

Pyramid Pile Up Plus Quiz 2

Fill In The Blank

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



Pyramid Pile Up Plus Quiz 2 Fill In The Blank

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

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

