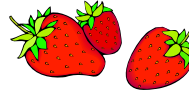


Jr. Chef I Pre-Test

Directions: Answer the questions below. Circle the number next to the most correct answer. Please do not guess. If you do not know the answer, circle “not sure.”

A. Circle the number of the vitamin we get in strawberries and oranges.

1. Vitamin D
2. Vitamin C
3. Vitamin E
4. not sure



B. Circle the number that contains all 3 foods from the vegetable group.

1. peas, carrots, lettuce
2. carrots, bread, grapes
3. fish, rice, peas
4. not sure



C. Circle the number that tells how often you are physically active. Activities like taking walks, riding your bike, playing ball, sports games, or dance classes are physical activities.

1. I am physically active everyday.
2. I am physically active most days of the week.
3. I am not physically active most days of the week.
4. I am never physically active.
5. I am not sure.

D. Circle the number that tells what you should do just before eating or cooking food.

1. brush my hair
2. wash my hands
3. pet the dog
4. not sure

E. Circle the number that tells how many times you ate fruit yesterday.

1. 1 time
2. 2 times
3. 3 times
4. 4 times



F. Write the number of the food group below, in the triangle it belongs in on MyPyramid above.



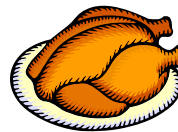
1. Milk Group



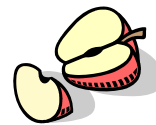
2. Vegetable Group



3. Grain Group



4. Meat and Beans Group



5. Fruit

G. Did you eat a vegetable with dinner yesterday?

1. Yes
2. No
3. I did not eat dinner.
4. I do not remember.

H. Circle the number of the body part that Vitamin A keeps healthy:

1. eyes
2. ears
3. nose
4. not sure

