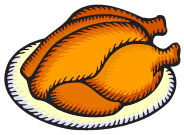
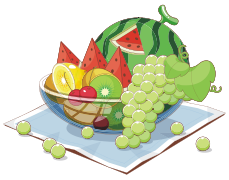
MyPlate in Practice

PRETEST
Name _____
Date _____

MyPlate in Practice-3rd Grade

Q1. Circle the food group from which we select whole grains.

Q2. Circle the important nutrient in the Dairy group.

Fiber Vitamin C Calcium Iron

Q3. Circle the body part that Vitamin A keeps healthy.

Eyes Ears Nose

Q4. Look at the two labels below. Which cereal is higher in fiber for one serving?

Corn flakes Raisin Bran

Label #1 Corn Flakes

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 2g	

Vitamin A 15% • Vitamin C 25%
Calcium 0% • Iron 50%

Label #2 Raisin Bran

Nutrition Facts

Serving Size 1-1/4 cups (55g)
Servings Per Container About 8

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	190	230
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 90mg	4%	7%
Total Carbohydrate 47g	16%	18%
Dietary Fiber 6g	24%	24%
Sugars 13g		
Protein 5g		

Q5. You have just participated in a physical activity and are thirsty.
Name one healthy drink.

_____

Q6. When I wash my hands I need . . .

to rinse my hands quickly	to wash my hands for 20 seconds	to wash my hands for five minutes

Q7. You come home from school and want to fix yourself a snack of an apple and string cheese.
Choose and put in order the four steps on how you would prepare your snack
(number 1, 2, 3, 4).

____ Slice your apple

____ Wash your hands

____ Eat your snack

____ Wash your apple

Q8. Which disease results from a diet with not enough calcium or physical activity?

Anemia osteoporosis diabetes

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.
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