

Pyramid Pile Up Plus Quiz 3 Application

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.

1. Oatmeal belongs in the ____ group(s).
 - a. Grains
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans

2. Fried chicken wings belong in the ____ group(s).
 - a. Grains
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans

3. 1% milk belongs in the ____ group(s).
 - a. Grains
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans

4. Pistachio nuts belong in the ____ group(s).
 - a. Grains
 - b. Vegetables
 - c. Fruit
 - d. Oil / Fat / Sugar
 - e. Milk
 - f. Meat & Beans

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



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

