

It is important to eat a wide variety of colors of fruit. Name a fruit that is orange.

Which of the following is part of the Fruits group?

- a. Whole wheat bread
- b. Orange juice**
- c. Celery

It is important to eat a wide variety of colors of fruit. Name a fruit that is red.

Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is an example of a MINIMALLY processed food?

- a. A peeled orange**
- b. Orange sherbet dessert
- c. Orange juice

It is important to eat a wide variety of colors of fruit. Name a fruit that is white or yellow.

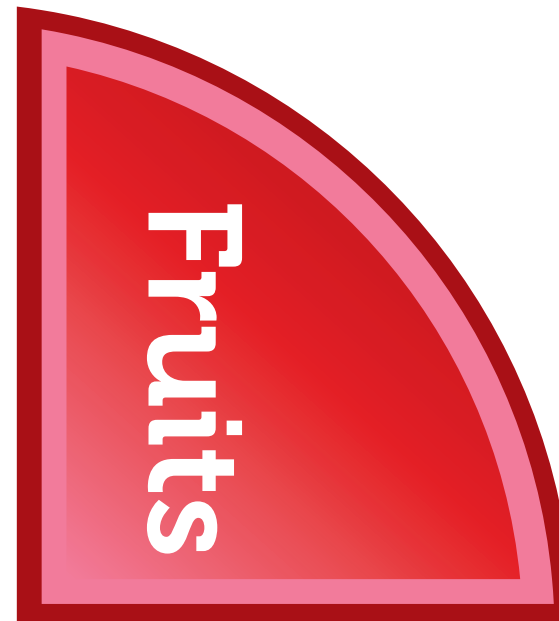
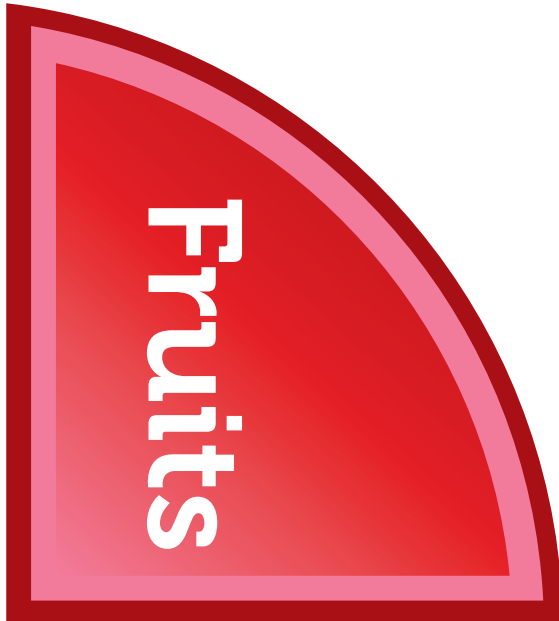
Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is an example of a HIGHLY processed food?

- a. Strawberry jam**
- b. Rinsed fresh strawberries
- c. Frozen strawberries

It is important to eat a wide variety of colors of fruit. Name a fruit that is green.

Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is an example of a MINIMALLY processed food?

- a. Apple juice
- b. Apple pie
- c. Apple slices**



Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is an example of a HIGHLY processed food?

- a. Kiwi pineapple raspberry flavored fruit punch
- b. Dried pineapple
- c. Fresh pineapple slices

It is important to eat a wide variety of colors of fruit. Name a fruit that is orange.

True or False:
When thinking about a balanced diet, you should try to make half of your plate fruits and vegetables.

True. Note: If you cannot do this at every meal, you can balance it out throughout the day.

