



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. Donuts, sweetened breakfast cereals, and canned fruits in heavy syrups are:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
  
2. Waffles, pancakes, and French toast are:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
  
3. Skim and low-fat milk - and almost all fresh and frozen fruits and vegetables - are:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
  
4. The MyPlate food guide breaks foods into these groups:
  - a) breakfast, lunch, snack, dinner, dessert
  - b) hot, cold, room temperature
  - c) fruits, grains, vegetables, protein, dairy
  - d) go, slow, whoa
  
5. Underline the incorrect answers.  
The MyPlate food guide is designed to remind people:
  - a) that half of your plate should be vegetables and fruits
  - b) to wash your hands with soap and water before preparing or eating food
  - c) to drink fat-free or low-fat milk and water instead of soda, sports drinks, and other sugary drinks
  - d) to use a fork, spoon, or chopsticks, not your hands
  - e) that about one-quarter of your plate should be grains and one-quarter should be protein
  - f) to check that plates are dishwasher-safe