

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. How many food groups are there?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. List the groups below:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

3. List the serving size for each below

- a. vegetables: \_\_\_\_\_
- b. fruits: \_\_\_\_\_
- c. grains: \_\_\_\_\_
- d. dairy: \_\_\_\_\_
- e. protein foods: \_\_\_\_\_

4. Give one example of each:

- a. vegetables: \_\_\_\_\_
- b. fruits: \_\_\_\_\_
- c. grains: \_\_\_\_\_
- d. dairy: \_\_\_\_\_
- e. protein foods: \_\_\_\_\_

5. When looking at sodium, or salt, in foods, what does "My Plate" tell you to do?

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6. What about sugar?

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7. What foods should be "occasional choices, not every day foods"?

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8. Give an example of one of the foods from the question above.

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