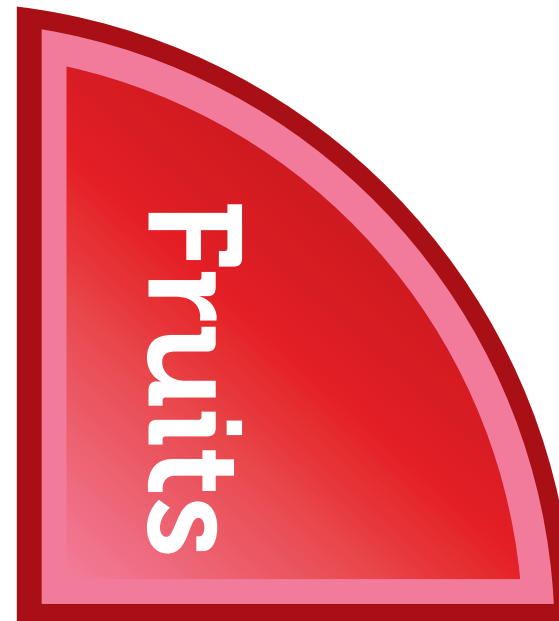
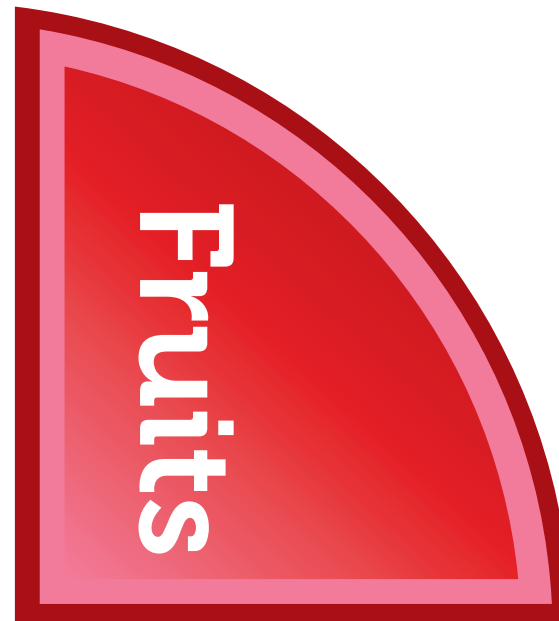
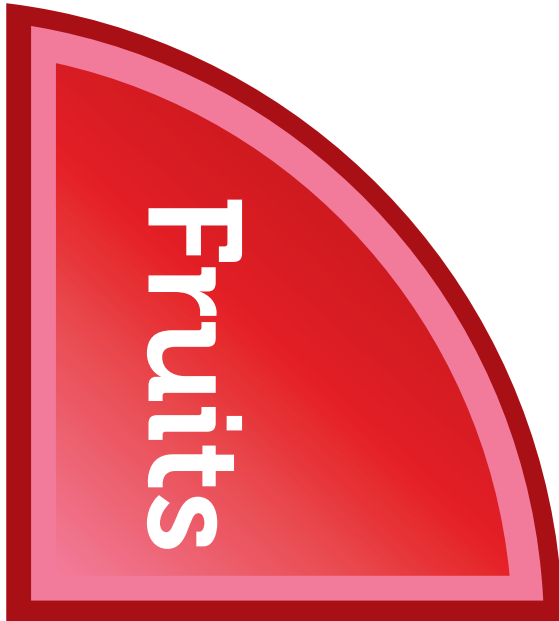
It is important to eat a wide variety of colors of fruit. Name a fruit that is red.

True or False:
If your best friend hates mangoes, that means you will hate mangoes too, and should never try them.
False. Everybody likes different foods and the only way to know if you will like something is to try it yourself. You might like it even though other people don't.

It is important to eat a wide variety of colors of fruit. Name a fruit that is white or yellow.

True or False:
Pineapples are a good fruit to grow in your backyard in Utah.
False. Pineapples are a tropical fruit, so they need a special environment that is very warm and humid and does not have cold winter seasons.

It is important to eat a wide variety of colors of fruit. Name a fruit that is green.



True or false:

All fruit grows on trees.

False. Fruit can also grow on vines and bushes.

True or false:

Juice is healthier than water.

False; while juice can be part of a healthy diet, it can also cause you to fill up on too many sugar calories. If you are thirsty, it is best to choose water and only drink juice as a “sometimes” drink.

True or false:

Papaya looks weird, and that means it tastes bad.

False. You may or may not like the taste of papaya, but it has nothing to do with what it looks like!

True or false:

Fruit juice and fruit punch are basically the same thing.

False. Fruit juice comes from real fruit and contains essential vitamins and nutrients while fruit punch does not contain any parts of real fruit.



When you eat a burrito, which ingredient counts in the grain group?

- a. Beans
- b. Cheese
- c. **Tortilla**

When you eat a spaghetti dinner, which ingredient counts in the grain group?

- a. **Pasta**
- b. Meatballs
- c. Tomato sauce

It is important to make half your grains whole. Which of the following counts as a whole grain?

