



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 section of the *Fit4Kidz Choose MyPlate* 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, $\frac{1}{4}$ = protein and a source of dairy, such as a glass of milk
 - b. $\frac{1}{4}$ = fruits and vegetables, $\frac{3}{4}$ = protein and a source of sugar, such as a soda
 - c. $\frac{1}{2}$ = grains, $\frac{1}{2}$ = protein and a source of sugar, such as a soda
14. Why are vitamins and minerals needed to stay healthy?
 - a. Give you super powers
 - b. Allow you to fly
 - c. Fight 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