

Food Is Medicine: Session One Pre/Post Test

1. What is the main goal of the Food is Medicine Program?

- a) To understand how food and medicine work together
- b) To teach cooking techniques
- c) To understand how food supports overall health and well-being
- d) I do not know

2. Why is the food we eat important for our health?

- a) It only helps with weight loss but not overall health
- b) It provides essential nutrients and energy for the body to function properly
- c) It directly controls our mood and emotions all the time
- d) I do not know

3. What is a benefit of learning about food and health through this program?

- a) Empowering you to make informed choices that improve your well-being
- b) Teaching how to avoid all carbohydrates
- c) Encouraging a diet limited to just one type of food
- d) I do not know

4. How can food be used as medicine in managing chronic diseases?

- a) By relying solely on supplements
- b) By relying only on processed and convenience foods
- c) By choosing nutrient-rich foods that help reduce symptoms and improve health
- d) I don't know

5. What is the purpose of the MyPlate Method?

- a) To help people eat a balanced diet consisting of different food groups
- b) To encourage eating only protein-rich foods
- c) To focus solely on calorie counting
- d) I do not know

6. According to MyPlate, which food groups should make up most of your diet?

- a) Meat
- b) Carbohydrate
- c) Fruits and vegetables
- d) I do not know

Answer Key

1. c) To understand how food supports overall health and well-being
2. b) It provides essential nutrients and energy for the body to function properly
3. a) Empowering you to make informed choices that improve your well-being
4. c) By choosing nutrient-rich foods that help reduce symptoms and improve health
5. a) To help people eat a balanced diet consisting of different food groups
6. c) Fruits and vegetables

Food Is Medicine: Session Two Pre/Post Test

1. What effect can eating too much sodium have on your health?

- a) It can increase blood pressure
- b) It improves digestion
- c) It boosts energy levels instantly
- d) I do not know

2. Why is managing blood pressure important?

- a) To improve brain function
- b) To increase muscle mass
- c) To reduce the risk of heart disease and stroke
- d) I do not know

3. Which of the following foods are good sources of potassium?

- a) Ice cream and pastries
- b) White bread and rice
- c) Bananas, spinach, and potatoes
- d) I do not know

4. What type of fat is considered beneficial for heart health?

- a) Trans fats commonly found in fried foods
- b) Unsaturated fats found in nuts, fish, and olive oil
- c) Saturated fats in processed meats
- d) I do not know

5. Why is it important to read nutrition labels?

- a) To understand the nutrient content and make healthier choices
- b) To find the most attractive packaging
- c) To check the price per serving
- d) I do not know

6. Which types of foods does the DASH Diet emphasize?

- a) Fruits, vegetables, whole grains, and low-fat dairy
- b) Processed meats and sugary snacks
- c) High-fat dairy and red meat
- d) I do not know

Answer Sheet

1. a) It can increase blood pressure and strain your heart
2. c) To reduce the risk of heart disease and stroke
3. c) Bananas, spinach, and potatoes
4. b) Unsaturated fats found in nuts, fish, and olive oil
5. a) To understand the nutrient content and make healthier choices
6. a) Fruits, vegetables, whole grains, and low-fat dairy

Food Is Medicine: Session Three Pre/Post Test

1. What does it mean to eat according to your body's nutritional needs?

- a) Skipping meals regularly
- b) Eating whatever you like
- c) Consuming a balanced variety of foods in appropriate portions to support health
- d) I do not know

2. Why is maintaining regular meal times beneficial?

- a) It makes you feel hungrier
- b) It helps regulate metabolism and energy levels throughout the day
- c) It causes overeating later

d) I do not know

3. What is a healthy way to manage hunger between meals?

- a) Drink only juice
- b) Skip the snack and wait for the next meal
- c) Choose snacks like fruits, nuts, or yogurt
- d) I do not know

4. How can you choose healthy foods while staying on a budget?

- a) Purchase seasonal fruits and vegetables and plan meals ahead
- b) Buy only pre-packaged convenience foods
- c) Shop without a list and buy whatever looks good
- d) I do not know

5. What is a useful strategy before grocery shopping?

- a) Buying only sale items regardless of nutrition
- b) Avoiding fresh produce to save time
- c) Making a detailed shopping list with healthy items
- d) I do not know

6. Why is cooking at home generally better for your health than eating out?

- a) It allows control over ingredients and portion sizes
- b) It always takes more time
- c) It is more enjoyable
- d) I do not know

Answer Key

1. c) Consuming a balanced variety of foods in appropriate portions to support health
2. b) It helps regulate metabolism and energy levels throughout the day
3. c) Choose nutritious snacks like fruits, nuts, or yogurt
4. a) Purchase seasonal fruits and vegetables and plan meals ahead
5. c) Making a detailed shopping list with healthy items
6. a) It allows control over ingredients and portion sizes

