

Pyramid Pile Up Quiz 3
Application - Answer Key

Directions

Applying what you've learned from Pyramid Pile Up 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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- Cereal with fresh banana belongs in the ____ group(s).
 - Grains**
 - Vegetables
 - Fruit**
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans
- A hot fudge sundae belongs in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar**
 - Milk
 - Meat & Beans
- Whole wheat spaghetti with tomatoes and turkey meatballs belongs in the ____ group(s).
 - Grains**
 - Vegetables**
 - Fruit
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans**
- Fruit salad belongs in the ____ group(s).
 - Grains
 - Vegetables
 - Fruit**
 - Oil / Fat / Sugar
 - Milk
 - Meat & Beans
- A peanut butter sandwich belongs in the ____ group(s).
 - Grains**
 - Vegetables
 - Fruit
 - Oil / Fat / Sugar
 - Milk
 - 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

