

## Stretching Those Food Dollars Post-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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