

MyPlate Quiz Show¹

Q: How much of your plate at meals should be fruits and vegetables?

A: Half

Q: What food groups does a beef taco fit into? BONUS 2 points

A: Protein: ground meat; Vegetable: lettuce, tomato; Grain: tortilla/taco shell; Dairy: cheese

Q: Shrimp belongs to what food group?

A: Protein

Q: Yogurt belongs to what food group?

A: Dairy

Q: Beans and peas are special. They belong to two food groups. What are they?

BONUS 2 points

A: Vegetables and Protein

Q: Kiwi is part of what food group?

A: Fruits

Q: Provide two examples of a whole-grain food.

A: Answers can vary, e.g., brown rice, whole wheat bread/pasta/tortilla/crackers, oatmeal, buckwheat, quinoa, popcorn (plain)

Q: Water is part of what food group? BONUS 2 points

A: TRICK! It's not. But it is an essential nutrient, and some fruits and vegetables, like cucumber, celery, apple, orange, tomato, and watermelon, have high water content.

Q: Dark-Green, Starchy, Red and Orange, Beans and Peas — these are subgroups of foods in what food group?

A: Vegetable

Q: What is a whole-grain alternative to white rice?

A: Answers can vary, e.g., brown rice, whole wheat pasta, quinoa.

Q: A Hawaiian pizza, with pineapple and ham as toppings, belongs to what food group?

BONUS 2 points

A: All five! Fruit: pineapple; Vegetable: tomato sauce; Protein: ham; Dairy: cheese; Grain: crust.

Q: Kale is an example of a _____ .

A: Vegetable, specifically a dark-green vegetable

Q: Name three vegetables beginning with the same letter.

A: Answers can vary, e.g., carrot, celery, collard greens, corn, cassava, cabbage, cauliflower.

Q: If you are eating a meal with the five food groups represented, what food groups are missing: fish, beans, broccoli, milk?

A: Grain, Fruit

Q: Name a grain and a fruit that you can add to the meal described above.

A: Answers can vary, e.g., orange slices, mango, brown rice, whole-wheat pasta.

Q: Walnuts, almonds, and peanuts are (1) examples of what, and (2) all belong to what food group? BONUS 2 points

A: (1) Nuts, (2) Protein

Q: Which of the following is not a whole grain: oatmeal, shredded wheat, whole-wheat toast, cornflakes?

A: Cornflakes

Q: Identify two types of beans that are Protein foods.

A: Answers can vary, e.g., black, kidney, soy, pinto, navy.

Q: What are three foods from the Fruit Group that make good on-the-go snacks?

A: Examples include raisins, apples, plums, unsweetened applesauce cups, 100% fruit juice.
Note that flavored gummies do not count as fruit.

Q: Make at least half your grains each day whole grains. Which of the following are examples of whole grains? Animal crackers, corn bread, cheese puffs, pretzels, whole-wheat crackers.

A: Only the whole-wheat crackers

Q: Create a breakfast with foods from Protein, Fruit, Dairy, and Grain groups. Make your grain a whole grain.

A: Answers can vary, e.g., whole-wheat English muffin, scrambled egg, strawberries, fat-free milk.

Q: Create a healthy and delicious-sounding snack to help you soar through your day. Your snack must have ingredients from at least three of the five food groups.

A: Answers can vary, e.g., yogurt with almonds and berries = Protein, Dairy, Fruit.

¹ U.S. Department of Agriculture. Food and Nutrition Service. (2012). *Serving Up MyPlate: A Yummy Curriculum. Standards-Based Nutrition Education Grades 5 & 6.* https://fns-prod.azureedge.us/sites/default/files/tn/sump_level3.pdf