

1<sup>st</sup> quarter—1<sup>st</sup> play: Which of the following are MyPyramid Food Groups?

A. Grains

B. Vegetables

C. Fruits

D. Milk

E. Meat and beans

F. All of the above

1<sup>st</sup> quarter—2<sup>nd</sup> play: How much of your TOTAL amount of grains should be “whole grains”?

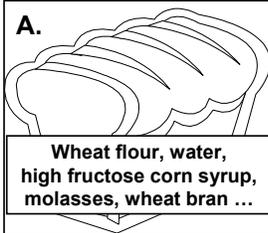
A. One-half or more

B. One-third

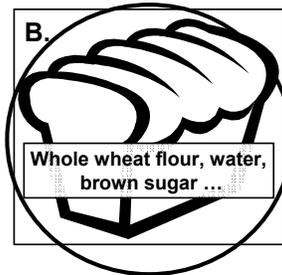
C. One-fourth

1<sup>st</sup> quarter—3<sup>rd</sup> play: Which bread is made with whole grains?

A.



B.



2<sup>nd</sup> quarter—1<sup>st</sup> play: Can you ALWAYS tell by the color if a food is made with “whole grains?”

A. No

B. Yes

2<sup>nd</sup> quarter—2<sup>nd</sup> play: For an 1,800 to 2,000 calorie level, what TOTAL amount of veggies should be eaten daily?

A. 1 cup

B. 2 cups

C. 2½ cups

2<sup>nd</sup> quarter—3<sup>rd</sup> play: Based on an 1,800 to 2,000 calorie level, what TOTAL amount of fruits should be eaten daily?

A. 1½ cups for 1,800 calories & 2 cups for 2,000 calories

B. 1 cup for 1,800 calories & 1½ cups for 2,000 calories

3<sup>rd</sup> quarter—1<sup>st</sup> play: Which of the following is closest in size to one cup?

A. Golf ball

B. Baseball

C. Ping pong ball

3<sup>rd</sup> quarter—2<sup>nd</sup> play: Which of these are equal in calcium to 1 cup of milk?

A. 1 cup yogurt

B. 1½ ounces cheese

C. Both A and B

3<sup>rd</sup> quarter—3<sup>rd</sup> play: How many cups of fat-free/lowfat milk or equivalents like yogurt or cheese should persons 9 years and older eat daily?

A. One

B. Two

C. Three

D. Four

4<sup>th</sup> quarter—1<sup>st</sup> play: Which of these foods are in the Meat and Beans Group?

A. Meat, chicken or turkey, fish

B. Eggs

C. Peanut butter

D. Nuts

E. Dry beans

F. All of the above

4<sup>th</sup> quarter—2<sup>nd</sup> play: How much weight might you gain in a year if you eat 100 extra calories a day?

A. 20 pounds

B. 10 pounds

C. 5 pounds

4<sup>th</sup> quarter—3<sup>rd</sup> & FINAL play: What minimum amount of physical activity — such as walking, swimming, dancing, biking, etc. — should you get most days?

A. 30 to 60 minutes

B. 20 minutes

C. 10 minutes