Review:
After watching the MyPlate Dietary Guidelines for Elementary Students DVD, answer the following questions.

1. Label the sections of MyPlate with the correct food group name.

   Fruits
   Vegetables
   Protein
   Grains
   Dairy

2. Whole grains are important because they give you ________ and ________ to accomplish what you want to do.
3. Create a pizza that includes all the MyPlate food groups. Fill in pizza ingredients next to the food group it belongs to. Draw a picture of your pizza.

Fruits ____________________
Vegetables__________________
Protein_____________________
Grains______________________
Dairy______________________

4. Breakfast is the _____________________________ meal of the day.
   a. Last
   b. Most important
   c. Smallest
   d. Least important

5. What are some healthy snack ideas from Melissa, the Registered Dietitian?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
6. Circle the healthy fats from the list below:

   Avocado  Butter  Olives  Nuts  Hydrogenated fats

7. How much fruit juice should you drink each day?
   a. 2 cups
   b. 3 cups
   c. A little more than ½ cup (6 oz.)
   d. 1 gallon

8. Kids need one hour of physical activity each day. What are your favorite ways to move your body?

   ____________________________________________________________
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1. Label the sections of MyPlate with the correct food group name.

   Fruits
   Vegetables
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2. Whole grains are important because they give you _______ energy _______ and _______ brainpower _______ to accomplish what you want to do.
3. Create a pizza that includes all the MyPlate food groups. Fill in pizza ingredients next to the food group it belongs to. Draw a picture of your pizza.

Fruits __________________________
Vegetables _______________________
Protein __________________________
Grains ___________________________
Dairy _____________________________

Answers could include:
Fruits: pineapple
Vegetables: tomato sauce, green or red peppers, mushrooms, onions, spinach, olives, zucchini
Protein: chicken, ham, Canadian bacon
Grains: pizza crust
Dairy: cheese

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   a. Last  
   b. Most important  
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5. What are some healthy snack ideas from Melissa, the Registered Dietitian?
   - Whole grain crackers and low-fat cheese
   - Hummus with baked corn chips
   - Baked chips with melted cheese and salsa
   - Carrots
   - Sugar-snap peas
   - Fresh fruit like grapes or an apple
   - Try fruit frozen like pineapple
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   c. A little more than ½ cup (6 oz.)
   d. 1 gallon

8. Kids need one hour of physical activity each day. What are your favorite ways to move your body?
   Answers will vary.