

Superfoods Practice Test Questions and Answers

1. Why is turmeric good for you?

- A) Because it has high sodium level
- B) Because it contains lots of fats
- C) Because it has antiviral properties
- D) Because it does not contain any vitamins

2. What does "superfood" actually mean?

- A) Foods that will be introduced in the future
- B) It is used to describe foods with super power
- C) Foods without any nutritional value, i.e. junk food
- D) It is a marketing term used to describe healthy foods

3. A superfood, quinoa is known for its

- A) High protein content
- B) High saponin content
- C) High carbohydrate content
- D) All of the above

4. Foods are classified as superfoods when

- A) Help you maintain your weight
- B) Help you fight diseases
- C) They are natural and unprocessed
- D) All of the above

Answers: 1-C 2-D 3-D 4-D

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