

## Quiz: The Food Groups (US)

### QUESTIONS:

1. **True or False:** Food gives our body ENERGY and Nutrients.

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2. We should try to make most of the foods we eat \_\_\_\_\_.
- a) Foods full of nutrients
  - b) Foods with less nutrients

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3. How many food groups are there? What are they called?

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4. What part of the body do **proteins** help to BUILD?

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5. **True or False:** Fruits and vegetables give us vitamins and minerals.

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6. **True or False:** Whole grains often have less nutrients than other grains.

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7. What nutrient do we get from **Dairy** foods to help keep our bones and teeth strong?

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**ANSWERS:**

1. True
  
2. a) Foods full of nutrients
  
3. **Four**; Grains, Proteins, Fruits and Vegetables, and Dairy
  
4. Muscles and Bones!
  
5. True
  
6. **False**, whole grains often have more nutrients than other grains.
  
7. Calcium