

Chew the Fat

The background of the slide is a collage of various fruits and vegetables. At the top right is a sliced avocado with a red pit. Below it is a large green leafy vegetable, possibly a collard green or kale. To the left of the leaf is a large red carrot. In the center are several brown potatoes with green sprouts. At the bottom right is a slice of watermelon with a red interior and green rind. The entire scene is set against a light gray background with faint, stylized sound waves.

Here is a practice test to help you study for Chew the Fat!

Quiz

Section 1

Is chewing your food mechanical or chemical digestion?

- Mechanical**
- Chemical

Does the saliva in your mouth help with mechanical or chemical digestion?

- Mechanical
- Chemical

When your throat muscles push your food down from your throat to your stomach through peristalsis an example mechanical or chemical digestion?

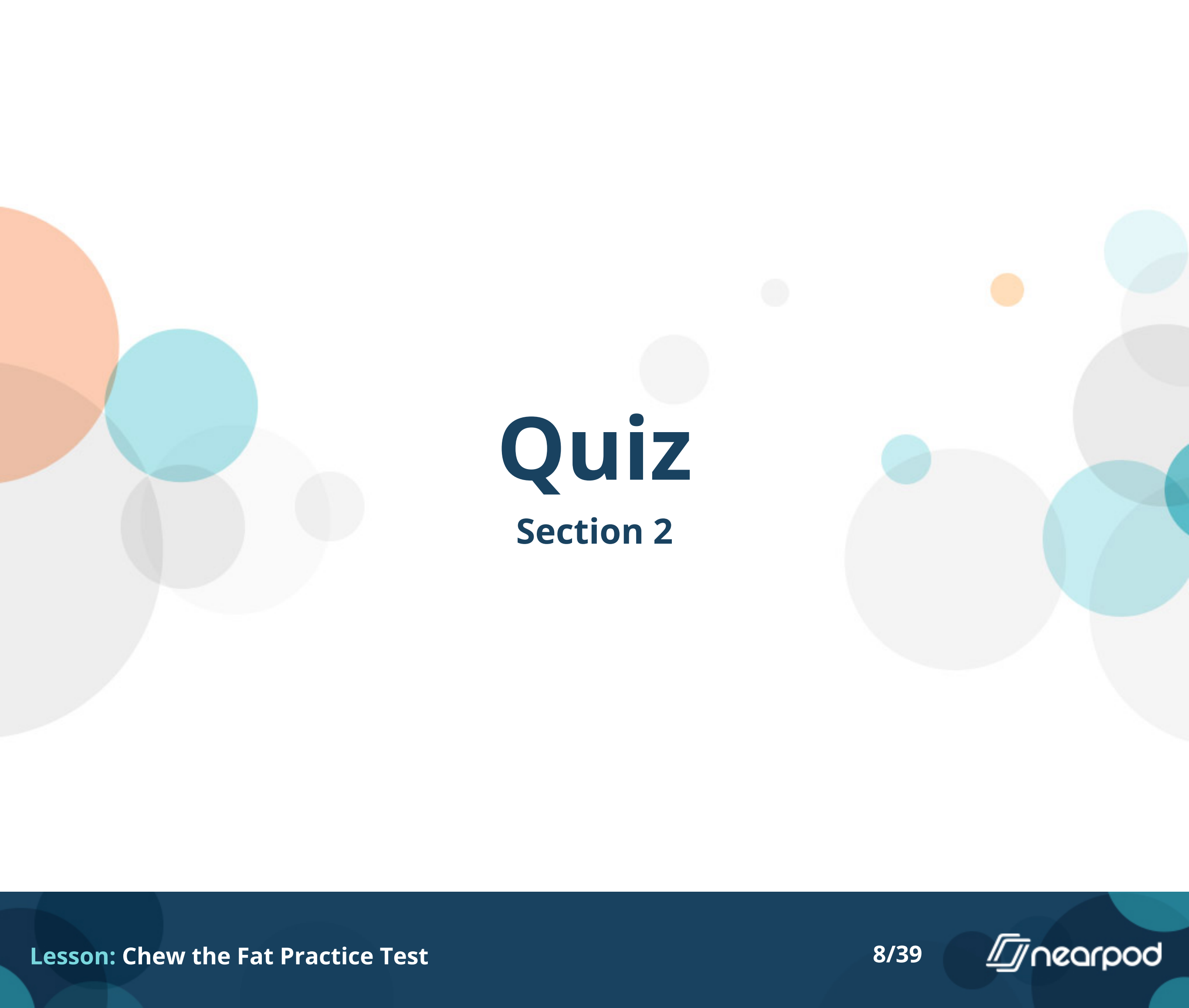
- Mechanical**
- Chemical

Is stomach acid breaking down enzymes in your food an example mechanical or chemical digestion?

- Mechanical
- Chemical

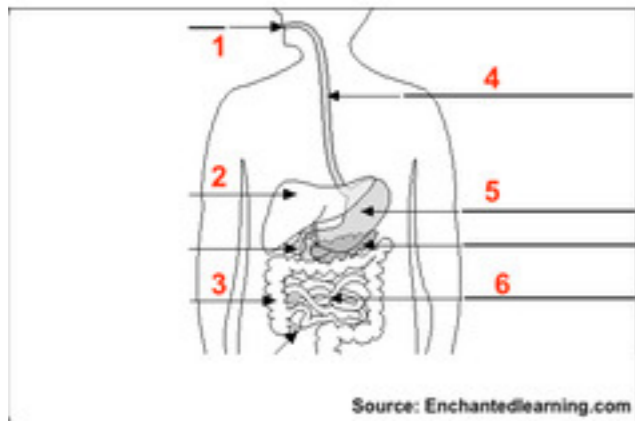
Is pepsin in your stomach breaking down proteins in your food an example mechanical or chemical digestion?

- Mechanical
- Chemical**



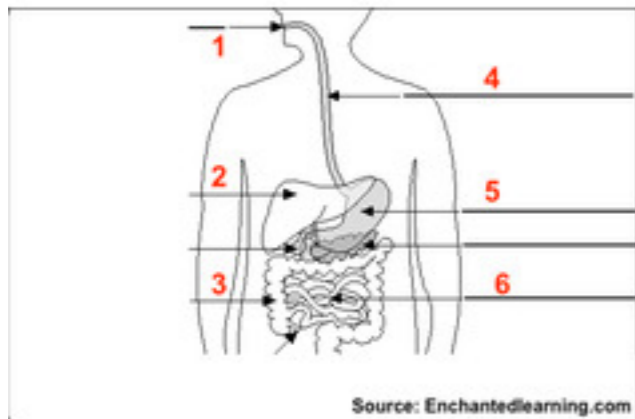
Quiz

Section 2



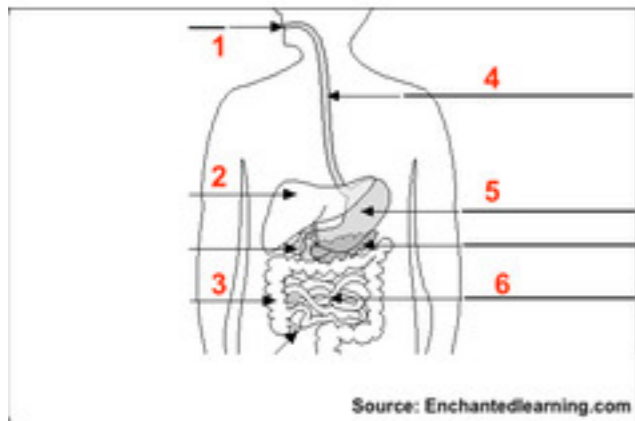
You can click the picture to make it bigger. What part of your digestive system is #1 point to?