- a. **Oatmeal**
- b. White bread
- c. White rice

It is important to make half your grains whole. Which of the following does NOT count as a whole grain?

- a. Brown rice
- b. Oatmeal
- c. **Regular pasta**

One serving of rice is $\frac{1}{2}$ cup. That is about the same size as which of the following?

- a. A softball
- b. A ping pong ball
- c. **A computer mouse**

Grain Group foods are full of carbohydrates. Carbohydrates give you _____.

- a. Strong muscles
- b. Superpowers
- c. **Energy**

True or False:

Soda contains lots of sugar, and sugar is a carbohydrate.

True. Note: Since soda only has empty calories, it counts as a “sometimes” food and should not be counted as a Grain Group food.

True or false:

Popcorn is a whole grain.

True. Note: Popcorn by itself is a very healthy snack, but remember that adding too much butter and salt will make it a “sometimes” food instead of a Grain Group food.



True or False:

Grains are small, hard, dry seeds harvested for human or animal food that can be milled into flour and other products.

True

True or false:

The corn that you eat on the cob is the same kind of corn that they use to make corn meal for tortillas.

False. *Sweet corn* is a special variety of corn that is eaten on the cob and counts in the Vegetable Group. *Field corn* is dried to use in milling and baking for cornbread and tortillas, or as animal feed, so it counts in the Grain Group.

True or False:

Starch is a type of complex carbohydrate.

True

True or False:

Cake is made from flour, so it should be counted as a Grains Group food.

False. While cake does contain flour, it also contains lots of fat and sugar, so it should only be counted as a “sometimes” food.



Grains Group foods are full of carbohydrates and carbohydrates can be separated into “simple” and “complex” categories. Which of the following falls in the “simple” carbohydrates category?

- a. **White sugar**
- b. Whole wheat bread
- c. Rice

Grains Group foods are full of carbohydrates, and carbohydrates can be separated into “simple” and “complex” categories. Which of the following counts as a “complex” carbohydrate food?

- a. White sugar
- b. **Tortillas**
- c. Gummy Bears

True or False:
It is important to choose whole-grain foods because they are full of fiber, which helps you feel full longer.

True

True or false:

White bread is bad for you.

False; if you follow the guidelines to make half of your grains whole, that means that sometimes you can eat white bread as part of a healthy diet. However, if you only eat white bread from the Grain group, you will probably not be getting all the nutrients and fiber you need and then it becomes unhealthy.

True or False:
Whole grains are high in fiber, which helps the energy that you get from them last longer than the energy from refined grains.

True

What plant is used to make flour for foods like bread and pizza crust?

- a. Rice
- b. **Wheat**
- c. Corn

When you eat pizza, which ingredient counts in the Grains Group?

- a. Pepperoni
- b. **Crust**
- c. Cheese

When you eat a peanut butter and jelly sandwich, which ingredient counts in the Grains Group?

- a. Jelly
- b. Peanut butter
- c. **Bread**



Vegetables are the parts of a plant that people eat. Which of the following parts of a plant is spinach?

- a. Stem
- b. Root
- c. Leaf

Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is a raw food?

- a. Carrot sticks
- b. Carrot cake
- c. Carrot juice

Vegetables are the parts of a plant that people eat. Which of the following parts of a plant is a carrot?

- a. Stem
- b. Root
- c. Leaf

True or False: If you eat extra vitamin A, you will be able to see in the dark like an owl.

False. Vitamin A can help your eyes stay healthy, but eating more than you need of it will not give you special powers.

When you eat a spaghetti dinner, which of the following counts in the Vegetables Group?

- a. Pasta
- b. Tomato sauce
- c. Meatballs

True or False: High amounts of vitamin A can be found in carrots, squash, and spinach.

True

Processed foods are often less healthy than unprocessed and minimally processed foods. Which of the following is an example of a HIGHLY processed food?

- a. Boiled potatoes
- b. Baked potatoes
- c. Packaged, deep-fried potato chips

Vegetables are a good source of vitamin C. How does vitamin C help the body?

- a. Helps you see better.
- b. Helps heal cuts and fight infections.
- c. Turns you into a super hero.



Vegetables are the parts of a plant that people eat. Which of the following parts of a plant is lettuce?

- a. Leaf
- b. Stem
- c. Root

When eating salad, it is important to remember that a serving size of salad dressing is about the same size as which of the following items?

