

Nutrition & Health Module-Instructors

1. Which of the following is high in Omega-3 Fatty Acids?
 - a. King Mackerel
 - b. Clams
 - c. Mullet
 - d. Sole

2. How large is a serving of fish?
 - a. 2 ounces
 - b. 3 ounces
 - c. 5 ounces
 - d. 7 ounces

3. Omega-3 Fatty Acids can:
 - a. Decrease the risk of cardiovascular disease
 - b. Provide protection against bronchitis
 - c. Ease depression
 - d. All of the Above

4. Which of the following statements is false?
 - a. Seafood reduces risk of Heart Disease
 - b. Seafood lowers Blood Pressure
 - c. Seafood reduces pain associated with Gout
 - d. Seafood reduces symptoms of Rheumatoid Arthritis

5. Mercury in seafood is primarily a concern for
 - a. Older adults
 - b. Pregnant women
 - c. Teenagers
 - d. Young adults