Quiz Answer Key

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
   - True

2. True or false: Everyone should eat more Go foods than Whoa! foods.
   - True

3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.
   - False

4. Name one fruit:
   - See “MyPlate for Lunch” teacher handout

5. Name one vegetable:
   - See “MyPlate for Lunch” teacher handout

6. Name one grains food:
   - See “MyPlate for Lunch” teacher handout

7. Name one protein food:
   - See “MyPlate for Lunch” teacher handout

8. Name one dairy food:
   - See “MyPlate for Lunch” teacher handout

9. Name one Go food:
   - See page 2 of “Go, Slow, and Whoa! A Kid’s Guide to Eating Right”

10. Name one Whoa! food:
    - See page 2 of “Go, Slow, and Whoa! A Kid’s Guide to Eating Right”