April 2015 Nutrition Quiz

1. When is black pepper most commonly picked?
   a. When it is not quite ripe
   b. When it is over ripe
   c. Neither A nor B

2. Black pepper is one of the world’s most popular spices and is a berry grown in India and Indonesia.
   a. True
   b. False

3. What is a health benefit of black pepper?
   a. Low in cholesterol, sodium, and saturated fat
   b. Improves in digestion
   c. Both A and B

4. Whole peppercorns can be placed in a dark, cool place for only four months
   a. True
   b. False

5. What does “ASD” stand for?
   a. Autism Spectrum Disorder
   b. Autism Syndrome Disorder
   c. Asperger Spectrum Disorder

6. Doctors include autism in a group of problems that children can have, including Asperger Syndrome and others.
   a. True
   b. False

7. ASD affects which of the following?
   a. Social Development
   b. Learning
   c. Both A and B

8. Children with autism often cannot make connections that other children make easily.
   a. True
   b. False

9. A child with ASD might:
   a. Have trouble learning the meaning of words
   b. Have trouble adjusting to changes
   c. Both A and B

10. Which is a major risk factor for a high sodium diet?
    a. Teeth decay
    b. Heart Disease
    c. Diabetes

11. Americans get most of their daily sodium—more than 75%—from home cooked meals.
    a. True
    b. False

12. What is a symptom of strep throat?
    a. Stomach Pain
    b. Fever
    c. Both A and B

13. Anybody can get strep throat, but it’s most common in school-age children and teens.
    a. True
    b. False

14. If your child has a sore throat and other strep throat symptoms you should do which of the following?
    a. Return to your normal schedule
    b. Wait 5-7 days
    c. Call your doctor

15. When treating strep throat, avoid orange juice, grapefruit juice, lemonade, or other acidic beverages, which can irritate a sore throat.
    a. True
    b. False

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