

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

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 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. 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 sparingly or used only once in while.



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9. Physical activity is represented by stairs / staircase / person running up stairs 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. Vegetables
 3. Fruit
 4. Milk
 5. Meat and Beans
 6. Oils

