

Sr. Food Show Knowledge Showcase

Circle the best answer choice.

Name _____

1. Which of these nutrients can you get from eating whole fruit that is not usually found in juice?

- a. Vitamins
- b. Minerals
- c. Fiber
- d. Sugar

2. About how much of your plate should be fruits and vegetables?

- a. One fourth
- b. One half
- c. Three fourths
- d. All of it



3. What are these?

- a. Scallions (spring onions)
- b. Asparagus spears
- c. Broccoli spears
- d. Britney Spears



4. About how much of the grains you eat should be whole grains?

- a. None
- b. One quarter
- c. One half
- d. All of them

5. Which of these grain products is available in both refined and whole grain varieties?

- a. Pasta
- b. Bread
- c. Cornbread
- d. Crackers
- e. All of the above

Sr. Food Show Knowledge Showcase

Circle the best answer choice.

6. All adults need the same amount of food from the Protein Foods Group.

True

False

7. Protein Foods can contribute to sodium intake.



True

False

8. What food group are beans, peas, and lentils counted in?

a. Vegetable Group

b. Protein Foods Group

c. Both

d. Neither



9. What important mineral is found in all foods in the Dairy Group?

a. Vitamin C

b. Riboflavin

c. Calcium

d. Fiber



10. What's the first step you should take to lower your risk of germs while preparing food?

a. Wipe down kitchen counters and sweep the floor.

b. Wash hands with soap and water.

c. Read through the recipe carefully.

d. Rinse off any raw meat.

Int. Food Show Knowledge Showcase

Circle the best answer choice.

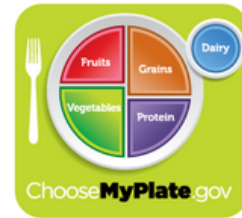
Name _____

1. How many groups are on MyPlate

- a. 2
- b. 3
- c. 4
- d. 5

2. About how much of your plate should be fruits and vegetables?

- a. One fourth
- b. One half
- c. Three fourths
- d. All of it



3. What are these?

- a. Scallions (spring onions)
- b. Asparagus spears
- c. Broccoli spears
- d. Britney Spears



4. About how much of the grains you eat should be whole grains?

- a. None
- b. One quarter
- c. One half
- d. All of them

5. Which of these grain products is available in both refined and whole grain varieties?

- a. Pasta
- b. Bread
- c. Cornbread
- d. Crackers
- e. All of the above

Int. Food Show Knowledge Showcase

Circle the best answer choice.

6. Milk is the only food that contains calcium.

True

False

7. How can you tell when raw meat has finished cooking and are safe to eat?

a. Pierce the thickest part of the meat and make sure the juices run clear.

b. Check the color of the meat and make sure there is no pink meat left.

c. Use a food thermometer to make sure the meat reached a safe internal temperature.

d. Cut the meat open with a clean knife and make sure it is hot all the way through.

8. What food group are beans, peas, and lentils counted in?

Vegetable Group

Protein Foods Group

Both

Neither



9. Fruits with peels or rinds that are removed (like oranges, bananas, and watermelon) don't need to be rinsed before they're eaten because the peel or rind protects them from germs.

True

False



10. What's the first step you should take to lower your risk of germs while preparing food?

a. Wipe down kitchen counters and sweep the floor.

b. Wash hands with soap and water.

c. Read through the recipe carefully.

d. Rinse off any raw meat.

Jr. Food Show Knowledge Showcase

Circle the best answer choice.

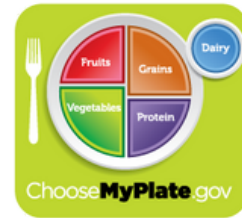
Name _____

1. How many groups are on MyPlate

- a. 2
- b. 3
- c. 4
- d. 5

2. About how much of your plate should be fruits and vegetables?

- a. One fourth
- b. One half
- c. Three fourths
- d. All of it



3. What food group do these fit in?

- a. Fruit
- b. Vegetable
- c. Grain
- d. Protein



4. About how much of the grains you eat should be whole grains?

- a. None
- b. One quarter
- c. One half
- d. All of them

5. What food group do these fit in?

- a. Dairy
- b. Vegetable
- c. Grain
- d. Protein



Jr. Food Show Knowledge Showcase

Circle the best answer choice.

6. Milk is the only food that contains calcium.

True

False

7. How can you tell when raw meat has finished cooking and are safe to eat?

a. Pierce the thickest part of the meat and make sure the juices run clear.

b. Check the color of the meat and make sure there is no pink meat left.

c. Use a food thermometer to make sure the meat reached a safe internal temperature.

d. Cut the meat open with a clean knife and make sure it is hot all the way through.

8. What food group are beans, peas, and lentils counted in?



Vegetable Group

Protein Foods Group

Both

Neither

9. How long should it take to wash your hands properly?

a. 5 seconds

b. 10 seconds

c. 15 seconds

d. 20 seconds

10. What's the first step you should take to lower your risk of germs while preparing food?

a. Wipe down kitchen counters and sweep the floor.

b. Wash hands with soap and water.

c. Read through the recipe carefully.

d. Rinse off any raw meat.