



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Name of the five food groups represented on the MyPlate food guide:  
\_\_\_\_\_
- MyPlate is designed to remind you that about one-quarter of your plate should be \_\_\_\_\_ and one-quarter should be \_\_\_\_\_.
- MyPlate is also a reminder that half of your plate should be \_\_\_\_\_ and \_\_\_\_\_.
- True or false: The healthiest drink choices are water or fat-free or low-fat milk.
- True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
- True or false: Portion size is not a problem as long as half of the meal is vegetables and fruits.
- Which choice is the least healthy?
  - Grilled
  - Fried
  - Baked
  - Broiled
- Which condiment is the least healthy?
  - Mustard
  - Salsa
  - Mayonnaise
  - Ketchup
- True or false: Experts say teens should get no more than 25% to 35% of their daily calories from fat.
- If a 200-calorie food has 30 calories from fat, its percentage of calories from fat is \_\_\_\_\_.