

Stretching Those Food Dollars Pre-Test

1. Planning meals may help you:
 - a. Save money
 - b. Save time and effort
 - c. Balance food choices
 - d. All of the above

2. Making a shopping list encourages impulse buying.
 - a. True
 - b. False

3. When following the general layout of a grocery store, the convenience foods are on the walls.
 - a. True
 - b. False

4. Buy fresh fruit in season for best prices.
 - a. True
 - b. False

5. Nutrition Facts Food Labels list:
 - a. Nutrients
 - b. Serving sizes
 - c. Calories and calories from fat
 - d. Cholesterol and sodium
 - e. All of the above

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