

Agency Logo

Local Agency Name  
Street address  
City, State, Zip Code  
Telephone

**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 mineral we get in many vegetables.

1. Zinc
2. Potassium
3. Iron
4. Not sure



**B.** Circle the number that lists all 3 foods that are whole grains.

1. Brown rice, oatmeal, white bread
2. 100 percent whole wheat bread, white rice, soda crackers
3. Oatmeal, 100 percent whole wheat bread, brown rice
4. Not sure



**C.** Circle the number that tells how much physical activity you do. Activities like taking walks, riding your bike, playing ball, sports games, or dance classes are physical activities.

1. I do less than 60 minutes of physical activity most days of the week
2. I do 60 minutes or more of physical activity most days of the week
3. I do 60 minutes or more of physical activity everyday
4. I do not do physical activity most days of the week
5. I am not sure

**D.** Circle the number that tells how much soda pop or other sweetened beverage you drink each day.

1. One or two 12-ounce cans per day
2. Two or more cans per day
3. One or two 20-ounce bottles per day
4. More than two 20-ounce bottles per day
5. None
6. Not sure



**E.** Circle the number of the fat that is healthier for your heart.

- |                  |                  |
|------------------|------------------|
| 1. Vegetable oil | 3. Saturated fat |
| 2. Trans-fat     | 4. Not sure      |



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



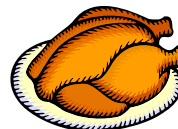
1. Milk Group



2. Vegetable Group



3. Grain Group



4. Meat and Beans Group



5. Not Sure

**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 amount of fruit you ate yesterday:

1. About half a cup, or one small piece of fruit
2. About one cup, or one large piece of fruit
3. About one and a half cups, or two large pieces of fruit or more
4. None
5. Not sure