

AMBIENT Content Questions

Food Myths Critical Thinking and Reading

1. Which of the following is a food fact?
 - a. Eating fruit at the end of a meal is better for digestion
 - b. Fruit juice is just as nutritious as eating fruit
 - c. Eating red meat is not bad for you
 - d. Fried food is good for you if the oil used is vegetable oil

2. Which of the following is a food myth?
 - a. All fats are not bad for you
 - b. High protein diets are the best way to lose weight
 - c. Weight loss is best done gradually by decreasing food intake and increasing exercise
 - d. Too much of any food can be bad for you