

GENERAL NUTRITION



[Watch the video lesson](#) and then show what you know

1. In order to eat a healthy diet we need to eat a variety of foods from which food groups?

- a) fruits b) vegetables
- c) proteins d) all of the above

2. Your goal each day should be to eat a rainbow of fruits and vegetables

- a) True
- b) False

3. The best way to know what is in the food you eat is to read the nutrition label

- a) True
- b) False

4. Which nutrient is our body's main source of energy?

- a) fats
- b) protein
- c) carbohydrates

5. Which nutrient helps our body build muscle?

- a) carbohydrates
- b) fats
- c) protein