- Esophagus
- Large Intestine
- Mouth
- Stomach



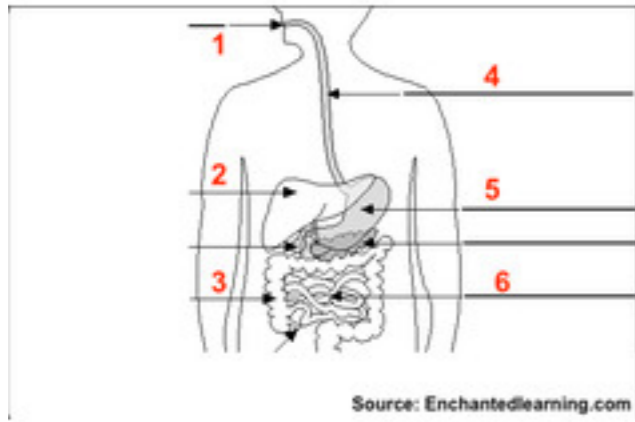
You can click the picture to make it bigger. What # is pointing to the stomach?

- 1
- 2
- 5
- 6



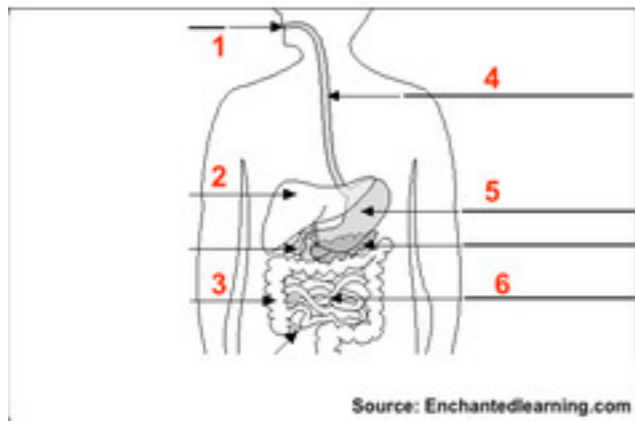
You can click the picture to make it bigger. #2 is pointing to which part of the digestive system?

- Esophagus
- Liver
- Small intestine
- Stomach



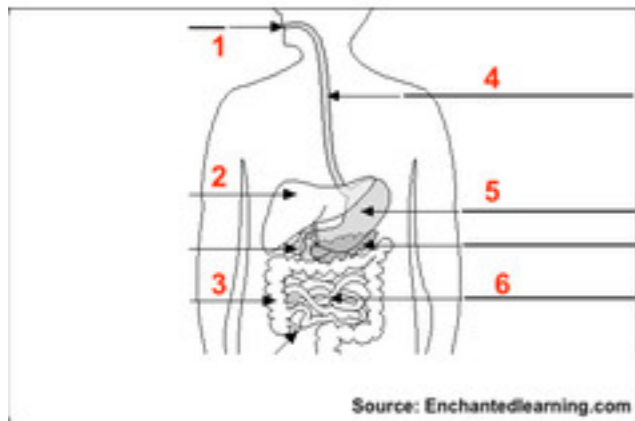
You can click the picture to make it bigger. Which is longer - the small intestine or the large intestine?

- Larger Intestine
- Small Intestine**



You can click the picture to make it bigger. Which number is pointing to the esophagus?

- 1
- 2
- 3
- 6

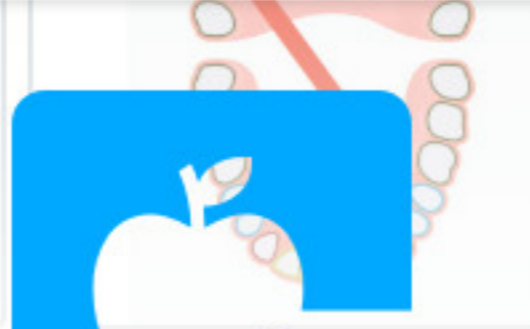


You can click the picture to make it bigger. Which number points to the organ that has acid to help break down food?

- 2
- 3
- 5
- 6

Match teeth names to their pictures.

