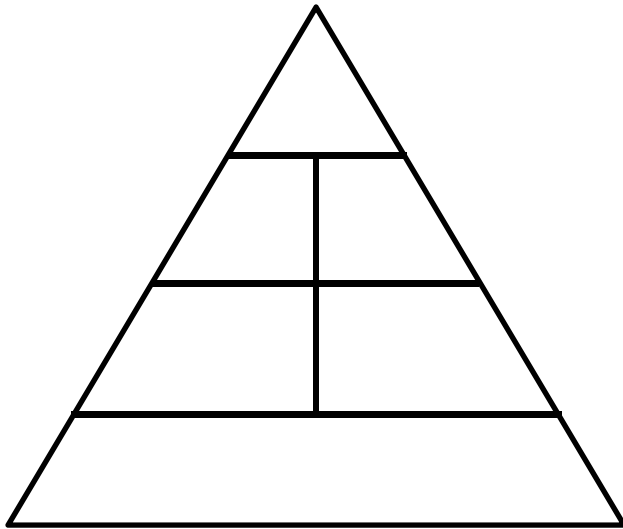


Nutrition Pre-Quiz

Part 1: Fill in this Food Pyramid using the word bank.

(Hint: The food group with the most servings per day is found at the bottom of the pyramid)



Dairy

Fruits

Grains

Proteins

Oils

Vegetables

Part 2: Match the definitions

- | | |
|----------------------|--|
| 1. Calorie ____ | A. Nutrients that help supply people with energy |
| 2. Carbohydrate ____ | B. Helps to build up muscle and organs within your body |
| 3. Fats ____ | C. A mineral that your body uses for hydration, muscle movements |
| 4. Proteins ____ | D. Units of energy |
| 5. Sodium ____ | E. Makes fuel that your body uses for energy |

Part 3: Using the word bank above, fill in the blanks.

- | | |
|---|--|
| 1. Cheese is in the _____ food group. | 7. Milk is in the _____ food group. |
| 2. Bread is in the _____ food group. | 8. Rice is in the _____ food group. |
| 3. An apple is in the _____ food group. | 9. Chicken is in the _____ food group. |
| 4. An egg is in the _____ food group. | 10. Cucumbers are in the _____ food group. |
| 5. Peanuts are in the _____ food group. | |
| 6. Carrots are in the _____ food group. | |