- a. A fist
- b. A ping pong ball
- c. A postage stamp

Vegetables are the parts of the plant that people eat. Which of the following parts of a plant is asparagus?

- a. Stem
- b. Root
- c. Leaf

Vegetables are the parts of the plant that people eat. Which of the following parts of a plant is celery?

- a. Stalk
- b. Root
- c. Leaf

True or False:
If your older brother hates broccoli, that means you will hate broccoli and should never try it.
False. Everybody likes different foods, and the only way to know if you will like something is to try it yourself. You might like it even though other people don't.

True or False:
Vegetables are high in fiber which can help you feel full longer.
True

True or False:
You should never, ever eat potato chips because they are bad for you.
False. While it is probably not a good idea to eat lots of potato chips every day, you can enjoy them occasionally in moderation and still live a healthy lifestyle.

True or false:
High fructose corn syrup (HFCS) comes from a plant, so you should count it in the Vegetable Group.
False. HFCS only contains calories from sugar, so it counts as a "sometimes" food.

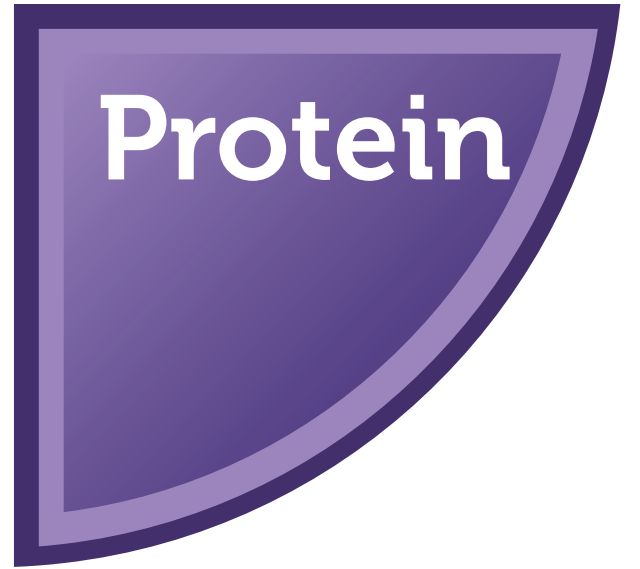
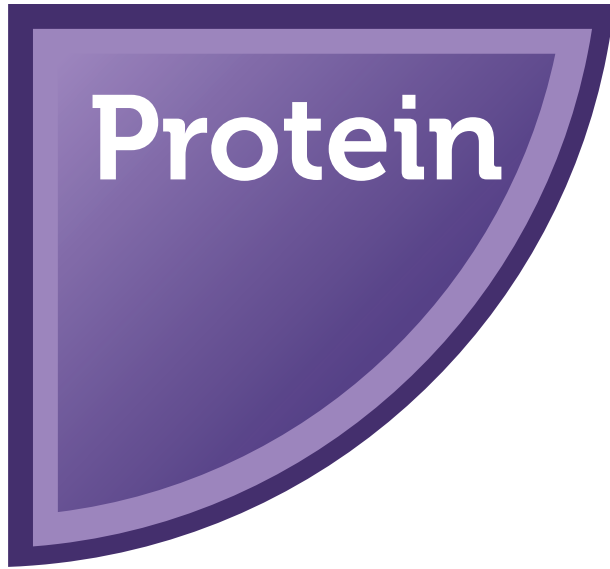


It is important to eat a wide variety of colors of vegetables. Name a vegetable that is red.

It is important to eat a wide variety of colors of vegetables. Name a vegetable that is dark green.

It is important to eat a wide variety of colors of vegetables. Name a vegetable that is orange.

Vegetables contain lots of fiber. Which of the following is NOT a health benefit of fiber?
a. Helps you feel full.
b. Helps you jump higher.
c. Helps move food through your digestive system.



Meat protein comes from animal sources. Which one of the following protein foods comes from sheep?

- a. Beef
- b. Pork
- c. **Mutton**

When you eat a burrito, which ingredient counts in the Protein Group?

