

Pyramid Pile Up Plus Quiz 2 Fill In The Blank – Answer Key

Directions

Complete each sentence by writing in the blank or circling the best answer.

Example:

MyPyramid represents physical activity with a person running up the stairs.

1. The USDA recommends that you “make half your grains **whole**” or that 50% of all grains eaten in a day be whole **wheat** not just white.
2. The USDA recommends that you “**vary** your veggies” or eat different kinds of vegetables each day.
3. The USDA recommends that you “**focus** on fruit” or make sure fruits are available to eat during the day.
4. The USDA recommends that you “get your **calcium** rich foods” or eat low fat or fat free dairy products every day.
5. The USDA recommends that you “go **lean** with protein” or eat meats like chicken, eggs, fish, and turkey that are low in **fat**.
6. MyPyramid divides food into six groups:
 1. Grains
 2. **Vegetables**
 3. **Fruit**
 4. **Milk**
 5. **Meat and Beans**
 6. **Oils**



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Using the Nutrition Facts food label below, answer the following questions about this loaf of bread.

7. The serving size is **2 slices**.
8. There are **90** calories in one (1) *slice* of bread.
9. There are 2 grams of **total** fat and **0** grams of saturated fat in one serving of this bread.
10. There are **1.7** grams of sugar in one serving of this bread.
11. There are **28** grams or **9%** daily value of total carbohydrates in one serving of this bread.
12. The amount of sodium in two slices of this bread accounts for **12%** of a person's daily intake of sodium.

Nutrition Facts	
Serving Size 2 slices	
Servings Per Container about 12	
Amount Per Serving	
Calories	180
	%Daily Value*
Total Fat	2g 3%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	227mg 12%
Total Carbohydrate	28g 9%
Dietary Fiber	1.7g 7%
Sugars	1.7g
Protein	4.9g
Vitamin A	0% • Vitamin C 0%
Calcium	0% • Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

