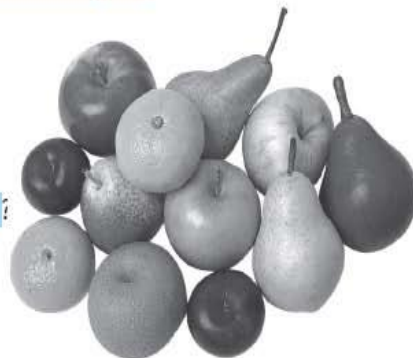


# Got Health?

1. Name as many **whole grain foods** as you can.
2. Why should we eat **foods containing iron**?
3. According to the USDA, how many **cups of fruit** should we eat every day?
4. According to the USDA, how many **ounces of meat and beans** should we eat each day?
5. According to the USDA, how many **cups of milk or milk products** should we eat each day?
6. What should we eat to get our **3 ounces of whole grains** each day?
7. How minutes of **exercise of physical activity** should we do each week?
8. How many **cups of vegetables** should we eat every day?
9. What portion of the grains we eat should be **whole-grains** ?
10. Which of the following drinks has the **least amount of sugar** ?
  - a. A can of coke
  - b. Water
  - c. Fruit Juice
  - d. Sports Drink
11. Why is butter the **least healthy source of fat** ?
12. Which type of fats are the **most harmful** ?
13. Name as many **vegetables** as you can.
14. Name as many foods that are part of the **Meat & Beans Group** as you can.



15. Which colors of vegetables are **most recommended** ?

16. Which of the following is the **best source of vitamin C** ?

- a. Milk
- b. Strawberry
- c. Orange
- d. Tomato

17. Why are **dark green vegetables** so healthy?

18. Why are **trans fats** so unhealthy?

19. Name as many **healthy after-school snacks** as you can.

20. If you **can't or don't drink milk**, what should you add to your diet through other foods?

21. If you are eating dinner at a restaurant, what are some **healthy meal choices** ?

22. Which of the following sources of milk has the **least fat** ?

- a. Whole milk
- b. 1% milk
- c. Skim milk
- d. 2% milk

