

Pyramid Pile Up Quiz 2
Fill In The Blank

Directions

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

Example:

The Food Guide Pyramid was released to the public in 1992. The online food guide called MyPyramid / YourPyramid / OnlinePyramid was created in 2005.

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. The 1992 Food Guide Pyramid includes suggested servings sizes for everyone / specific groups of people.
7. The new 2005 MyPyramid includes suggested serving sizes for everyone / specific groups of people.
8. The 1992 Food Guide Pyramid tells people that fats, oils, and sugars should be used _____ or used only once in while.



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9. Physical activity is represented by _____ on the left side of MyPyramid.
10. The 1992 Food Guide Pyramid does / does not talk about physical activity.
11. Food groups are arranged from top to bottom / left to right in the 1992 Food Guide Pyramid.
12. The 2005 MyPyramid arranges food groups from top to bottom / left to right.
13. There are four / five / six food groups in the 1992 Food Guide Pyramid.
14. The 2005 MyPyramid divides food into six groups:
 1. Grains
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

