|  |  |
| --- | --- |
| **Label the food plate areas.** | Fruit  Vegetable  Grain  Protein  Dairy |
|  |  |
| **What is the MINERAL needed to build strong bones.** | **calcium** |
|  |  |
| **Is water a nutrient needed to have a healthy diet?** | **YES** |
|  |  |
| **Is a calorie a measure of energy?** | **YES** |
|  |  |
| **Is the ingredient that is the most by weight listed first or last in order on the food label?** | **FIRST** |

|  |  |
| --- | --- |
| **If a person usually eats 2000 calories a day and uses 2000 calories, will the person stay the same weight?** | **YES** |
|  |  |
| **Is a diet high in cholesterol and fat healthy? What can they lead to?** | **NO**  **Cholesterol and fat can lead to diabetes and heart disease.** |
|  |  |
| **What two things do you need to do every day to keep your body healthy?** | **Exercise and eat healthy foods.** |
|  |  |
| **Which food is healthier in the grain group, a whole grain roll or a chocolate chip muffin?** | **Whole Grain Roll** |
|  |  |
| **Which food is healthier in the vegetable group,**  **spinach or French fries?** | **Spinach** |

|  |  |
| --- | --- |
| **Which food is healthier in the dairy group, a milkshake or skim milk?** | **Skim Milk** |
|  |  |
| **Which food is healthier in the protein group, fried chicken or salmon?** | **Salmon** |
|  |  |
| **Which food is healthier in the fruit group, fresh bananas or canned fruit in syrup?** | **Fresh bananas** |
|  |  |
| **Looking at the food label, what is one serving size?** | **5 crackers** |
|  |  |
| **Looking at the food label, how many servings are in the package?** | **28** |

|  |  |
| --- | --- |
| **Looking at the food label, how many total fat grams are in one serving?** | **4.5 grams** |
|  |  |
| **Looking at the food label, what percentage of daily total fat are from one serving of this food?** | **7%** |
|  |  |
| **Looking at the food label, how many crackers are in one serving.** | **5** |
|  | **Food Label** |

|  |  |
| --- | --- |
| **What is the name of the nutrient that is used for energy and heat that you should eat in limited amounts?** | **fat** |

|  |  |
| --- | --- |
| **What nutrient begins with a V that is needed for fighting infections, good vision, healthy skin, and strong bones and teeth?** | **Vitamins** |

|  |  |
| --- | --- |
| **What nutrient helps build strong muscles?** | **Protein** |