Sample Quiz
(Typically this will be an online assessment and the grades from this quiz will automatically be entered into the grade book)

1. _____ Sugar was first produced by which country?
   A. United States
   B. Japan
   C. India
   D. Brazil

2. _____ Too much caloric intake can lead to which of the following?
   A. Unhealthy diet
   B. Weight gain
   C. Increased risk of diseases
   D. All of the above.

3. _____ 80% of the fructose is used by body cells. True or False?

4. Coca-Cola and Pepsi switched to high-fructose corn syrup in the United States in which year? ________.

5. _____ According to World Health Organization’s recommendation, daily calories from sugar should be less than
   A. 2%
   B. 5%
   C. 11%
   D. 15%