

Chapter 3 Test

Foods for Good Nutrition

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1. F
2. T
3. T
4. F
5. F
6. B
7. F
8. C
9. J
10. A

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11. a
12. g
13. c
14. f
15. j
16. h
17. e
18. d
19. b
20. i

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21. 3 servings per day
22. 2–4 servings per day
23. 6–9 servings per day
24. Possible answer: servings per container
25. Possible answer: what percentages of each day's recommended amounts of several nutrients are in one serving of the food