^ Instructions



Canine



Matching Pairs

Quiz

Section 3

True or False - You can only taste certain things (like bitter or sweet) on certain areas of your tongue.

- True
- False

Which group has more working taste buds - kids or older adults?

- Kids
- Older adults

Which of these is NOT a function of the kidneys?

- controlling water balance
- maintaining electrolyte balance
- removing toxins and waste products from the body
- digesting food**



Urine color can tell you a lot about how hydrated you are! Which of these letters is next to the person who is underhydrated?

- A
- B
- C



Urine color can tell you a lot about how hydrated you are! What should a person do if their urine is the color of "A"?

- Drink more water - they are very dehydrated
- Nothing - this color shows that they are perfectly hydrated
- Drink less water for a while, this shows they have been drinking too much water**

Quiz

Section 4



The picture shows a nutrition label for crackers. You can click it to make it bigger. How many calories would you take in if you ate the whole box of crackers in one sitting?

- 120
- 350
- 1680
- 8400



The picture shows a nutrition label for crackers. You can click it to make it bigger. If you ate 2 servings of crackers, how many grams of carbohydrates would you get?

- 10
- 20
- 70
- 140



The picture shows a nutrition label for crackers. You can click it to make it bigger. Are these crackers a good source of Calcium?

- Yes
- No



The picture shows a nutrition label for crackers. You can click it to make it bigger. What food group do crackers fall into?

- Dairy
- Fruits
- Grains
- Protein
- Vegetables

Nutrition Facts	
18 servings per container	
Serving size About 10 chips (28g)	
Amount per serving	
Calories	130
Total Fat 5g 10%	
Saturated Fat 0g 0%	
Trans Fat 0g 0%	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 13g	3%
Dietary Fiber less than 1g 2%	
Total Sugars less than 1g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	0%
Potassium 6mg	0%

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The picture shows a nutrition label for pita chips. You can click it to make it bigger. Which serving size is bigger - the crackers or the pita chips?

- Crackers
- Pita Chips

Nutrition Facts	
18 servings per container	
Serving size About 10 chips (28g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 13g	3%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Protein 3g	
Vitamin D 0mg	0%
Calcium 4mg	0%
Iron 1mg	0%
Potassium 6mg	0%
Not a significant source of added sugars.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

The picture shows a nutrition label for pita chips. You can click it to make it bigger. Which snack has less sodium per serving - the crackers or the pita chips?

- Crackers
- Pita Chips

Nutrition Facts	
18 servings per container	
Serving size About 10 chips (28g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 13g	3%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Protein 3g	
Vitamin D 0mg	0%
Calcium 4mg	0%
Iron 1mg	0%
Potassium 6mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.

The picture shows a nutrition label for pita chips. You can click it to make it bigger. You ate 20 chips. How many calories did you have?

- 75
- 130
- 260
- 1300

Match each vitamin or mineral to the food where you would find lots of it.

Instructions

Vitamin D

Magnesium

Iron

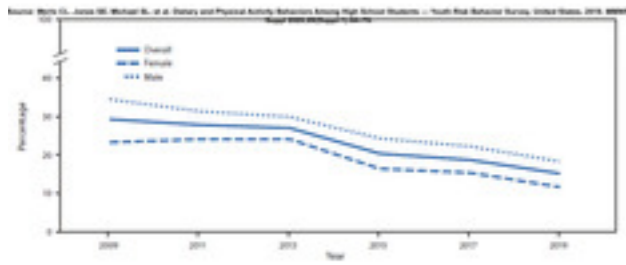
2.75 oz

Roasted & Salted Almonds

Matching Pairs

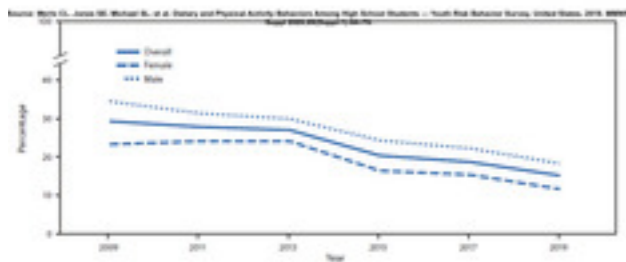
Quiz

Section 6



Look at the graph, you can click on it to make it bigger. This shows data how many high school student reported drinking at least 1 soda per day during the week before the survey. Who drinks more soda at this school - males or females?

