

## **AMBIENT Content Questions**

### **Food Labels**

1. Who sets the standards for the information on food labels?
  - a. Manufacturers
  - b. Farmers
  - c. Food and drug administration
  - d. Doctors
  
2. What information is required to be on food labels?
  - a. Nutritional values
  - b. GMO content
  - c. Organic percentage
  - d. Food interaction warnings
  
3. Which of the following student quotes is a fact and not an opinion?
  - a. Lisa “I hate to eat fruit. So since fruit just is just as good as fresh fruit, I drink juice instead.”
  - b. Ceaser: “I won’t gain weight because I only eat non-fat foods.”
  - c. Bill: “Some fats are good.”
  - d. Rachel: “Food prepared at home is much safer than food prepared in restaurants
  
4. What vitamins and minerals are required to be on a label?
  - a. Those that are good for you
  - b. Those that are in the food
  - c. Those that are part of a balanced diet
  - d. Those that are part of the minimum daily requirements