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

**Champ Camp Pre-Test**

1. What do vitamins and minerals do for our body?
   1. Used to make our muscles contract
   2. Help our body make energy
   3. Support bone growth
   4. All of the above
2. Where can we get a source of vitamin C?
   1. Meat
   2. Oranges
   3. Plain yogurt
3. What types of trash can you recycle?
   1. Plastic bottles
   2. Pizza Boxes
   3. Cans
   4. A and C
   5. All the above
4. What are the three Rs of sustainability?
   1. Reduce, Reuse, Recycle
   2. Replace, Reuse, Recan
   3. Restart, Replan, Recycle
   4. Replant, Reduce
5. How many servings of fruits should you try to eat every single day?
   1. 1 serving
   2. 4 - 5 servings
   3. 1.5 - 2 servings
6. How many servings of dairy should you try to have every single day?
   1. 1 serving
   2. 3 servings
   3. 4 servings
7. Where did ice cream originally come from?
   1. France
   2. Italy
   3. Persia
   4. Spain
8. What is the recommended serving size of ice cream?
   1. 1 cup
   2. ½ cup
   3. ¼ cup
   4. 1 pint
9. How does water improve your health?
   1. Keeps your body a normal temperature
   2. Cushions your joints
   3. Cleanses our body by getting rid of waste
   4. Protects sensitive body parts
   5. All of the above
10. Your body needs more water when you are physically active.
    1. True
    2. False
11. How long do you need to wash your hands for?
    1. 5 seconds
    2. 10 seconds
    3. 20 seconds
    4. 30 seconds
12. Should you have different cutting boards for meat and vegetables?
    1. Yes
    2. No
13. Which of the following is a chemical change?
    1. Chopping a tree in half
    2. Ripping a piece of paper
    3. Freezing water
    4. Burning a piece of paper
14. Which of the following is a base?
    1. Baking soda
    2. Vinegar
    3. Lemon juice
    4. Coca-Cola
15. True or False: Foods high in sodium can increase bad cholesterol.
    1. True
    2. False
16. True or False: The ingredients on a food label are listed from smallest to largest.
    1. True
    2. False
17. What food group does fiber belong to?
    1. Protein
    2. Carbohydrates
    3. Fat
    4. Vitamins
18. Which choice is a health benefit of eating fiber?
    1. Makes you run faster
    2. Makes you taller
    3. Helps you poop