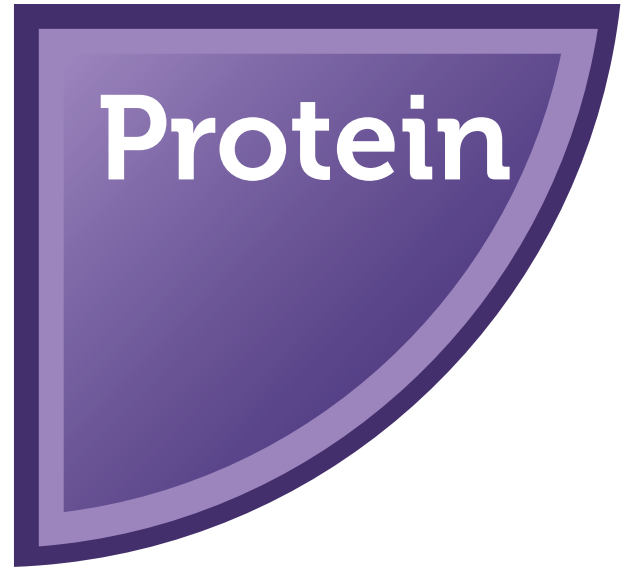
- a. **Beans**
- b. Tortilla
- c. Cheese

When you eat trail mix, which ingredient counts in the Protein Group?

- a. Dry pineapple
- b. Chocolate bits
- c. **Peanuts**

True or false:
Eggs are a healthy source of protein and nutrients.

True. Note: Eggs contain lots of cholesterol which can be unhealthy for some people, so moderation should be used.



When you eat a hamburger, which ingredient counts in the Protein Group?

- a. Pickles
- b. Bun
- c. **Hamburger patty**

True or false: One serving of meat is 2-3 ounces, which can be compared to the size of a deck of playing cards.

True

Some proteins can come from plant foods. Which of the following is an example of a plant-based protein?

- a. Shrimp
- b. Beef
- c. **Beans**

True or False: Since nuts are a good source of protein, you should eat platefuls of them every day.

False. While it's true that nuts are a good source of protein, they are also high in fat and calories, so it is important to eat them in moderation—about a handful of nuts is a good serving size.

Meat protein comes from animal sources. Which one of the following protein foods comes from cattle?

- a. **Beef**
- b. Pork
- c. Eggs

True or false: Only healthy animals are allowed to become food for humans.

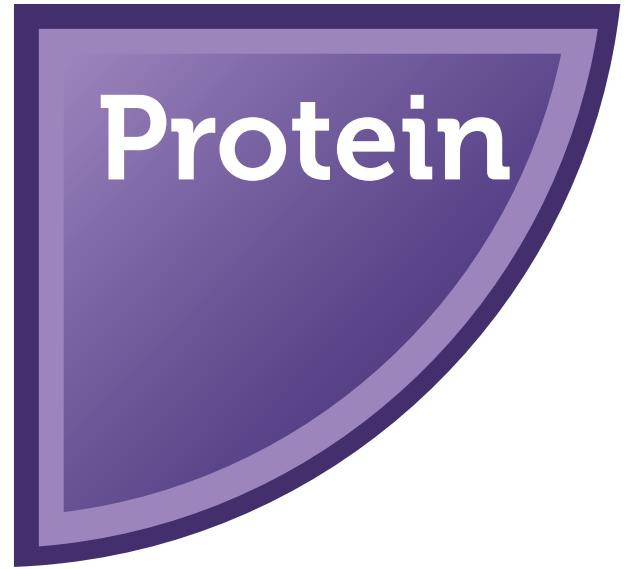
True. Farmers take very good care of their animals and keep them healthy. Any sick animals are treated and not allowed to become food until they are well.

It is important to limit the amount of high-fat protein foods in your diet. Which of the following is an example of a high-fat protein food?

- a. Skinless chicken breast
- b. Grilled shrimp
- c. **Pan-fried bacon**

Lean proteins are staples of a healthy diet. Which of the following is an example of a lean (low-fat) protein?

- a. Hot dog
- b. **Ground turkey**
- c. Pepperoni



Lean proteins are staples of a healthy diet. Which of the following is an example of a lean (low-fat) protein?

- a. **Tuna fish**
- b. Tuna fish with lots of mayonnaise
- c. Breakfast sausage

Which of the following animals gives us hamburger, steaks, and other beef products?

- a. **Cattle**
- b. Pigs
- c. Hippos

Which of the following animals gives us sausage, hot dogs, and other pork products?

- a. Cattle
- b. **Pigs**
- c. Sheep

True or false:

Chicken with the skin on is a lean (low-fat) protein.

