

Quiz Grade: 50.0% (B)

Quiz Submission

“Learn How to Lower Your Glucose Levels by Changing the Order in Which You Eat Your Food”:

Student Name: Jemz Bond's
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Study Program: Accounting
Quiz ID: d6c30736-112d-490e-ad62-cf91ff99b0ef
Submission Date: July 23, 2026 at 8:23 PM
Total Questions: 10

Course Information

Course Title: “Learn How to Lower Your Glucose Levels by Changing the Order in Which You Eat Your Food”:
Course Code: SCLHO 754
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which of the following is not a recommended way to lower glucose levels?

Available Options:

- (A) Eating smaller meals throughout the day
- (B) Eating high fiber foods first
- (C) Eating sugary foods last

(D) Drinking sugary beverages with meals ← CORRECT ANSWER

Student's Answer: No answer provided

Correct Answer: Option D: Drinking sugary beverages with meals

Question 2 of 10

Multiple Choice Question

What is the main objective of this course?

Available Options:

- (A) To learn about the importance of exercise for managing glucose levels
- (B) To understand how different foods impact glucose levels ← CORRECT ANSWER**
- (C) To learn how to completely eliminate sugar from your diet
- (D) To explore different diets for managing glucose levels

Student's Answer: No answer provided

Correct Answer: Option B: To understand how different foods impact glucose levels

Question 3 of 10

Text Answer Question

What is the recommended order of eating for lowering glucose levels?

Student's Answer:

Correct Answer:

Eating high fiber foods first, followed by protein, then carbohydrates, and saving sugary foods for last

Question 4 of 10

Multiple Choice Question

Which of the following is not a high fiber food?

Available Options:

(A) Whole grain bread

(B) Broccoli

(C) Banana ← CORRECT ANSWER

(D) Quinoa

Student's Answer: No answer provided

Correct Answer: Option C: Banana

Question 5 of 10

Multiple Choice Question

What is the main focus of this course?

Available Options:

(A) To learn how to manage diabetes through diet and exercise ← CORRECT ANSWER

(B) To understand the role of genetics in glucose levels

(C) To teach the importance of counting calories for managing glucose levels

(D) To explore different types of medication for controlling glucose levels

Student's Answer: No answer provided

Correct Answer: Option A: To learn how to manage diabetes through diet and exercise

Question 6 of 10

Multiple Choice Question

How many meals should you aim to eat per day for optimal glucose control?

Available Options:

(A) 3

(B) 5 ← CORRECT ANSWER

(C) 7

(D) 10

Student's Answer: No answer provided

Correct Answer: Option B: 5

Question 7 of 10

Text Answer Question

What is the recommended portion size for carbohydrates in a meal?

Student's Answer:

Correct Answer:

1/4 of your plate

Question 8 of 10

Multiple Choice Question

What is the purpose of eating high fiber foods first?

Available Options:

(A) To slow down the absorption of glucose in the bloodstream ← CORRECT ANSWER

(B) To increase insulin sensitivity

(C) To promote weight loss

(D) To reduce inflammation in the body

Student's Answer: No answer provided

Correct Answer: Option A: To slow down the absorption of glucose in the bloodstream

Question 9 of 10

Multiple Choice Question

Why is it important to save sugary foods for last?

Available Options:

(A) To avoid blood sugar spikes ← CORRECT ANSWER

(B) To satisfy cravings

(C) To prevent weight gain

(D) To improve overall nutrient intake

Student's Answer: No answer provided

Correct Answer: Option A: To avoid blood sugar spikes

Question 10 of 10

Text Answer Question

What is the recommended daily intake of fiber for adults?

Student's Answer:

Correct Answer:

25-30 grams