

WHAT DO YOU KNOW ABOUT THE FOODS YOU EAT?  
(PRE & POST TEST ANSWER KEY)

1. c. banana
2. d. eggs
3. b. orange
4. b. 3 - 5
5. b. 2 - 3
6. b. 2 - 4
7. d. eggs
8. d. lettuce
9. c. apple
10. a. fruit
11. a. heal your cuts and scratches
12. b. build strong bones and teeth
13. b. build muscles
14. c. orange juice and slice of cold pizza



**Additional information for each question:**

1. Bananas belong in the fruit group.
2. Eggs belong to the meat group.
3. Oranges belong in the fruit group.
4. The number of servings of vegetables needed depends on a person's individual energy needs. But, most individuals should get at least 3-5 servings of vegetables each day. Vegetables are a good source of vitamin C, vitamin A, fiber, and other important nutrients.
5. All individuals need at least 2-3 servings from the milk group each day. Foods in this group provide calcium, vitamin, and other needed nutrients. Teenagers have higher calcium needs and would benefit from 4 servings per day.
6. The number of servings of fruit needed depends on a person's individual energy needs. But, most individuals should get at least 2-4 servings of fruit each day. Fruits are a good source of vitamin C, vitamin A, fiber, and other important nutrients.
7. Eggs belong to the meat group and are not a calcium rich food. The other foods are all included in the milk group and are rich in calcium.
8. Lettuce is in the vegetable group. The other foods are included in the meat group and are a protein rich food.
9. Apples are a vitamin C rich food and are in the fruit group. The other foods are in the vegetable group and

are a good source of vitamin A.

10. The meal is missing a food from the fruit group. A cheeseburger with lettuce includes foods from the meat, milk, breads, and vegetable group.
11. Vitamin C foods help heal cuts and scratches. Adequate vitamin C in the diet will ensure wound healing.
12. Calcium rich foods help build strong bones and teeth. Most of the body's calcium is contained in the bones and teeth. At least 2 to 3 servings from the milk group are recommended.
13. Protein foods help build muscles. The muscles in our bodies are made up of proteins. Protein rich foods are found in the meat and milk group.
14. Orange juice and a slice of cold pizza would be the most nutritious breakfast. Orange juice is in the fruit group, and pizza contains foods from the bread, milk, and vegetable group. Even though pizza tends to be a food higher in fat, this meal contains more needed nutrients and foods in the most food groups compared to the other examples.

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