Name (first & last) ________________________________________________

School ___________________ Teacher _____________________

Date ____________________

Circle the one correct answer.

1. What is My Plate?
   a. A guide to eating at a restaurant
   b. A guide that people can use to choose nutritious foods
   c. A guide to understand diseases
   d. A guide to understand how much TV kids should watch

2. What amount of fruits and vegetables do kids need to eat every day?
   a. 1 cup of fruit and 1 cup of vegetables
   b. 1 ½ cups of fruit and 2 ½ cups of vegetables
   c. 2 cups of fruit and 2 cups of vegetables
   d. 2 ½ cups of fruit and 1 cup of vegetables

3. How much exercise should kids your age try to get every day?
   a. 30 minutes
   b. 45 minutes
   c. 60 minutes
   d. 90 minutes

4. In order to follow good food safety habits, how long should you wash your hands?
   a. 10 seconds
   b. 20 seconds
   c. 45 seconds
   d. 60 seconds
5. A healthy snack would be which one of these?
   a. Potato chips
   b. Calcium
   c. Vegetables and low-fat dip
   d. Fruit Loops cereal

6. If you set a goal for your own health, what would it look like?
   a. Try to finish your homework every night
   b. Try to eat good foods and get enough exercise every day
   c. Try to remember the names of all vegetables
   d. Try to be nice to your brother or sister

7. Why is eating in front of the TV not a good food habit?
   a. You can make a mess from dropping food on the floor.
   b. You might not pay attention to the program you are watching.
   c. You do not pay attention to the amount of food you eat.
   d. The commercials make you hungry.

8. Which of these is 1 serving of whole grains?
   a. ½ slice of whole wheat bread
   b. 1 slice whole wheat bread
   c. 2 slices of whole wheat bread
   d. 1 slice of white bread

9. Which of these is a type of aerobic exercise?
   a. Touching your toes
   b. Wall push
   c. Jumping rope
   d. Lifting weights

10. If you super size your order when you eat out, what does it do?
    a. Adds more good nutrients to your food
    b. Adds more fat and sodium to your food
    c. Adds more calcium to your food
    d. Adds more variety to your food
11. Which of these do you see on a Nutrition Facts label?
   a. Web site
   b. Price of the food
   c. Picture of the food
   d. Serving size

12. Which of the following are dark green vegetables?
   a. Broccoli and Spinach
   b. Broccoli and Celery
   c. Celery and Cucumbers
   d. Cucumbers and Spinach

13. How does regular exercise help kids feel better?
   a. It gives kids more money.
   b. It gives kids more time to watch TV.
   c. It gives kids more energy.
   d. It gives kids more time to read books.

14. Which 1 of these is a nutrient needed for energy?
   a. Calcium
   b. Zinc
   c. Carbohydrates
   d. Potassium

15. How many servings from the dairy group should you eat or drink each day?
   a. 2
   b. 2 and 1/2
   c. 3
   d. 4

16. A good way to get protein is to eat:
   a. Bananas
   b. Whole wheat bread
   c. Mashed potatoes
   d. Baked chicken