

PYRAMID POWER



student Quiz #1

Name _____

True or False

Determine if the following statements are true or false.
Please circle your answer.

1.) Foods in the meat group provide energy for your mind to think and your body to play.

TRUE **FALSE**

2.) Foods in the grain group are at the base of the pyramid, so they should be included in every meal.

TRUE **FALSE**

3.) Vegetables contain nutrients that help your eyes see better in the dark.

TRUE **FALSE**

4.) Foods in the fats and sweets group are at the top of the pyramid, which means they should be the first choice of foods to eat.

TRUE **FALSE**

5.) Dairy foods help to keep bones strong and healthy.

TRUE **FALSE**