

Career Peek! DIETICIAN



Name: _____

Take a peek at...

Dietitians are people who study the food people eat. They work to keep people healthy. They try to get people to eat healthy foods such as vegetables, fruits, bread, and meat instead of junk foods.

Take this health quiz.

1. Which of these foods should you eat the least amount of?

A) cheese B) chocolate C) bread D) apple E) corn

2. Which of the following can lead to heart disease?

A) being overweight B) not exercising C) eating unhealthy foods D) all E) none

3. What is the best meal to skip?

A) breakfast B) lunch C) dinner D) none E) any meal

4. About how much exercise should children get a day?

A) 10 minutes B) 3 hours C) 30 minutes D) 4 hours E) none

5. Drinking water is an important part of your diet.

A) True B) False

6. Which of these items should you eat or drink the most of?

A) juice B) pizza C) diet pop D) popcorn E) carrots

7. Getting enough sleep does not change your health.

A) True B) False

Answers

1. B) chocolate
2. D) all
3. D) none
4. C) 30 minutes
5. A) True
6. E) Carrots
7. B) False

