

Name: _____

Hour: _____

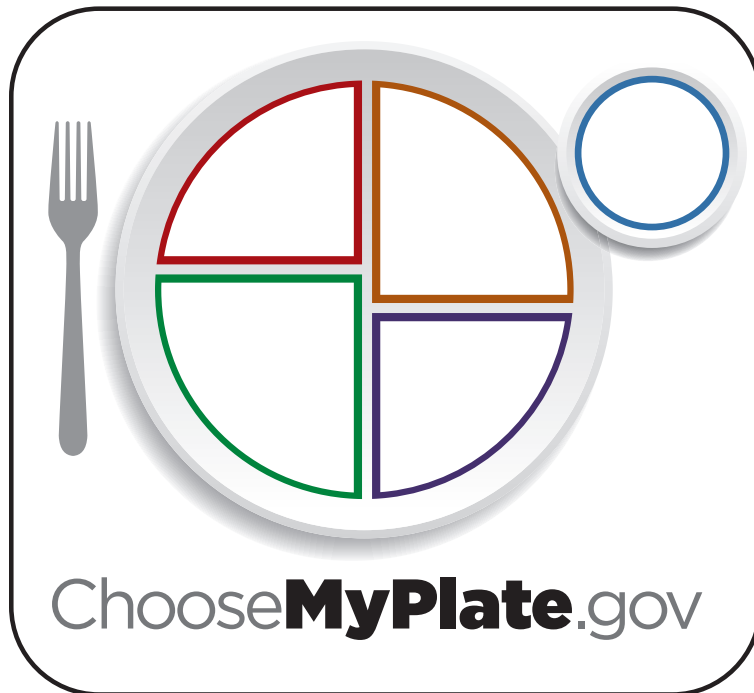
VIDEO WORKSHEET

Review:

After watching the MyPlate Dietary Guidelines for Elementary Students DVD, answer the following questions.

1. Label the sections of MyPlate with the correct food group name.

Fruits
Vegetables
Protein
Grains
Dairy



2. Whole grains are important because they give you _____ and _____ to accomplish what you want to do.

3. Create a pizza that includes all the MyPlate food groups. Fill in pizza ingredients next to the food group it belongs to. Draw a picture of your pizza.

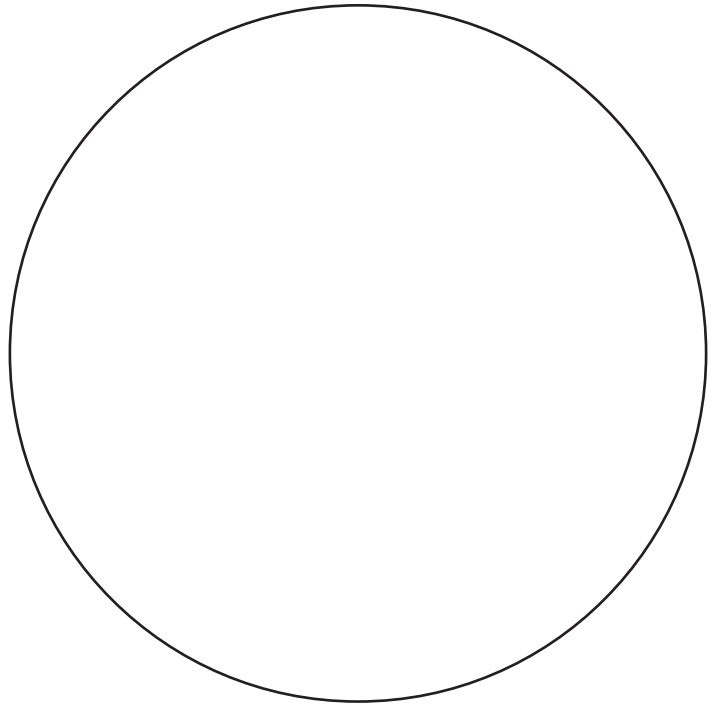
Fruits _____

Vegetables _____

Protein _____

Grains _____

Dairy _____



4. Breakfast is the _____ meal of the day.

- a. Last
- b. Most important
- c. Smallest
- d. Least important

5. What are some healthy snack ideas from Melissa, the Registered Dietitian?

6. Circle the healthy fats from the list below:

Avocado

Butter

Olives

Nuts

Hydrogenated fats

7. How much fruit juice should you drink each day?

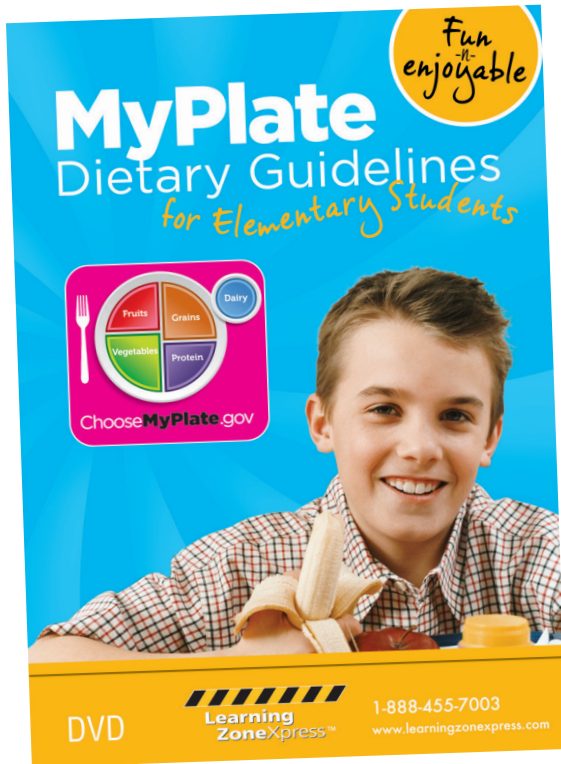
a. 2 cups

b. 3 cups

c. A little more than $\frac{1}{2}$ cup (6 oz.)

