

Eat.Right.Now.

Nutrition Education for a Healthier Future



March is...National Nutrition Month (NNM)

*The best path to Fitness and Health is to be 100% Fad Free
Help us celebrate NNM in your school:*

- ~ Classroom Lessons
- ~ Health Fairs
- ~ Assembly Programs
- ~ Food Demos
- ~ Food Tastings
- ~ Posters
- ~ [Bulletin Boards](#)
- ~ Newsletters

Hot Topics:

Trans Fat Ban in Philadelphia!

The trans fat ban in Philadelphia takes effect on September 1, 2007. Restaurants will no longer be able to fry foods with hydrogenated oils, or serve margarine spreads. By Sept. 1, 2008, trans fats will be banned in all other types of food prepared in Philadelphia eateries. So what does that mean for [you](#)?

Get Moving!

Physical activity is as important as healthy eating. Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. Ask your nutrition educator about the free pedometers we are giving out in April.

Thought for the Month

To lengthen thy life, lessen thy meals. Benjamin Franklin (1706-1790)

Monthly Mentions

- **Nutrition Tip:** Begin your day with good nutrition and you're off to a good start. Incorporate fruits and whole grains into your morning. Add raisins or sliced strawberries to a hot bowl of oatmeal!
- **Fruit/Vegetable:** Pineapple and Potato are the featured foods this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>

Meet Our Nutrition Educators at Work

- Our featured educator this month is [Melissa Pullen](#). See what's happening with the Girls Club at **Wagner Middle School**.

Questions? Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW. Nutrition Education Program at Drexel University
Phone: 215.895.2422

TEST YOUR KNOWLEDGE of Nutrition and FADS

- 1. What is a fad?**
A. Bellbottoms and polyester
B. Pet rocks
C. Low carb/high protein diets
D. All of the above
- 2. Following a diet fad is bad for your health....**
A. Always
B. Sometimes
C. Never
- 3. Which fad diet was originally published in 1825 but is still popular today?**
A. Cabbage Soup Diet
B. Grapefruit diet
C. Low-carbohydrate Diet
D. Banana and Skim milk Diet
- 4. A diet that recommends the following should raise a red flag:**
A. Special food or drink to detoxify the body
B. Eating a specific food with all meals
C. Eating protein and carbohydrates at separate meals
D. II of the above
- 5. It's not a diet fad if it's endorsed by a celebrity.**
True
False
- 6. Some diet fads work.**
True
False
- 7. What popular cracker was originally created as part of a health-food diet?**
A. Cheese crackers
B. Saltine crackers
C. Graham crackers
D. Animal crackers
- 8. Adding physical activity to your day can help give you:**
A. A healthy heart
B. Stronger bones
C. Less emotional stress
D. All of the above
- 9. If you eat 100 more food calories a day than you burn, you will gain how many pounds in a month?**
A. ½ pound
B. 1 pound
C. 2 pounds
D. 10 pounds
- 10. For the most reliable, fad-free, science-based nutrition information, consulting your nutrition educator is the best approach.**
True
False

Print copies of this quiz and distribute to students as a lesson. Have students choose the correct answer. You can visit our website for the answers. <http://www.drexel.edu/nutritioneducation>

This quiz was adapted from the American Dietetic Association Nutrition Month Quiz 2007



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Local Food Stamp Hotline: 215-430-0556