

# BOSS: PLANET ARTIFICIA

## LORD PROCESSOR

100 POINTS

1. Which of the following is a fat that can be good for you?

- A) Monounsaturated fat
- B) Trans fat
- C) Metabolic fat
- D) All fat is bad for you

2. Why can it be helpful to eat Carbohydrates?

- A) Carbohydrates build your muscles
- B) Carbohydrates strengthen your bones
- C) Carbohydrates give your body energy
- D) Carbohydrates improve your memory

3. What is a common result of having high LDL cholesterol?

- A) Increased risk of heart disease
- B) Increased strength and energy
- C) Improved circulation
- D) Improved vision

4. Which of the following is an unhealthy choice for a drink?

- A) Water
- B) Tea
- C) Fruit juice with fruit concentrate
- D) They all are healthy choices

5. What is a processed food?

- A) A food that has been heated
- B) A Food that comes from a farm
- C) A Food that is not in its natural form
- D) A food that is spicy

6. Which of the following foods contains complex carbohydrates. (hint: circle two)

- A) Bananas
- B) Spinach
- C) Whole Grain Pasta
- D) Apples

7. What does it mean when you are dehydrated?

- A) You have had too much food
- B) You have had too much sleep
- C) You have not had enough fluids
- D) You have not had enough sleep.

8. Which of the following nutrients helps with muscle growth?

- A) Vitamin E
- B) Zinc
- C) Protein
- D) Iron

9. A simple carbohydrate is a carbohydrate that:

- A) Has a few units of sugar
- B) Tastes sour
- C) Has 10 or more units of sugar
- D) Tastes Salty

10. Caffeine effects your body by:

- A) Making it easy to relax
- B) Giving you strength
- C) Making it hard to sleep
- D) Giving you better vision



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11. Which of the following foods probably contains the most caffeine?

- A) An apple
- B) 3 pancakes
- C) An energy drink
- D) A hamburger

12. What item would you remove from a hamburger to lower its total fat?

- A) Pickles
- B) Lettuce
- C) Bacon
- D) Mustard

13. Which of the following ingredients would increase a pizza's healthy carbohydrates?:

- A) Extra cheese
- B) Sausage
- C) Whole wheat crust
- D) Chicken

14. Which of these ingredients is a fake form of caffeine?

- A) Sugar
- B) Taurine
- C) High Fructose Corn Syrup
- D) Honey

15. Which of the following is found in fruits and vegetables, and helps you feel full longer after eating?

- A) Sugar
- B) Fat
- C) Fiber
- D) Vitamins

16. Which of the following foods probably contains the most carbohydrates?

- A) Carrot
- B) Sugar Frosted Cereal
- C) Nut
- D) Beef

17. Which of the following is a fake form of sugar (a sugar imposter)?

- A) Protein
- B) Fat
- C) Guarana
- D) Sucrose

18. What is an example of a simple carbohydrate?

- A) Whole grain
- B) Whole wheat
- C) Broccoli
- D) Sugar

19. Which of the following foods probably contains the most fat?

- A) An apple
- B) 3 pancakes
- C) An energy drink
- D) A hamburger

20. Which of the following is considered a healthy fat?

- A) Saturated fat
- B) Polyunsaturated fat
- C) Trans Fat
- D) Cellulose fat



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21. Fruit juice concentrate is:

- A) All the vitamins of the fruit
- B) All the flavor of the fruit
- C) Only the sugar from fruit
- D) Only the seeds from fruit

22. What is the healthiest drink choice?

- A) Diet Soda
- B) Sports Drink
- C) Energy Drink
- D) 100% Fruit Juice

23. Energy drinks typically contain large amounts of which of the following?

- A) Fat
- B) Caffeine
- C) Fruit juice
- D) Complex Carbohydrates

24. Which of the following is true about high fructose corn syrup?

- A) It is natural
- B) It has zero calories
- C) It is a processed food
- D) It has no taste

25. Which of the following is true about fats?

- A) Generally, They should never be eaten
- B) They only add weight to you
- C) They are found only in meat
- D) Generally, they should be part of every meal

