



Quiz Answer Key

Circle the healthiest food choice in each category:

1. Vegetables
 - a) French fries
 - b) Broccoli
 - c) Corn in butter sauce
2. Fruits
 - a) Fruit juice
 - b) Mixed fruit in heavy syrup
 - c) An orange
3. Breads, cereals
 - a) Whole-grain pasta
 - b) White bread
 - c) Donut
4. Dairy
 - a) 1% milk
 - b) 2% milk
 - c) Whole milk
5. Meats (protein)
 - a) Fried chicken
 - b) Bacon
 - c) Salmon
6. Drinks
 - a) Water
 - b) Regular soda
 - c) Iced tea
7. The MyPlate Food Guide is designed to remind people that half their plate of food should be filled with vegetables and fruits.
8. True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
9. Which condiment contains the most fat:
 - a) Ketchup
 - b) Mayonnaise
 - c) Mustard

Name two ways to make any kind of pizza healthier:

(Any two of the following: blot off excess fat or oil, remove meat toppings, add veggie toppings, leave the crust, choose whole-grain dough)
