

NAME _____

DATE _____

Circle the appropriate category that describes you:

1. Boy

Girl

2. 11 years old

12 years old

3. Activity level:

a. less than 30 minutes a day

b. 30 – 60 minutes a day

c. over 60 minutes a day

4. Enter the correct amounts of food that you should eat each day

from these food groups:

Grains	_____ ounces
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Vegetables	_____ cups
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Fruits	_____ cups
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Milk	_____ cups
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Meat and Beans	_____ ounces
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GRAINS

“MAKE HALF YOUR GRAINS WHOLE”

1. Grains are divided into 2 subgroups,
_____ grains and _____ grains.
2. Whole grains contain the entire _____.
3. Which of the following is NOT a whole grain :
whole-wheat flour cracked wheat oatmeal
whole cornmeal white rice
4. Scroll down and click on “View Grains Food Gallery”. See examples of foods in the grain group by clicking on “next”.
5. Popcorn is a whole grain. True or False
6. Click “Back” in the top left corner to return to the pyramid.

VEGETABLES

“VARY YOUR VEGGIES”

Click on “Learn More”

7. 100% vegetable juice counts as a member of the vegetable group.
True or False
8. Scroll down and click on “View Vegetable Food Gallery”. See examples of foods in the vegetable group by clicking on “next”.

FRUITS

“Focus on fruits”

Click on “Learn More”

10. Fruits may be _____, canned, frozen, or _____, and may
be whole, cut-up, or pureed.

11. 100% fruit juice counts as a member of the fruit group.

True or False

12. Scroll down and click on “View Fruit Food Gallery”. See examples of foods in the fruit group by clicking on “next”.

MILK

“Get Your Calcium-rich Foods”

Click on “Learn More”

14. Most milk group choices should be fat- _____ or low-_____.

15. Foods made from milk that have little to no _____, such as cream cheese, cream, and butter, are not part of the group.

16. Scroll down and click on “View Milk Food Gallery”. See examples of foods in the milk group by clicking on “next”.

Meat and Beans

“What foods are included in the meat & beans group?”

18. All foods made from meat, _____, fish, dry beans or peas, _____, nuts, and seeds are considered part of this group.

19. Scroll down and click on “View Meat and Beans Food Gallery”. See examples of foods in the meat and beans group by clicking on “next”.

Oils

What are “oils”?

21. Oils are _____ that are _____ at room temperature, like the vegetable oils used in cooking.

Physical Activity

4.

“Find your balance between food and physical activity”

23. Children and teens should be physically active _____ every day, or most days.
24. Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your _____, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.
25. Put a “V” if the activity is Vigorous, “M” if the activity is Moderate, “N” if it does not count as physical activity:
- _____ swinging, floating in a pool, casual walking
- _____ running, swimming, walking very fast
- _____ hiking, dancing, walking briskly