

NAME _____ COUNTY _____ TEACHER _____

WHAT DO YOU KNOW ABOUT THE FOODS YOU EAT?
(POST TEST)

1. Which food **does not** belong to the meat group?
a. ham b. hamburger c. banana d. dried beans and peas
2. Which food **does not** belong to the milk group?
a. ice cream b. cheese c. pudding d. eggs
3. Which food **does not** belong to the vegetable group?
a. greens b. orange c. potato d. carrots
4. The number of servings you need each day from the **vegetable** group is:
a. 1 - 2 b. 3 - 5 c. 6 - 8
5. The number of servings you need each day from the **milk** group is:
a. 0 - 1 b. 2 - 3 c. 6 - 8
6. The number of servings you need each day from the **fruit** group is:
a. 0 - 1 b. 2 - 4 c. 6 - 8
7. Circle the food that **is not** a **calcium** rich food.
a. ice cream b. cheese c. milk d. eggs
8. Circle the food that **is not** a **protein** rich food:
a. chicken b. pork chop c. peanut butter d. lettuce
9. Circle the food that **is not** a good source of **Vitamin A** rich food:
a. squash b. carrots c. apple d. greens
10. Which food group is missing from this meal: *cheeseburger with lettuce, milk shake*?
a. fruit b. milk c. bread

(OVER)

11. Vitamin C foods help:
 a. heal your cuts and scratches b. build strong bones and teeth
 c. give you energy
12. Calcium rich foods help:
 a. heal cuts and scratches b. build strong bones and teeth
 c. give you energy
13. Protein foods help:
 a. build strong bones and teeth b. build muscles c. heal cuts and scratches
14. Which is the most nutritious breakfast?
 a. chips and soda b. candy bar and milk
 c. orange juice and slice of cold pizza

15. I am more likely to eat 3 vegetables everyday.

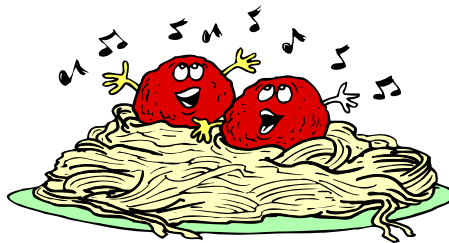
YES _____ NO _____

16. I am more likely to drink milk or water with my meal instead of a soft drink.

YES _____ NO _____

17. I am more likely to eat 3 or 4 different foods at one meal each day.

YES _____ NO _____



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 Gale A. Buchanan, Dean and Director

Prepared by JoAnn McCloud-Harrison 12/95
 Updated by Kelly Cordray, MS, RD, LD, Temporary Extension Nutrition Specialist