

UVic Alumni Week
The Mediterranean Diet
February 7th 2020
Midterm Exam

Please consider responding to as much of this 'exam' as possible before the presentation begins. None of these answers will be collected or recorded, this is for you to keep and take home!

1. In the past week, how many minutes did you spend being physically active? For example, going to the gym or an exercise class, or walking that wasn't part of your job or other day-to-day tasks.

_____minutes

2. In a typical week, you think that you get enough rest, sleep, and other 'down time' or quiet time:

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

3. In the past week, have you had a meal with friends or family?

- a. Several times
- b. Three times
- c. Twice
- d. Once
- e. Not a weekly occurrence for me.

4. Looking at your lunch plate today, can you identify any of the following?

Can you find these food items on your plate?	Enter the # of servings you have based on the back of the page	During the talk you can complete this column! Recommended # per week
Olive oil		
Vegetables & fruits		
Legumes (e.g. chick peas, beans, lentils, etc)		
Grains and cereals (e.g. grainy bread, brown rice, etc)		
Dairy products (e.g. cheese, yogurt, etc)		
Meat & meat products		
Fish & seafood		

Margarine or butter

1 tsp (5 mL) = 1 thumb tip
1 tbsp (15 mL) = 1 thumb



Oil

1 tsp (5 mL) = 1 thumb tip
1 tbsp (15 mL) = 1 thumb



Mayonnaise

1 tsp (5 mL) = 1 thumb tip
1 tbsp (15 mL) = 1 thumb



Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Leafy vegetables

1 cup (250 mL) = 1 fist



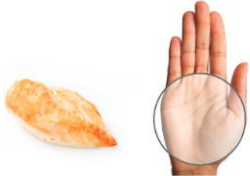
Whole fruit

1 fruit = 1 fist



Meat and Poultry

2 1/2 oz (75g) = Palm of hand



Fish

2 1/2 oz (75g) = Palm of hand



Peanut butter

2 tbsp (30 mL) = 2 thumbs



Fresh, frozen or canned fruit

1/2 cup (125 mL) = 1/2 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



100% fruit juice

1/2 cup (125 mL) = 1/2 fist



Nuts and seeds

1/4 cup (60 mL) = Cupped hand



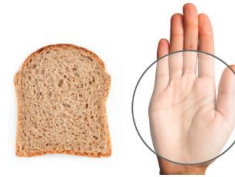
Legumes

3/4 cup (175 mL) = 1 fist



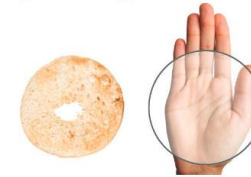
Bread

1 slice = Size of hand



Bagel

1/2 small bagel = Size of hand



Rice

1/2 cup (125 mL) = 1/2 fist



Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



Yogurt

3/4 cup (175 mL) = 1 fist



Cheese

1 1/2 oz (50g) = 2 thumbs



Pasta

1/2 cup (125 mL) = 1/2 fist



Cold Cereal

30g = 1 fist



Images from: unlockfood.ca/en/FoodPortionsToolkit