



Quiz Answer Key

Circle the healthiest food choice in each category:

- Vegetables
 - French fries
 - Broccoli
 - Corn in butter sauce
- Fruits
 - Fruit juice
 - Mixed fruit in heavy syrup
 - An orange
- Breads, cereals
 - Whole-grain pasta
 - White bread
 - Donut
- Dairy
 - 1% milk
 - 2% milk
 - Whole milk
- Meats (protein)
 - Fried chicken
 - Bacon
 - Salmon
- Drinks
 - Water
 - Regular soda
 - Iced tea
- The MyPlate Food Guide is designed to remind people that half their plate of food should be filled with vegetables and fruits.
- True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
- Which condiment contains the most fat:
 - Ketchup
 - Mayonnaise
 - Mustard

Name two ways to make any kind of pizza healthier:

(Any two of the following: blot off excess fat or oil, remove meat toppings, add veggie toppings, leave the crust, choose whole-grain dough)