

Pyramid Pile Up Plus Quiz 3 Application - Answer Key

Directions

Applying what you've learned from *Pyramid Pile Up Plus* and the USDA's MyPyramid, circle the best answer for each of the questions below. Some foods may belong in one, two, or three groups.

- Oatmeal belongs in the ____ group(s).
 - Grains**
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans
- Fried chicken wings belong in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar**
 - Milk
 - Meat & Beans
- 1% milk belongs in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar
 - Milk**
 - Meat & Beans
- Pistachio nuts belong in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans**
- Dried apricots belong in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit**
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans



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6. Cereal with fresh banana belongs in the ____ group(s).
- a. **Grains**
 - b. Vegetables
 - c. **Fruit**
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans
7. A hot fudge sundae belongs in the ____ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans
8. Whole wheat spaghetti with tomatoes and turkey meatballs belongs in the ____ group(s).
- a. **Grains**
 - b. **Vegetables**
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. **Meat & Beans**
9. Fruit salad belongs in the ____ group(s).
- a. Grains
 - b. Vegetables
 - c. **Fruit**
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans
10. A peanut butter sandwich belongs in the ____ group(s).
- a. **Grains**
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. **Meat & Beans**



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11. Wild rice and carrots belong in the ___ group(s).
- a. **Grains**
 - b. **Vegetables**
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans
12. Grape soda belongs in the ___ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans
13. Sour cream and onion potato chips belong in the ___ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans
14. Pumpkin pie with whipped cream belongs in the ___ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans
15. Canned peaches in heavy syrup belong in the ___ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans



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16. Chicken fajitas (flour tortilla, chicken, and onions) belong in the ____ group(s).
- a. **Grains**
 - b. **Vegetables**
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. **Meat & Beans**
17. Strawberries with cottage cheese belong in the ____ group(s).
- a. Grains
 - b. Vegetables
 - c. **Fruit**
 - d. Oil / Fat / Sugar
 - e. **Milk**
 - f. Meat & Beans
18. Breakfast sausage and scrambled eggs belong in the ____ group(s).
- a. Grains
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. **Meat & Beans**
19. Saltine crackers with low fat cheddar cheese slices belong in the ____ group(s).
- a. **Grains**
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. **Milk**
 - f. Meat & Beans
20. A whole wheat bagel with cream cheese belongs in the ____ group(s).
- a. **Grains**
 - b. Vegetables
 - c. Fruit
 - d. **Oil / Fat / Sugar**
 - e. Milk
 - f. Meat & Beans

