

## Optimal Senior Nutrition Pre- Course Survey

Seat #: \_\_\_\_\_

Please answer the following questions about nutrition by writing your answer in space provided. All questions have ONLY one correct answer. Provide any additional comments or concerns in comments section.

1. Which of these dairy products contains a healthy bacteria (also called “probiotics”)?

- A. Milk
- B. Cheese
- C. Yogurt
- D. Ice cream

Answer \_\_\_\_\_

2. How many cup-equivalents from foods in the Dairy Group are recommended for adults each day?

- A. 1 cup
- B. 2 cups
- C. 3 cups
- D. 4 cups

Answer \_\_\_\_\_

3. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer.

- A. True
- B. False

Answer \_\_\_\_\_

4. All adults need the same amount of food from the Protein Foods Group.

- A. True
- B. False

Answer \_\_\_\_\_

5. Which of these nutrients can you get from eating whole fruit that is not usually found in juice?

- A. Vitamins
- B. Minerals
- C. Fiber
- D. Sugar

Answer \_\_\_\_\_

Comments:

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