



Quiz Answer Key

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more **Go** foods than **Whoa!** foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.

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"
