

Name _____ Date _____ Period _____

Objective I

- _____ 1. Six-year-old Max loves to watch cartoons while he eats breakfast. He asked his mom to buy “Wheat Sweets” because they looked really good. He also begged her to buy the fruit snacks that are shaped like his favorite cartoon character. What is most likely influencing his food selection?
- A. Advertising
 - B. Geographical location
 - C. Income
 - D. Personal choices
- _____ 2. Two months ago, Bill wrote a report on the effects of salt for his FACS class. Since then he has reduced his sodium intake. He now keeps track of his sodium as well as his sugar intake and he has made it into a game. Based on the information provided, what is influencing his eating habits?
- A. Advertising
 - B. Income
 - C. Religious beliefs
 - D. Personal knowledge
- _____ 3. When Bev was growing up, her family never ate lamb. Now that she is an adult, she never cooks lamb or orders it at a restaurant. What factor has been influencing her eating habits?
- A. Emotions
 - B. Family habits
 - C. Geographical location
 - D. Personal choices

- _____ 4. Cal and Olivia both grew up on farms in Oklahoma, where they ate lots of beef. Olivia later moved to Maine and discovered she loved fresh seafood. She recently told Cal that she ate more fish last month than she had eaten in her entire lifetime. Cal has moved to Arizona and has become fond of the southwest cuisine that is popular there. What factor is influencing Cal and Olivia's eating habits?
- A. Advertising
 - B. Geographical location
 - C. Income
 - D. Religious beliefs

Objective 2

- _____ 5. Kyla recently made a commitment to eat a healthy diet. She has noticed that her skin looks better and her hair is shinier. Kyla is starting to notice her diet's effect on _____.
- A. Appearance
 - B. Energy and stamina
 - C. Personality and emotions
 - D. Self-concept
- _____ 6. Zoe is on the swim team, and swims for at least an hour every day. She is also training for her first marathon. She eats three healthy meals a day and eats healthy snacks between meals. Which of Zoe's personal characteristics is most affected by her eating habits?
- A. Appearance
 - B. Energy and stamina
 - C. Sleep performance
 - D. Self-concept
- _____ 7. Rosa usually eats a quick breakfast on the run, but she made a decision to get up early enough to eat a bigger breakfast the mornings that she has a test. What personal characteristics are most affected by her eating habits?
- A. Health and physical fitness
 - B. Personality and emotions
 - C. Physical and mental performance
 - D. Self-concept and appearance