



Please print clearly

<b>Date:</b>	Name: _____	Provider #: _____ <small>(if applicable)</small>
	Center Name: _____	Center #: _____ <small>(3 digits)</small>
	Address: _____	
	City: _____	State: _____ Zip: _____

*Please fill out the test by hand.*

1. Metabolism is the process of burning food in your body to produce energy and release heat.  
 TRUE or FALSE

2. A calorie is the unit used to measure the fat content of food.  
 TRUE or FALSE

3. Name the six nutrients:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

4. The best sources of protein are fruits and vegetables.  
 TRUE or FALSE

5. How many servings of protein should children have each day?  
 a) One    b) Two    c) Three    d) Protein is not needed every day.

6. Saturated fats are liquid at room temperature.  
 TRUE or FALSE

7. Which are the two types of vitamins?  
 a) Water soluble    b) Polyunsaturated    c) Saturated    d) Fat soluble    e) A and D



8. Name three good sources of iron:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

9. Some vegetables and fruits contain more than 80% water.

TRUE or FALSE

10. Which of the following are signs of malnutrition in children?

- a) Lethargy or lack of attentiveness, jitters and hyperactivity
- b) Severe headaches
- c) Frequent diarrhea or constipation
- d) Pallor, weakness or easy fatigue

By signing and dating this form, you are agreeing that you have filled out this test to the best of your ability.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

*Do not write below this line*

DATE CREDIT IS ASSIGNED

PROGRAM REPRESENTATIVE

CREDIT HOURS