WHAT DO YOU KNOW ABOUT THE FOODS YOU EAT?
(POST TEST)

1. Which food does not belong to the meat group?
   a. ham     b. hamburger     c. banana     d. dried beans and peas

2. Which food does not belong to the milk group?
   a. ice cream     b. cheese     c. pudding     d. eggs

3. Which food does not belong to the vegetable group?
   a. greens     b. orange     c. potato     d. carrots

4. The number of servings you need each day from the vegetable group is:
   a. 1 - 2     b. 3 - 5     c. 6 - 8

5. The number of servings you need each day from the milk group is:
   a. 0 - 1     b. 2 - 3     c. 6 - 8

6. The number of servings you need each day from the fruit group is:
   a. 0 - 1     b. 2 - 4     c. 6 - 8

7. Circle the food that is not a calcium rich food.
   a. ice cream     b. cheese     c. milk     d. eggs

8. Circle the food that is not a protein rich food:
   a. chicken     b. pork chop     c. peanut butter     d. lettuce

9. Circle the food that is not a good source of Vitamin A rich food:
   a. squash     b. carrots     c. apple     d. greens

10. Which food group is missing from this meal: cheeseburger with lettuce, milk shake?
    a. fruit     b. milk     c. bread

(OVER)
11. Vitamin C foods help:
   a. heal your cuts and scratches  
   b. build strong bones and teeth 
   c. give you energy 

12. Calcium rich foods help:
   a. heal cuts and scratches  
   b. build strong bones and teeth 
   c. give you energy 

13. Protein foods help:
   a. build strong bones and teeth 
   b. build muscles 
   c. heal cuts and scratches 

14. Which is the most nutritious breakfast?
   a. chips and soda 
   b. candy bar and milk 
   c. orange juice and slice of cold pizza 

15. I am more likely to eat 3 vegetables everyday.
   YES_______  NO_______

16. I am more likely to drink milk or water with my meal instead of a soft drink.
   YES_______  NO_______

17. I am more likely to eat 3 or 4 different foods at one meal each day.
   YES_______  NO_______