Nutrition IQ Test by Doctor Mike: Strangers' Surprising Results

Description

Doctor Mike, known from Tiktok and Instagram, partnered with MyFitnessPal to quiz people on their nutrition knowledge. In a video, he asked strangers about protein, sugar, and calories in common foods. Many people didn't know the right answers.

A survey by MyFitnessPal showed that most people underestimate fat in foods like fish tacos and avocado. They also don't know how much protein, fiber, carbs, sugar, and salt they eat daily. Knowing this is important for health goals.

People also struggle to estimate calories accurately. For example, some thought peanut butter had 100-800 calories when it's actually 180. This can affect health goals and make it harder to track what you eat.

To improve nutrition knowledge, check food labels, especially for packaged and restaurant foods. MyFitnessPal is a helpful tool for this. Knowing what you eat can help you make better choices and reach your goals.

Vocabulary List:

1. **Nutrition** /njuːˈtrɪʃ.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.
2. **Underestimate** /ˌʌn.dərˈestɪ.meɪt/ (verb): To assess or rate something as less than its actual value.
3. **Calories** /ˈkæl.ə.riːz/ (noun): Units of energy that food provides when consumed.
4. **Estimation** /ˌɛs.tɪˈmeɪ.ʃən/ (noun): An approximate judgment or calculation.
5. **Sustain** /səˈsteɪn/ (verb): To support or maintain something over time.
6. **Goals** /goʊlz/ (noun): The desired result or outcome that a person aims to achieve.

Comprehension Questions

Multiple Choice

1. What did Doctor Mike partner with to quiz people on their nutrition knowledge?

    Option: Snapchat
    Option: Twitter
    Option: MyFitnessPal

Option: YouTube

2. According to the content, people underestimate fat in which foods?

  Option: Apples and Bananas
  Option: Fish Tacos and Avocado
  Option: Pizza and Burgers
  Option: Ice Cream and Cake

3. Which of the following is important for health goals, based on the information provided?

  Option: Watching Movies
  Option: Reading Fiction Books
  Option: Knowing Nutrition Facts
  Option: Playing Video Games

4. Why is it mentioned that people struggle to estimate calories accurately?

  Option: Due to lack of interest
  Option: Due to overestimation
  Option: Due to misinformation
  Option: Due to time constraints

5. What is recommended to improve nutrition knowledge?

  Option: Avoiding Food Labels
  Option: Checking Food Labels
  Option: Throwing Away Food Labels
  Option: Ignoring Food Labels

6. Which tool is suggested as helpful for checking nutrition information according to the text?

  Option: MyFitnessPal
  Option: WhatsApp
  Option: Facebook
  Option: Instagram

True-False

7. Many people knew the right answers to Doctor Mike's nutrition quiz.

8. People should track their nutrition to make better choices and reach their goals.

9. According to the survey by MyFitnessPal, people accurately estimate the amount of salt they consume

daily.

10. Peanut butter is mentioned to have 100-800 calories in the content.

11. It is important to know the nutrition facts of what you eat according to the information presented.

12. MyFitnessPal is emphasized as a helpful tool in tracking nutrition.

Gap-Fill

13. People underestimate fat in foods like fish tacos and _____.

14. Doctor Mike partnered with MyFitnessPal to quiz people on their nutrition _____.

15. Knowing what you eat can help you make better choices and reach your _____.

16. To improve nutrition knowledge, check food labels, especially for packaged and restaurant

_____.

17. Many people struggle to estimate _____ accurately.

18. Some thought peanut butter had 100-800 _____ when it's actually 180.

Answer

Multiple Choice: 1. MyFitnessPal 2. Fish Tacos and Avocado 3. Knowing Nutrition Facts 4. Due to misinformation 5. Checking Food Labels
True-False: 7. False 8. True 9. False 10. False 11. True 12. True
Gap-Fill: 13. avocado 14. knowledge 15. goals 16. foods 17. calories

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which aspect is crucial for maintaining good health?
   Option: Nutrition
   Option: Exercise

Option: Meditation
Option: Entertainment

2. What unit is used to measure the energy content in food?

Option: Grams
Option: Liters
Option: Calories
Option: Kilowatts

3. What are you aiming to achieve when you set objectives?

Option: Limitations
Option: Goals
Option: Distractions
Option: Regrets

4. What is an additional product taken to support health and wellbeing?

Option: Primary
Option: Supplement
Option: Trash
Option: Accessory

5. Which term best describes a health issue that is serious and intense?

Option: Mild
Option: Moderate
Option: Severe
Option: Negligible

6. What is something not natural but created by humans called?

Option: Abstract
Option: Real
Option: Artificial
Option: Organic

7. Which term refers to feelings of worry or interest about something important?

Option: Doubts
Option: Concerns
Option: Joy
Option: Relief

8. What is the attitude of being careful about potential risks or problems?

Option: Fearless
Option: Cautious
Option: Ruthless

Option: Reckless

9. What is the process of identifying a medical condition or disease called?

Option: Judgment
Option: Diagnoses
Option: Prescriptions
Option: Therapy

10. Which term describes individuals whose neurological development and function differ from the norm?

Option: Conventional
Option: Neurodivergence
Option: Ordinary
Option: Stereotypical

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ of daily calorie intake is important for weight management.

12. Ignoring health warnings can put you at _____ for serious illnesses.

13. Proper diagnosis is crucial for effective _____ of medical conditions.

14. High _____ blood pressure can lead to heart problems.

15. The job application must meet all the specified _____ to be considered.

16. An incorrect _____ can result in wrong treatments.

17. Consuming _____ amounts of sugar can lead to health problems.

18. Effective marketing involves strategic _____ of products in the market.

19. Leaving an infection _____ can cause complications.

20. _____ of antibiotics can lead to drug resistance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. It is important not to let personal biases with objective decision-making.

22. Skydiving without proper training can be extremely .

23. A diet includes a variety of nutrients in appropriate proportions.
24. For precise measurements it is essential to use instruments.
25. She always follows the latest fashion trends and loves clothes.
26. When hiking in unfamiliar terrain it is wise to be and prepared.
27. The earthquake caused damage to the city making rescue efforts challenging.
28. Eating a balanced diet is essential for maintaining the lifestyle.
29. Doctors are trained to make accurate based on the patients' symptoms and test results.
30. Some individuals may require multiple to manage chronic conditions.

Answer

Multiple Choice: 1. Nutrition 2. Calories 3. Goals 4. Supplement 5. Severe 6. Artificial 7. Concerns 8. Cautious 9. Diagnoses 10. Neurodivergence

Gap-Fill: 11. Estimation 12. Risk 13. Treatment 14. Systolic 15. Criteria 16. Misdiagnosis 17. Excessive 18. Positioning 19. Untreated 20. Overprescription

Matching sentence: 1. Interfere 2. Risky 3. Balanced 4. Accurate 5. Trendy 6. Cautious 7. Severe 8. Healthiest 9. Diagnoses 10. Medications

CATEGORY

1. Health - LEVEL2

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