

Lesson Quiz 22**Lesson Quiz**

FOR USE WITH CHAPTER 6, LESSON 3

I. **Directions:** In the space provided, write the word from the list that best completes the statement.

1. Becoming dehydrated can lead to an imbalance of _____.
2. _____ eat mostly or only plant foods.
3. It can be dangerous to take a(n) _____ of a dietary supplement.
4. Folate, iron, and calcium are important nutrients during _____.
5. _____ is considered the best way to feed infants.
6. _____, or restoring lost body fluids, is important after physical activity.

breastfeeding
electrolytes
megadose
pregnancy
rehydration
vegetarians

II. **Directions:** Match the definition in the left column with the correct term in the right column. Write the letter of the term in the space provided.

- _____ 7. vegetarian eating plan that includes eggs and dairy
- _____ 8. vegetarian eating plan that includes eggs
- _____ 9. vegetarian eating plan that includes only foods from plant sources
- _____ 10. vegetarian eating plan that includes dairy

- a. lacto-ovo vegetarianism
- b. lacto vegetarianism
- c. ovo vegetarianism
- d. vegan