



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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: If something is listed as one of the first three ingredients on a Nutrition Facts food label, it means the food probably contains a lot of it.
2. On a food label, most nutrients are written in grams (g) or milligrams (mg). There are \_\_\_\_\_ milligrams in 1 gram.
3. True or false: Because food labels are written according to the calorie needs of adults, they are not useful to kids.
4. Sugar is a kind of:
  - a. protein
  - b. fat
  - c. carbohydrate
  - d. cholesterol
5. There are three kinds of fats typically listed on a food label: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.