Quiz Training # 3

1. What is a serving size?
2. The amount of a particular food product that is right for you
3. The amount of food listed on a products food label
4. A predetermined portion that is approximately the size of the palm of your hand
5. What is a portion?
	1. The amount of food you choose to eat at one time
	2. The amount of food listed a products food label
	3. An amount of food that is equivalent to one measuring up
6. The portion sizes you should eat may or may not be the same as the serving sizes on food labels
	1. True
	2. False
7. What is the proper portion control measuring utensil for ½ cup of broccoli?
	1. 2 oz spoodle
	2. Spoon
	3. 4 oz spoodle
	4. 8 oz spoodle
8. What is the proper portion control measuring utensil for ½ cup of pudding?
	1. 8 oz spoodle
	2. Large spoon
	3. 4 oz disher
	4. 6 oz disher
9. True or False. A 4 oz disher or spoodle is the equivalent of a ½ cup.
10. True or False. You should wash your hands for 10-12 seconds.
11. True or False. The definition of ergonomics is: The scientific discipline concerned with understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, methods and data to design in order to optimize human well-being and overall system performance.
12. List some high sodium foods?
13. What is the 1/3 sodium requirement for the breakfast and/or lunch menu?