FDA Nutrition Education PowerPoint Presentation **Pre-Test**

Please rate the following statements on a scale of 1-5 and circle your response:

1. Eating healthy is important to me.

1 2 3 4 5

Not Somewhat Neutral Important Very important

important important

1. I look at the Nutrition Facts label before buying something new.

1 2 3 4 5

Never Rarely Neutral Sometimes Always

1. I feel confident I can purchase healthy options when eating away from home.

1 2 3 4 5

Not Somewhat Neutral Confident Very confident

confident confident

1. I can read and use the Nutrition Facts label easily.

1 2 3 4 5

Cannot Not easily Neutral Easily Very easily

1. List three small shifts you can make in your weekly routine to eat healthier.

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1. For better health, I know to choose foods that are lower in:

a) dietary fiber, *trans* fat, sodium, and added sugars.

b) saturated fat, *trans* fat, sodium, and added sugars.

c) calcium, *trans* fat, sodium, and added sugars.

1. For better health, I know to choose foods that are higher in:
2. dietary fiber, vitamin D, calcium, iron, and potassium.
3. dietary fiber, vitamin D, calcium, iron, and saturated fat.
4. dietary fiber, vitamin D, calcium, iron, and sodium.
5. Added sugars are:
6. Sugars added by me (in tea or coffee)
7. Concentrated sugars or syrups (e.g., corn syrup, fruit juice, concentrates)
8. Sugars added during food processing or packaging
9. All of the above
10. True or False: 5% Daily Value (DV) or less of a nutrient per serving is low and 20% Daily Value (DV) or more of a nutrient per serving is high.

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1. List the five (5) food groups:

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