

Name _____

The Fantastic Fiber: Your Secret to a Healthy Diet

Multiple Choice Questions

1. What is the main characteristic of fiber that sets it apart from other carbohydrates?

- a) It provides calories and nutrients
- b) It can be fully digested by the body
- c) It passes through the digestive system almost unchanged
- d) It is found only in animal-based foods

2. Which of the following is NOT a benefit of consuming fiber in your diet, according to the passage?

- a) Promoting regular bowel movements
- b) Increasing LDL (bad) cholesterol levels
- c) Helping regulate blood sugar
- d) Supporting digestive health

3. What is the role of soluble fiber in the body?

- a) Adding bulk to stool
- b) Lowering cholesterol levels
- c) Preventing constipation
- d) Promoting a healthy balance of gut bacteria

4. Which type of fiber dissolves in water and forms a gel-like substance in the digestive tract?

- a) Soluble Fiber
- b) Insoluble Fiber
- c) Refined Fiber
- d) Processed Fiber

5. What is one tip for increasing fiber intake mentioned in the passage?

- a) Avoid whole grains
- b) Drink less water
- c) Choose fruit juices over whole fruits
- d) Gradually increase fiber-rich foods in your diet

