



## Fit4Kidz Quiz

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Instructions:** Circle the option that best answers the question.

1. What are some examples of foods that fall into the meat and beans category?
  - a. Beef, chicken, lentils
  - b. Oranges, grapes, bananas
  - c. Broccoli, carrots, eggplant
2. How many food groups are needed to make a healthy breakfast?
  - a. 1
  - b. 3
  - c. 5
3. What does the Food Frequency Questionnaire assess?
  - a. Food patterns throughout a month
  - b. How much homework you do in a month
  - c. If you're a good student
4. What does a carbohydrate give our body?
  - a. Blood
  - b. Energy
  - c. Water
5. Which area of the *Fit4Kidz Food Guide My Plate* is the largest?
  - a. Fats
  - b. Grains
  - c. Water
6. What does fiber do to our bodies?
  - a. Make us feel full
  - b. Gives us stomach pain
  - c. Used to make clothing
7. What are some good sources of protein?
  - a. Cherries, watermelon, pears
  - b. Candy, chocolate, soda
  - c. Eggs, fish, beans
8. What is a good source of milk/dairy?
  - a. Yogurt
  - b. Apples
  - c. Chicken

9. What food contains good fat?
  - a. Steak
  - b. Avocados
  - c. French fries
10. How many vegetables should you eat each day?
  - a.  $\frac{1}{2}$  cup
  - b.  $2\frac{1}{2}$  cups
  - c. 5 cups
11. How much fruit should you eat each day?
  - a. 0 cups
  - b.  $1\frac{1}{2}$  cups
  - c. 4 cups
12. How much water do you need in a day?
  - a. 2 glasses
  - b. 20 glasses
  - c. 8 glasses
13. What should your plate look like at each meal if it is portioned out properly?
  - a.  $\frac{1}{2}$  = fruits and vegetables,  $\frac{1}{4}$  = grains,  $\frac{1}{4}$  = meat and beans and a source of dairy, such as a glass of milk
  - b.  $\frac{1}{4}$  = fruits and vegetables,  $\frac{3}{4}$  = meat and beans and a source of sugar, such as a soda
  - c.  $\frac{1}{2}$  = grains,  $\frac{1}{2}$  = meat and beans and a source of sugar, such as a soda
14. Why are vitamins and minerals needed to stay healthy?
  - a. Gives you super powers
  - b. Allows you to fly
  - c. Fights infections
15. What foods have food labels?
  - a. Fruits and vegetables
  - b. Meat and fish
  - c. Cereal and crackers
16. How much physical activity should you get each day?
  - a. 5 hours
  - b. 60 minutes (1 hour)
  - c. 30 minutes ( $\frac{1}{2}$  hour)
17. What are some examples of unhealthy lunch foods?
  - a. Peas and carrots
  - b. Grilled chicken and mashed potatoes
  - c. Chips and ice cream
18. How many food groups do you need to make a healthy snack?
  - a. 2
  - b. 4
  - c. 10

19. Which part of the grocery store should you avoid?
- a. The middle aisles
  - b. The dairy aisle
  - c. The produce (vegetable and fruit) section
20. What is a vegetarian?
- a. Someone who only eats meat
  - b. Someone who chooses not to eat meat and sometimes other animal products, such as eggs or milk.
  - c. Someone who only eats candy