

2011 4-H Camp Nutrition Track Evaluation

Print your first name _____ Print your last name _____

Please indicate your answer by coloring in the circle like this: ●.

1. How many minutes of exercise are recommended for youth who are your age?
 - 30 minutes
 - 60 minutes
 - 45 minutes
 - 20 minutes
2. Which words describe spreading germs from raw meat or poultry to cooked or ready-to-eat foods?
 - infection
 - food safety
 - poor hygiene
 - cross-contamination
3. What is another word for food energy?
 - heat
 - weight
 - calorie
 - mass
4. Which of the following foods is NOT a source of calcium?
 - orange juice
 - green beans
 - broccoli
 - breakfast cereals
5. How many cups of fruit should you try to eat each day?
 - ½ cup
 - 1 cup
 - 1 ½ cups
 - 2 cups