



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Healthy breakfasts have foods with lots of calories, sugar, and fat.
2. True or false: Kids who eat breakfast tend to do better in school.
3. Bananas, oranges, strawberries, and apples are all:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods
4. Bacon and sausage are:
 - d) Go foods
 - e) Slow foods
 - f) Whoa foods
5. Waffles and pancakes are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods
6. Skim and low-fat milk are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods
7. The MyPlate food guide breaks foods into these groups:
 - a) breakfast, lunch, snack, dinner, dessert
 - b) fruits, grains, vegetables, protein, dairy
 - c) fruits, nuts, berries, twigs, leaves, pebbles
 - d) solids, liquids, gases
8. Vitamin D in milk helps you have strong _____ and _____.
9. Two minerals people need to stay healthy are: _____

10. Foods like donuts are not a good breakfast because: _____
