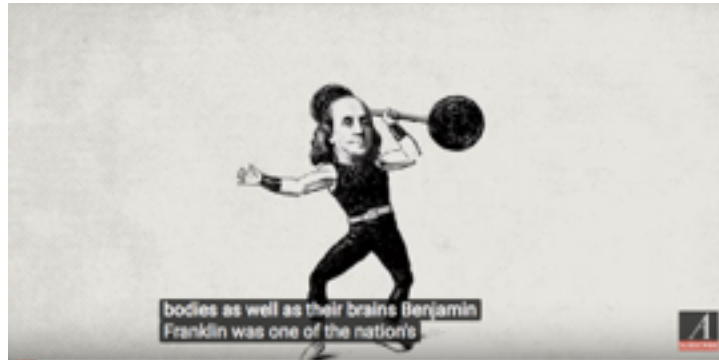


MYTHS AND MISCONCEPTIONS ABOUT FOOD AND NUTRITION

Health Classes were popular in America since the age of President



1. What are the goals of Health Class in schools?
 - a. stay fit & eat right
 - b. lose weight
 - c. take in basic knowledge about medication

2. Is there a Health Class in your school?

3. The curriculum
 - a. stays the same
 - b. older curriculum is rejected
 - c. needs regular update

4. Food pyramid appeared
 - a. the 80's
 - b. the 90's
 - c. 2000



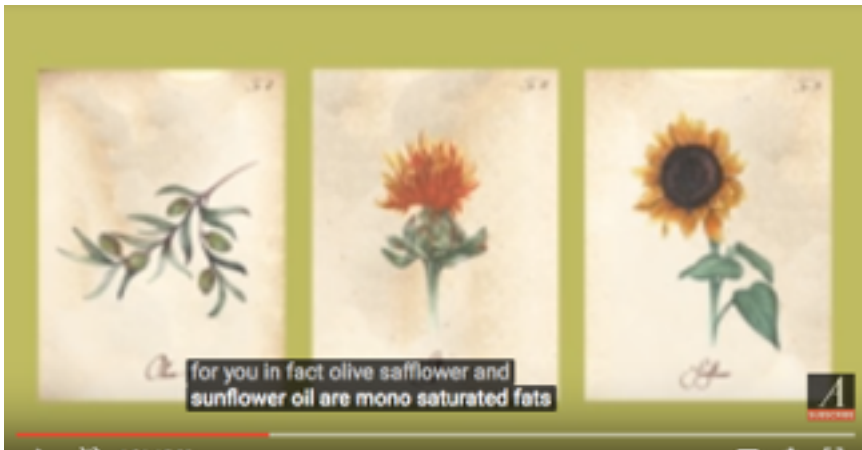
in schools in

5. According to the first version it allowed
 - a. servings of bread and, rice and every day
 - b. It did not separate grains fromgrains



c. It recommended
 such as poultry, fish and
 nuts were as healthy as
meat.
 d. Nowadays eating too much
meat is linked to
, heartand
 some cancers.
 e. It suggested we use
 occasionally fats, and

f. Still, nowadays, plant oils
 such asoil are
 mono-..... fats and
 helpcholesterol



6. By 2000 the food pyramid was evaluated as (more than one answers)

- a. inaccurate
- b. confusing
- c. effective
- d. misleading
- e. expensive
- f. Carbo overloaded

It also failed to point to the raising problem ofin young children in the USA.

7. The differences between the older and the 2005 version of food pyramid were

- a. more text
- b. vertical bands
- c. more color
- d. less food images



8. Who gets involved giving nutrition guidelines in schools?

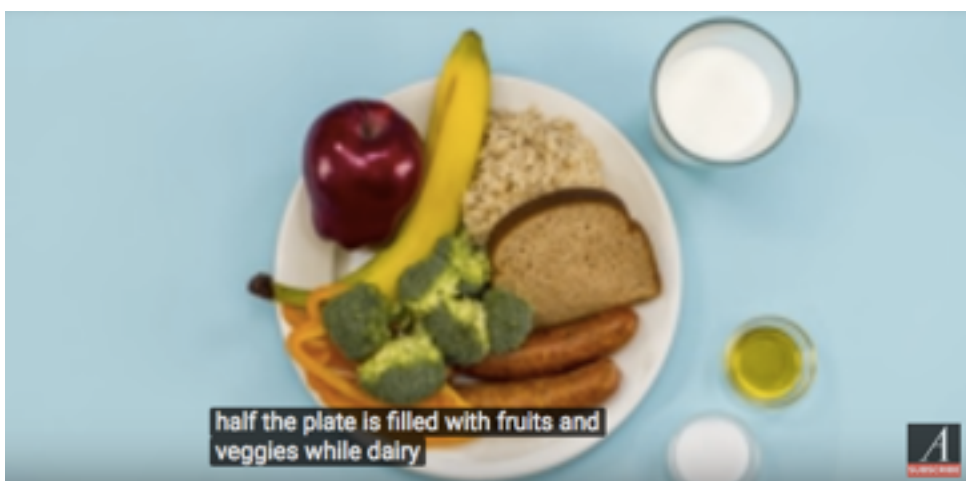
- a. citizens
- b. food producers
- c. food manufacturers
- d. dieticians
- e. parents



9. By 2011 the pyramid was replaced by

10. The plate isthan the pyramid.of it is filled with fruit and, dairy is left, oil and sweets,

11. Is clear



everything today?

