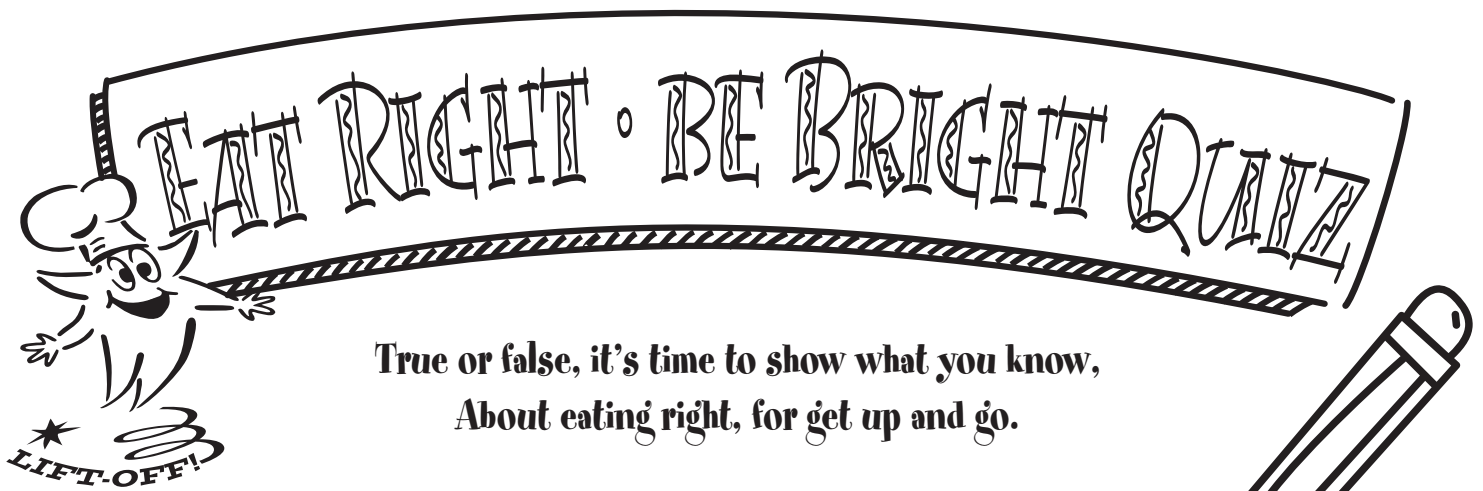


Name _____



CHECK THE BOX IF THE FOLLOWING STATEMENTS ARE TRUE OR FALSE

True False

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. MyPyramid is a guide to help you pick the right foods to eat. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. You should eat more whole grains and dark vegetables and fruit. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. You should eat foods from the meat & beans group that are lean and low-fat. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Watching TV uses as many calories as walking fast. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. There are few nutrients and lots of calories in the fats and oils. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. You should make half of your grains whole. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Fruits are high in fat and low in fiber. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. You should eat 1 to 1 and 1/2 cups of fruit each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Vegetables are a good source of vitamins and minerals. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. You should drink 5 glasses of water each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. You do not need protein to live. |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. You should eat 1 and 1/2 to 2 and 1/2 cups of vegetables each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. You only need to get 15 minutes of exercise each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. You should choose low or fat-free foods from the milk group. |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Foods from the milk group are the most complete protein foods. |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. There are 5 important groups to know from MyPyramid. |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. Fats and oils are an important food group. |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. Your body stores the water that you drink. |
| <input type="checkbox"/> | <input type="checkbox"/> | 19. The energy you need to do things comes from the foods you eat. |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. Foods from the milk group are good sources of calcium. |
| <input type="checkbox"/> | <input type="checkbox"/> | 21. Proteins and carbohydrates have the most calories, fat the least calories. |
| <input type="checkbox"/> | <input type="checkbox"/> | 22. To lose weight you need to eat fewer calories than you use each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | 23. Carbohydrates, vitamins, minerals, protein, fat and water are important nutrients. |
| <input type="checkbox"/> | <input type="checkbox"/> | 24. Running and riding a bike are good activities that use a lot of calories. |
| <input type="checkbox"/> | <input type="checkbox"/> | 25. Foods from the grain group are important sources of carbohydrates. |