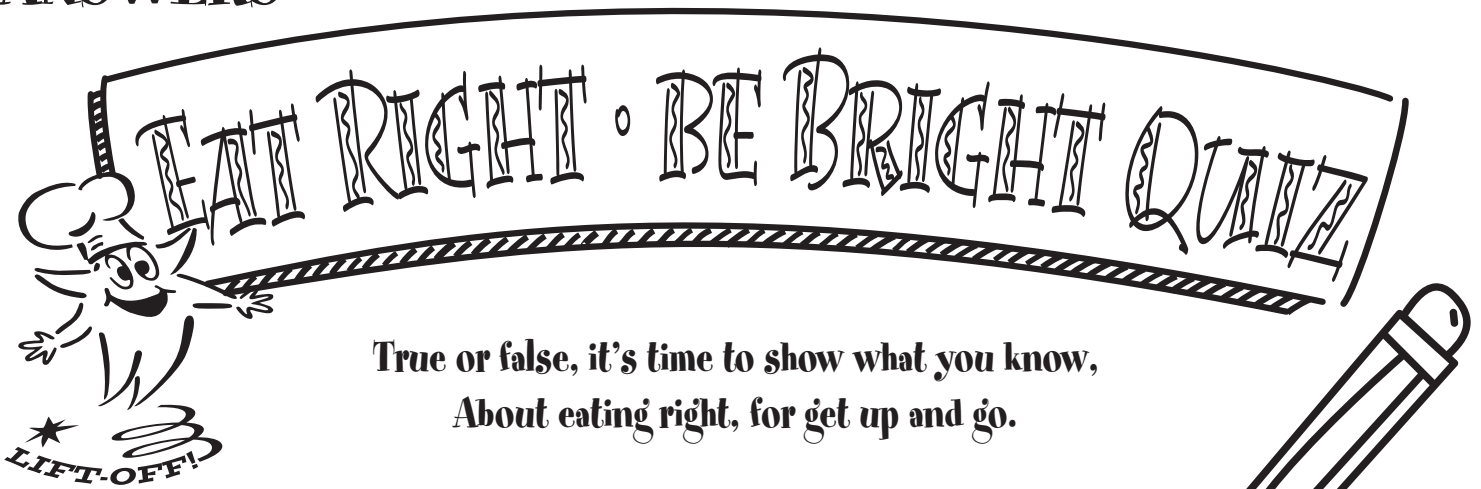


# ANSWERS



## CHECK THE BOX IF THE FOLLOWING STATEMENTS ARE TRUE OR FALSE

True False

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