Please circle the best answer based on your knowledge prior to today’s workshop:

1. What is a portion size of meat, chicken or fish?
   a. golf ball  
   b. tablespoon  
   c. deck of cards  
   d. football

2. What are the recommendations for physical activity for adults for cancer prevention?
   a. at least 5 minutes a day of moderate activity 5 or more days a week.  
   b. at least 10 minutes a day of moderate activity 5 or more days a week.  
   c. at least 15 minutes a day of moderate activity 5 or more days a week.  
   d. at least 30 minutes a day of moderate activity 5 or more days a week.

3. How many cups of fruits and vegetables should you eat?
   a. None  
   b. About 1/2 cup  
   c. 2 cups every other day  
   d. At least 2 1/2 cups a day

4. What is the best type of diet to help prevent cancer?
   a. Mostly Plant based  
   b. A diet high in red meat  
   c. High fat diet  
   d. A diet that consists of mostly white bread and refined grains

5. If you choose to eat red meat, how much red meat should you consume?
   a. Less than 25 ounces per week  
   b. Less than 20 ounces per week  
   c. Less than 18 ounces per week  
   d. No Limit