|  |  |
| --- | --- |
| |  | | --- | | Short Answer - Full sentences not required | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 1) | | What are the 4 food groups? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 2) | | How many servings of meat and alternatives does someone your age need each day? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 3) | | How many servings of milk and alternatives does someone your age need each day? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 4) | | How many servings of fruits and vegetables does someone your age need each day? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 5) | | How many servings of grain products does someone your age need each day? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 6) | | List 3 examples of meat and alternatives. | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 7) | | List 3 examples of fruits and vegetables | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 8) | | List 3 examples of milk and alternatives | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 9) | | List 3 examples of grain products. | |

|  |  |
| --- | --- |
| |  | | --- | | Please use full sentences for the next 2 questions (10 and 11) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 10) | | You are at the movies with your family. You're buying a small popcorn and a beverage. For just fifty cents more you can supersize your popcorn and your beverage. Your brother tells you it's a good deal. What do you do? | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 11) | | You and your friends are hanging out after school. One of your friends suggests going to his place and plying video games. You'd like to try out the new bike trails but you still want to hang out with your friends. What do you do? | |