

Name: _____

These questions are designed to check your understanding of nutrition and different food groups. Your answers will help me develop lessons for our Kids Cafe Project. Don't worry, this is not a test but I ask that you do your best to help me understand what you know and what you need to know about nutrition.

1. Circle all of the foods below that are in the GRAINS group.

Bananas	Oats	Bacon	Wheat Flour	Carrots
Cheese	Chicken	Rice	Popcorn	Chocolate

2. Circle all of the foods below that are in the DAIRY group.

Yogurt	Lemons	Pretzels	Milk	Eggs
Peas	Cheese	Ice Cream	Oats	Beans

3. Circle all of the foods below that are in the PROTEIN group.

Cheese	Chicken	Rice	Beans	Chocolate
Fish	Cereal	Ham	Eggs	Burgers

4. Circle the foods below that are made using GRAINS.

Applesauce	Pasta	Cake	Turkey	Bread	Lettuce
Bagels	Cookies	Bananas	Crackers	Soda	Cereal

5. Why are we supposed to "eat a rainbow" of different colored fruits and veggies?

6. What are whole grains? Why should we eat them?

Circle True or False after each of the statements below.

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|---|-------------|--------------|
| 7. Too much sugar can be bad for our health. | True | False |
| 8. Kids need 1 serving of veggies a day. | True | False |
| 9. It is fine to skip fruit if you drink juice every day. | True | False |
| 10. Some protein foods are high in fat. | True | False |
| 11. Foods in packages are usually not as good for you
as foods in their natural state. | True | False |
| 12. Kids do not have to worry about how much salt they eat. | True | False |
| 13. Kids do not get enough grains in their diet. | True | False |

Lots of yummy stuff we eat is made with things from different food groups. Circle all the groups that are represented in the foods below.

14. Cheese Pizza.

Fruits	Veggies	Protein	Dairy	Grains
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15. Berry Smoothie (with berries, yogurt, and orange juice).

Fruits	Veggies	Protein	Dairy	Grains
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16. Bacon, Lettuce, and Tomato Sandwich on whole wheat bread.

Fruits	Veggies	Protein	Dairy	Grains
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17. What questions do YOU have about food? What is hard for you to understand? What do you wonder about food?

