Quiz Answer Key

Circle the healthiest food choice in each category:

1. Vegetables
   a) French fries
   b) Broccoli
   c) Corn in butter sauce

2. Fruits
   a) Fruit juice
   b) Mixed fruit in heavy syrup
   c) An orange

3. Breads, cereals
   a) Whole-grain pasta
   b) White bread
   c) Donut

4. Dairy
   a) 1% milk
   b) 2% milk
   c) Whole milk

5. Meats (protein)
   a) Fried chicken
   b) Bacon
   c) Salmon

6. Drinks
   a) Water
   b) Regular soda
   c) Iced tea

7. The MyPlate Food Guide is designed to remind people that half their plate of food should be filled with ______ vegetables ______ and ______ fruits ______.

8. True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.

9. Which condiment contains the most fat:
   a) Ketchup
   b) Mayonnaise
   c) 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)