

Quiz: The Food Groups (US)

QUESTIONS:

1. **True or False:** Food supports our bodies by providing them with nutrients to grow.

2. We should try to make most of the foods we eat _____.

- a) Nutrient dense foods
- b) Foods with less nutrients

3. How many food groups are there? **List** the food groups.

4. Which food group often has foods **higher** in iron, calcium, and vitamin B12?

- a) Grains
- b) Proteins
- c) Fruits and Vegetables

5. **True or False:** Fruits and vegetables contain antioxidants.

6. **True or False:** Fiber helps the body by aiding with digestion.

7. **True or False:** Vitamins A, C, E can be found in Fruits and Vegetables.

8. After processing a grain, the _____ is left over.

- a) Endosperm
- b) Germ
- c) Bran

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

ANSWERS:

1. True
2. a) Nutrient dense foods
3. **Four**; Grains, Proteins, Fruits and Vegetables, and Dairy
4. b) Proteins
5. True
6. True
7. True
8. a) Endosperm
9. Calcium