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: ____________________________
    ____________________________________________