

PEANUT NUTRITION QUIZ

Choose the best answer for each question based on the notes taken from the nutrition PowerPoint on peanuts.

- 1. Peanuts provide a great source of _____ and _____.**
 - A. Protein and Carbohydrates
 - B. Nutrients and Minerals
 - C. Protein and Nutrients
 - D. Protein and Minerals
- 2. While most similar to nuts nutritionally, peanuts are botanically classified as legumes along with foods like green peas, soybeans, and lentils.**
 - A. True
 - B. False
- 3. Which of the following nuts has the most protein?**
 - A. Walnuts
 - B. Almonds
 - C. Peanuts
 - D. Cashews
- 4. Eating peanuts regularly can reduce the risk of which medical condition?**
 - A. Hypertension
 - B. Diabetes
 - C. Heart Disease
 - D. All of the above
- 5. Which of the following is NOT a MAIN health benefit of peanuts?**
 - A. Help to maintain healthy weight
 - B. Reduce Diseases
 - C. Reduction of Inflammation of the body
 - D. Pre- workout regimen