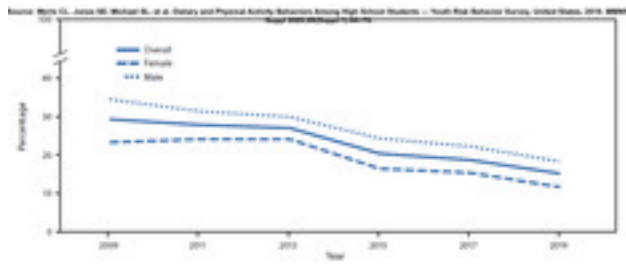
- Males
- Females



Look at the graph, you can click on it to make it bigger. This shows data how many high school student reported drinking at least 1 soda per day during the week before the survey. From 2009 to 2019, did more or less students report drinking soda?

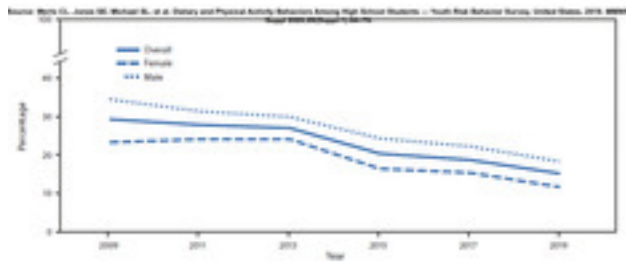
More

Less



Look at the graph, you can click on it to make it bigger. This shows data how many high school student reported drinking at least 1 soda per day during the week before the survey. Is soda considered a healthy drink or unhealthy?

- Healthy
- Unhealthy



Look at the graph, you can click on it to make it bigger. This shows data how many high school student reported drinking at least 1 soda per day during the week before the survey. If the current trend in data continues, what percentage of students would you predict would answer "yes" to this question if asked today in 2022?

- 5%
- 15%
- 25%
- 35%

Quiz

Section 7

Activity	Calories burned per hour
Bicycling at 5 mph	174
Jogging at 6 mph	654
Playing basketball	450
Playing volleyball	274
Playing tennis	450
Playing touch football	498
Roller skating at 9 mph	384
Swimming	288
Walking at 2 mph	198

Look at the data table. You can click it to make it bigger. If I want to burn the most calories in an hour, what activity should I do?

- Bicycling
- Jogging**
- Touch football
- Swimming

Activity	Calories burned per hour
Bicycling at 5 mph	174
Jogging at 6 mph	654
Playing basketball	450
Playing volleyball	274
Playing tennis	450
Playing touch football	498
Roller skating at 9 mph	384
Swimming	288
Walking at 2 mph	198

Look at the data table. You can click it to make it bigger. Ada ate a Chick-fil-a sandwich, which has 440 calories. She then goes and plays volleyball for an hour. Did Ada use up all the calories from her sandwich?

- Yes, her activity used up all the calories from the sandwich
- No, her activity did not use up all the calories from the sandwich

Activity	Calories burned per hour
Bicycling at 5 mph	174
Jogging at 6 mph	654
Playing basketball	450
Playing volleyball	274
Playing tennis	450
Playing touch football	498
Roller skating at 9 mph	384
Swimming	288
Walking at 2 mph	198

Look at the data table. You can click it to make it bigger. Precious eats 3 pieces of pizza. There are 300 calories in each slice. Which of the following activities would be enough to use up all the calories from her meal?

- Bicycling for 2 hours
- Playing basketball for 2 hours**
- Swimming for 2 hours
- Walking for 3 hours