



## Fit4Kidz Quiz ANSWER KEY

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 section of the *Fit4Kid MyPlate model* is the largest?
  - a. Fats
  - b. **Fruits and Vegetables**
  - 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