Answer Key

1. True or false: Healthy breakfasts have foods with lots of calories, sugar, and fat.
   - False

2. True or false: Kids who eat breakfast tend to do better in school.
   - True

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 ______ bones ______ and ______ teeth ______.

9. Two minerals people need to stay healthy are: (any two of the following: calcium, chloride, cobalt, copper, fluoride, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, sulfur, zinc)

10. Foods like donuts are not a good breakfast because: (any of the following: high in calories, sugar, and fat; don’t contain the nutrients people need)