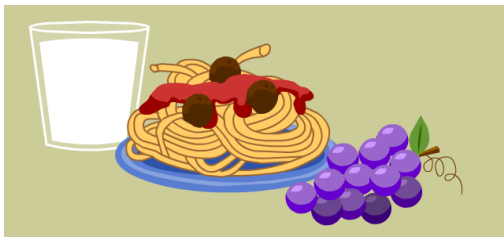


1. Which sentence is TRUE about a balanced meal?

- A. Most of each meal should be from the dairy group.
- B. Most of each meal should be from the protein group.
- C. Each meal should have more dairy than vegetables.
- D. Each meal should have more vegetables than protein.

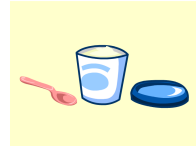


2. What can you add to this meal to make it more balanced and healthy?

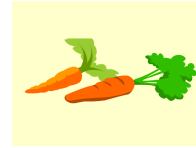
- A. more vegetables
- B. more protein
- C. more grains
- D. more dairy

3. Which of these belongs in the grains group?

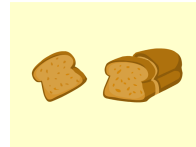
A.



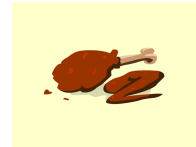
B.



C.



D.



4. Which do our bodies use to get energy?

- A. fiber
- B. calcium
- C. carbohydrates
- D. carbon dioxide

5. You should avoid or eat smaller PORTIONS of junk food since they are not nutritious. What does PORTION mean?

- A. a serving
- B. a vitamin
- C. a protein
- D. a diet