

Fat Facts: Snack Foods

Learning Evaluation

Instructions: Choose the best answer for each question.

- 1. One of the keys to eating smart is**
 - a. skipping meals.
 - b. understanding the relationship among calories, fat, and cholesterol.
 - c. choosing snacks that are high in cholesterol and fat.
- 2. Healthy snack foods**
 - a. do not provide important vitamins and minerals.
 - b. are high in calories, fat, and cholesterol.
 - c. can help prevent overeating on less nutritious foods.
- 3. Which snack would be the best choice if you were trying to limit your fat intake?**
 - a. oatmeal raisin cookie
 - b. ice cream sandwich
 - c. apple
- 4. Which snack would be the worst choice if you were trying to limit your fat intake?**
 - a. buttered popcorn
 - b. fruit roll-up
 - c. apple
- 5. A good way to choose healthy snacks is to**
 - a. select foods from one food group only.
 - b. select foods high in complex carbohydrates and fiber.
 - c. select foods low in complex carbohydrates and fiber.
- 6. Fat does NOT**
 - a. surround the different organs in the body to protect them from injury.
 - b. supply the body with essential fatty acids and energy.
 - c. decrease the risk of heart disease and certain types of cancer when consumed in excess.
- 7. _____ fat can be found in processed foods.**
 - a. Saturated
 - b. Monounsaturated
 - c. Trans
- 8. Too much saturated fat**
 - a. lowers blood cholesterol levels, decreasing heart disease risk.
 - b. can raise levels of LDL, or "bad," cholesterol.
 - c. has no effect on blood cholesterol levels.
- 9. Excess cholesterol can cause a blockage that may lead to a _____**
 - a. heart attack.
 - b. stroke.
 - c. both a. and b.
- 10. _____ cholesterol is sometimes referred to as "good" cholesterol.**
 - a. HDL
 - b. LDL
 - c. MDL

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Key

1. b. understanding the relationship among calories, fat, and cholesterol.
2. c. can help prevent overeating on less nutritious foods.
3. c. apple
4. a. buttered popcorn
5. b. select foods high in complex carbohydrates and fiber.
6. c. decrease the risk of heart disease and certain types of cancer when consumed in excess.
7. c. Trans
8. b. can raise levels of LDL, or "bad," cholesterol.
9. c. both a. and b.
10. a. HDL

These review questions are intended to be used with the HEALTH EDCO® *Fat Facts: Snack Foods Test Tubes*.
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If you have any questions, please contact your healthcare professional.