

MyPlate Quiz Show Questions

1. How much of your plate at meals should be fruits and vegetables? (*Half*)
2. What food groups does a beef taco fit into? (*Protein Foods: ground meat; Vegetables: lettuce, tomato; Grain: tortilla/taco shell; Dairy: cheese*)
3. Shrimp belongs to what food group? (*Protein Foods*)
4. Yogurt belongs to what food groups (*Dairy*)
5. Beans and peas are special. They belong to two food groups. What are they? (*Vegetables and Protein Foods*)
6. 100% orange juice is part of what food group? (*Fruits*)
7. At least 60 minutes of _____ is recommended each day for a healthy lifestyle. (*Physical activity*)
8. Cream cheese is part of what food group? (**TRICK!** *It's not part of any good group. Cream cheese is mostly fat. It does not contain enough nutrients to be part of the Dairy Group*)
9. Provide two examples of a whole-grain food. (*Answers can vary, e.g., brown rice, whole-wheat bread/pasta/tortilla/crackers, oatmeal, buckwheat, quinoa, popcorn*)
10. Water is part of what food group? (**TRICK!** *It's not. But it is an essential nutrient, and some fruits and vegetables, like cucumber, celery, apple, orange, tomato, and watermelon, have high water content.*)
11. Dark-Green, Starchy, Red and Orange, Beans and Peas—these are subgroups of foods in what food group? (*Vegetables*)
12. What is a whole-grain alternative to white rice? (*Brown rice*)
13. A Hawaiian pizza, with pineapple and ham as toppings, belongs to what food group? **BONUS 2 points** (*All five! Fruit: pineapple; Vegetables: tomato sauce; Protein Foods: ham; Dairy: cheese; Grain: crust*)
14. Kale is an example of a _____. (*Vegetable: specifically a dark-green vegetable*)
15. Which of the following are examples of physical activity? Jumping rope, playing soccer, taking a walk, raking leaves, yoga, dancing, and sleeping. (*All except for sleeping*)
16. Name five vegetables beginning with the same letter. **BONUS 5 points.** (*Answers can vary, e.g., carrot, celery, collard greens, corn, cassava, cabbage, cauliflower*)
17. (1)What food groups are missing from this meal: Fish, beans, broccoli, milk? (Grain, Fruit). (2) Name two options from each missing food group. **BONUS 2 points.** (*Answers can vary, e.g., 100% orange juice, mango, brown rice, whole-wheat pasta*)
18. Walnut, almonds, and peanuts are examples of what, and all belong to what food group? **BONUS 2 points.** (*Nuts, Protein Foods*)
19. Which of the following is not a whole grain? Oatmeal, shredded wheat, whole-wheat toast, corn flakes? (*Corn flakes*)
20. Identify four types of beans that are Protein Foods. (*Answers can vary, e.g., black, kidney, soy, pinto, navy*)
21. What are five foods from the Fruit Group that make good-on-the-go snacks? (*Examples include raisins, apples, plums, unsweetened applesauce cups, 100% fruit juice. Note that flavored gummies do not count as fruit*)
22. Make at least half your grains each day whole grains. Which of the following are examples of whole grains? Animal crackers, corn bread, cheese puffs, pretzels, whole-wheat crackers. (*Only the whole-wheat crackers*)
23. Create a breakfast with foods from the Protein Foods, Fruit, Dairy, and Grain Groups. Make your grain a whole grain. **BONUS 4 points.** (*Answers can vary; e.g., whole-wheat English muffin, scrambled egg, strawberries, fat-free milk*)
24. Create a healthy and delicious-sounding snack to help you soar through your day like a rocket ship. Your snack must have ingredients from at least three of the five food groups. **BONUS 4 points.** (*Answers can vary; e.g., yogurt with almonds and berries = Protein Foods, Dairy, Fruits*)