



Quiz Answer Key

1. Name of the five food groups represented on the MyPlate food guide:
vegetables, fruits, grains, protein, dairy
2. MyPlate is designed to remind you that about one-quarter of your plate should be grains and one-quarter should be protein.
3. MyPlate is also a reminder that half of your plate should be vegetables and fruits.
4. True or false: The healthiest drink choices are water or fat-free or low-fat milk.
5. True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
6. True or false: Portion size is not a problem as long as half of the meal is vegetables and fruits.
7. Which choice is the least healthy?
 - a) Grilled
 - b) Fried
 - c) Baked
 - d) Broiled
8. Which condiment is the least healthy?
 - a) Mustard
 - b) Salsa
 - c) Mayonnaise
 - d) Ketchup
9. True or false: Experts say teens should get no more than 25% to 35% of their daily calories from fat.
10. If a 200-calorie food has 30 calories from fat, it's percentage of calories from fat is 15%.