MENU DEVELOPMENT QUIZ

1. How many servings of fruit needs to be served in a week?\_\_\_\_\_
2. Which vegetable is not a starchy vegetable:
   1. Corn.
   2. Peas
   3. Potatoes
   4. Green beans
3. What is the 1/3 sodium requirement for a weekly lunch menu?
   1. 600mg
   2. 766mg
   3. 1000mg
   4. 2500mg
4. What is the 1/3 fiber requirement for weekly lunch menu?
   1. >10g Fiber
   2. <10g Fiber
   3. >12g Fiber
   4. <7g fiber
5. True or False. A benefit of fiber is that can help control blood sugar.
6. True or False. Beans can be counted as protein and vegetable requirement?

Nutrition Label for Kielbasa

Serving Size: 2oz

A nutrition label with black text

Description automatically generated

**Ingredients**

Meat Ingredients (Pork, Beef) Mechanically Separated Turkey, Water, Corn Syrup, Natural Flavors, Contains 2% Or Less: Salt, Dextrose, Soy Protein Concentrate, Sodium Phosphate, Monosodium Glutamate, Sodium Erythorbate, Sodium Nitrite. Made With Beef Collagen Casing.

Nutrition Label for Kielbasa

Serving Size: 2oz

1. How much sodium is in this product?
2. What are the other names for salt in the above ingredient list?
3. If you were to eat 4oz kielbasa how much sodium are you eating? What is the % Daily Value?
4. Carrots and sweet potatoes are a good source of what vitamin?
   1. Vitamin b1
   2. Calcium
   3. Starch
   4. Vitamin A
5. True or False. Vitamin C can help heal wounds.
6. Which one of these are considered unsaturated fats?
   1. Olive oil
   2. Palm oil
   3. Ghee
   4. Coconut oil
7. True or False. Fats are needed to absorb Vitamins A, D, E, and K.
8. \_\_\_\_\_\_\_ is the 1/3 requirement of Saturated fat.
9. What foods are considered sources of carbohydrates?