3. Making healthier environments for animals and fish
    4. Use up resources
16. What is one step of mindful eating?
    1. Eating everything off your plate
    2. Taking a small portion of food, then getting more
    3. Watching TV while you eat
    4. Rushing to eat
17. True or False, Our bodies can get Vitamin D from the sun.
    1. True
    2. False
18. What mineral is the most common in an American diet?
    1. Sodium
    2. Potassium
    3. Vitamin A