



LESSON 2

HEALTH BENEFITS

PRETEST

1. The American Heart Association recommends all adults eat fish once a week.
 - a. true
 - b. false
2. Almost all fish and shellfish contain under _____ milligrams of cholesterol per 3-ounce cooked serving.
 - a. 200
 - b. 300
 - c. 100
 - d. None of the above
3. Seafood is considered the best dietary source of omega-3 fatty acids.
 - a. true
 - b. false
4. Many species of seafood can be labeled "low-fat" according to FDA's criteria, because they contain fewer than 5 grams of fat per serving.
 - a. true
 - b. false
5. A 3-ounce cooked portion of fish contains fewer than _____ milligrams of sodium.
 - a. 150
 - b. 110
 - c. 310
 - d. 200
6. Fish is a good source of which vitamins _____.
 - a. C
 - b. A and D
 - c. B6 and B12
 - d. K
7. Which of the following is rich in omega 3s _____?
 - a. Salmon
 - b. Trout
 - c. Herring
 - d. All of the above
8. Seafood is an excellent source of minerals.
 - a. true
 - b. false