False. The skin of the chicken contains a lot of fat. If you remove the skin, the meat is considered lean.

Raw meat can contain dangerous bacteria that can make people sick. Which of the following are ways that can prevent illness when handling raw meat?

- a. Wash your hands after touching it
- b. Use different cutting boards for meat and vegetables
- c. Make sure meat is cooked properly.
- d. **All of the above.**

True or false:

Humans could eat grass just like beef cattle, if we wanted to.

False. Cattle have special stomachs that help them digest grass, turning it into protein and fat that humans can eat. Humans don't have the ability to get nutrition from grass.

When you eat a pizza, which ingredient counts in the Protein Group?

- a. **Pepperoni**
- b. Crust
- c. Cheese

Meat protein comes from animal sources. Which of the following protein foods comes from pigs?

- a. Pork chops
- b. Bacon
- c. Sausage
- d. **All of the above**

Dairy

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Some dairy products contain more calories and fat than others. Which of the following counts as a “sometimes” food and should be eaten sparingly?

- a. Low-fat yogurt
- b. Ice cream**
- c. Skim milk

True or False: Dairy products contain calcium which is important for seeing in the dark.

False. Dairy products do contain calcium, but calcium does not help eyes. Instead, it helps build strong bones and teeth.

Some people are lactose intolerant and cannot eat dairy foods. Which of the following items could lactose intolerant people add to their diet for calcium?

- a. Fortified orange juice
- b. Soy milk
- c. Spinach
- d. All of the above**

True or False: Butter counts as a serving of a Dairy Group food.

False. Like most dairy products, butter does come from cows. However, butter is almost pure fat so it cannot be counted as a dairy food. It is a “sometimes” food and should be eaten sparingly.

True or false: Vitamin D is sometimes added to milk because it helps people’s bodies use the calcium better.

True

A serving of hard cheese, like cheddar cheese, is 1½ ounces. This is about the same size as which of the following:

- a. A deck of cards
- b. A computer mouse
- c. A 9-volt battery**

True or false: The calories in milk come from a combination of carbohydrates, proteins, and fats.

True

True or false: Most cheeses are high in fat and calories, so they should be eaten only occasionally or in small amounts.

True

Which of the following items should you consider when choosing a variety of yogurt as a snack?

- a. Amount of sugar added to it
- b. It is low-fat or fat-free
- c. It has real fruit or just fruit flavoring
- d. All of the above**

True or false: Yogurt has living bacteria in it.

True. Note: Bacteria have a bad reputation, but not all of them are bad for humans, and some, like the kind found in yogurt, can actually be helpful to humans.

True or false: All Dairy Group foods come from cows.

False. While most dairy products that Americans eat do come from cows, some people choose milk and dairy products from other animals like sheep and goats.

Some dairy products contain more calories and fat than others. Which of the following counts as a “sometimes” food and should be eaten sparingly?

- a. Low-fat cottage cheese
- b. 1% milk
- c. Sour cream**

Dairy

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Dairy

Which of the following items should you consider when choosing a variety of cream cheese as a bagel topping?

- a. Amount of sugar added to it
- b. It is low-fat or fat-free
- c. It has real fruit/vegetables or just flavoring
- d. All of the above**

When you eat a pizza, which ingredient counts in the dairy group?

- a. Pepperoni
- b. Crust
- c. Cheese**

When you eat a baked potato, which ingredient counts in the dairy group?

- a. Bacon bits
- b. Potato
- c. Sour cream**

True or false:

Humans could eat grass just like dairy cows, if we wanted to.

False. Cattle have special stomachs that help them digest grass, using it to produce milk that some humans can eat. Humans don't have the ability to get nutrition from grass.

Some dairy products contain more calories and fat than others. Which of the following counts as a "sometimes" food and should be eaten sparingly?

- a. Low-fat cottage cheese
- b. Vanilla Pudding**
- c. 1% milk

True or false: It's okay to put lumpy milk on your cereal.

False. Lumps in milk are a sign that the microbes in the milk have caused it to go bad, and you should not eat or drink it.

Which of the following is the term used to describe milk that has been heated to kill any bad bacteria that might make people sick?

- a. Homogenized
- b. Pasteurized**
- c. Robotized

True or false: Bulls are a type of cattle that make milk.

False. Bulls are male cattle, and only female cattle can make milk.