d. 1 gallon

8. Kids need one hour of physical activity each day. What are your favorite ways to move your body?



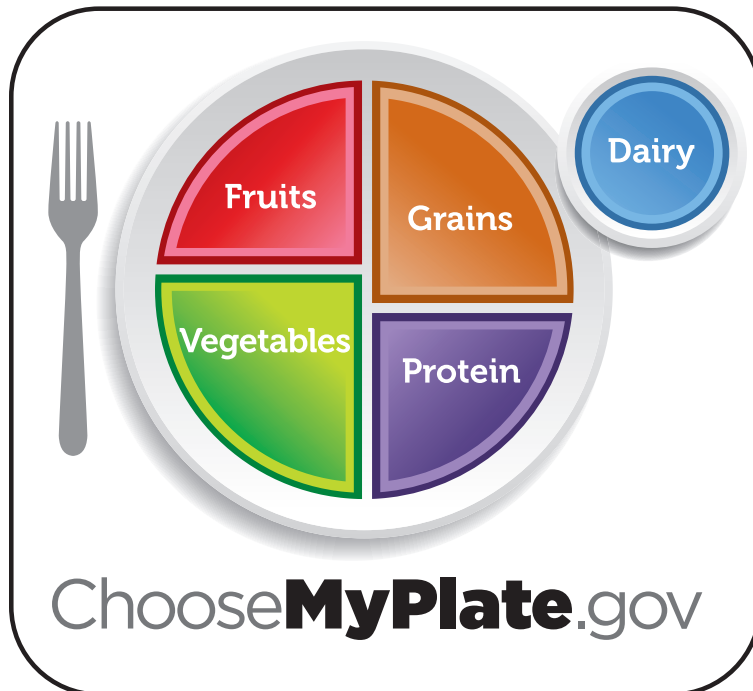
ANSWER KEY

Review:

After watching the MyPlate Dietary Guidelines for Elementary Students DVD, answer the following questions.

1. Label the sections of MyPlate with the correct food group name.

Fruits
Vegetables
Protein
Grains
Dairy



2. Whole grains are important because they give you energy and brainpower to accomplish what you want to do.

3. Create a pizza that includes all the MyPlate food groups. Fill in pizza ingredients next to the food group it belongs to. Draw a picture of your pizza.

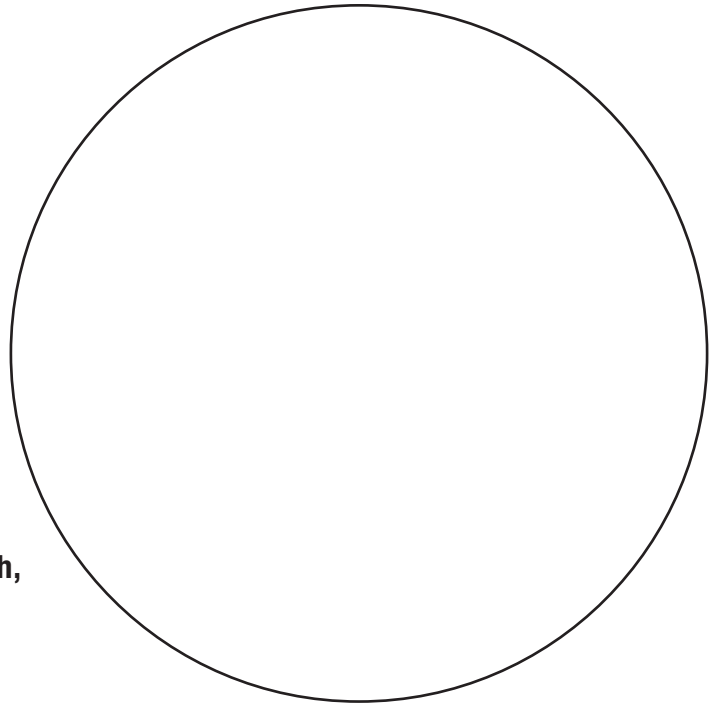
Fruits _____

Vegetables _____

Protein _____

Grains _____

Dairy _____



Answers could include:

Fruits: **pineapple**

Vegetables: **tomato sauce, green or red peppers, mushrooms, onions, spinach, olives, zucchini**

Protein: **chicken, ham, Canadian bacon**

Grains: **pizza crust**

Dairy: **cheese**

4. Breakfast is the _____ meal of the day.
- a. Last
 - b. Most important**
 - c. Smallest
 - d. Least important

5. What are some healthy snack ideas from Melissa, the Registered Dietitian?

- **Whole grain crackers and low-fat cheese**
- **Hummus with baked corn chips**
- **Baked chips with melted cheese and salsa**
- **Carrots**
- **Sugar-snap peas**
- **Fresh fruit like grapes or an apple**
- **Try fruit frozen like pineapple**

6. Circle the healthy fats from the list below:

Avocado Butter Olives Nuts Hydrogenated fats

7. How much fruit juice should you drink each day?

- a. 2 cups
- b. 3 cups
- c. A little more than ½ cup (6 oz.)**
- d. 1 gallon

8. Kids need one hour of physical activity each day. What are your favorite ways to move your body?

Answers will vary.
