

Juice Nutrition Quiz

Name _____ Date _____

Question 1: All fruit juice products provide two important nutrients: simple carbohydrates (sugars) and _____.

Circle Your Answer

milk

water

soda

The National Cancer Institute and the Produce for Better Health
Question 2: Foundation recommend consuming _____ servings of fruits and vegetables every day.

Circle Your Answer

10

3

5

Question 3: Carbohydrates, fat, protein, and water are called _____ because because they are needed in relatively large amounts.

Circle Your Answer

macronutrients

micronutrients

malnutrients

Question 4: The three classes of energy-providing nutrients are _____, _____, and _____.

Circle Your Answer

protein, carbohydrates, and vitamins

fat, dairy, and protein

carbohydrates, fat, and protein

Question 5: _____ are found in breads, pastas, rice, cereals, and starchy vegetables such as potatoes.

Circle Your Answer

Simple carbohydrates

Complex carbohydrates

Protein carbohydrates

Question 6: Glucose is _____ used by the body for energy.

Circle Your Answer

a fat

a vitamin

a sugar

Question 7: When vitamin C is added to fruit juice, it is listed as _____ on the ingredient list.

Circle Your Answer

ascorbic acid

iron

calcium

Question 8: Potassium is a _____.

Circle Your Answer

vitamin

fat

mineral

Question 9: _____ are good sources of folic acid.

Circle Your Answer

Hamburgers

Citrus fruits

Crackers

Question 10: Grapefruit juice, orange juice, and other citrus fruits contain a class of phytochemicals called _____.

Circle Your Answer

flavonoids

altoids

vegetables

Created by



Juice Nutrition Quiz - Answers

Question 1: All fruit juice products provide two important nutrients: simple carbohydrates (sugars) and _____.

Answers

milk - Incorrect

water - **Correct**

soda - Incorrect

Question 2: The National Cancer Institute and the Produce for Better Health Foundation recommend consuming _____ servings of fruits and vegetables every day.

Answers

10 - Incorrect

3 - Incorrect

5 - **Correct**

Question 3: Carbohydrates, fat, protein, and water are called _____ because because they are needed in relatively large amounts.

Answers

macronutrients - **Correct**

micronutrients - Incorrect

malnutrients - Incorrect

Question 4: The three classes of energy-providing nutrients are _____, _____, and _____.

Answers

protein, carbohydrates, and vitamins - Incorrect

fat, dairy, and protein - Incorrect

carbohydrates, fat, and protein - **Correct**

Question 5: _____ are found in breads, pastas, rice, cereals, and starchy vegetables such as potatoes.

Answers

Simple carbohydrates - Incorrect

Complex carbohydrates - **Correct**

Protein carbohydrates - Incorrect

Question 6: Glucose is _____ used by the body for energy.

Answers

a fat - Incorrect

a vitamin - Incorrect

a sugar - **Correct**

Question 7: When vitamin C is added to fruit juice, it is listed as _____ on the ingredient list.

Answers

ascorbic acid - **Correct**

iron - Incorrect

calcium - Incorrect

Question 8: Potassium is a _____.

Answers

vitamin - Incorrect

fat - Incorrect

mineral - **Correct**

Question 9: _____ are good sources of folic acid.

Answers

Hamburgers - Incorrect

Citrus fruits - **Correct**

Crackers - Incorrect

Question 10: Grapefruit juice, orange juice, and other citrus fruits contain a class of phytochemicals called _____.

Answers

flavonoids - **Correct**

altoids - Incorrect

vegetables - Incorrect