

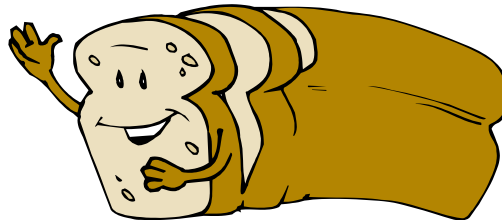
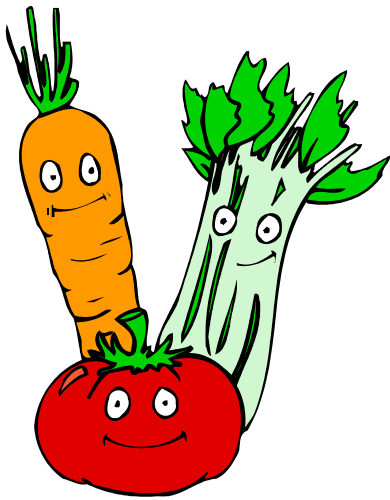
NAME _____ COUNTY _____ TEACHER _____

WHAT DO YOU KNOW ABOUT THE FOODS YOU EAT?
(PRE TEST)

1. Which food **does not** belong to the meat group?
a. ham b. hamburger c. banana d. dried beans and peas
2. Which food **does not** belong to the milk group?
a. ice cream b. cheese c. pudding d. eggs
3. Which food **does not** belong to the vegetable group?
a. greens b. orange c. potato d. carrots
4. The number of servings you need each day from the **vegetable** group is:
a. 1 - 2 b. 3 - 5 c. 6 - 8
5. The number of servings you need each day from the **milk** group is:
a. 0 - 1 b. 2 - 3 c. 6 - 8
6. The number of servings you need each day from the **fruit** group is:
a. 0 - 1 b. 2 - 4 c. 6 - 8
7. Circle the food that **is not** a **calcium** rich food.
a. ice cream b. cheese c. milk d. eggs
8. Circle the food that **is not** a **protein** rich food:
a. chicken b. pork chop c. peanut butter d. lettuce
9. Circle the food that **is not** a good source of **Vitamin A** rich food:
a. squash b. carrots c. apple d. greens
10. Which food group is missing from this meal: *cheeseburger with lettuce, milk shake*?
a. fruit b. milk c. bread

(OVER)

11. Vitamin C foods help:
- a. heal your cuts and scratches
 - b. build strong bones and teeth
 - c. give you energy
12. Calcium rich foods help:
- a. heal cuts and scratches
 - b. build strong bones and teeth
 - c. give you energy
13. Protein foods help:
- a. build strong bones and teeth
 - b. build muscles
 - c. heal cuts and scratches
14. Which is the most nutritious breakfast?
- a. chips and soda
 - b. candy bar and milk
 - c. orange juice and slice of cold pizza



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Bulletin # FDNS-NE 3100

March 2002

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.
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