

## Chapter 2 Test, Food Groups

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. Name three of the five main food groups. \_\_\_\_\_
2. Besides beans, name something surprising that IS part of the meat group. \_\_\_\_\_
3. How many cups of fruit should you have every day? \_\_\_\_\_
4. Adding chocolate or strawberry flavor to milk does not add anything but flavor:  
True False
5. Why is fresh fruit a better choice than canned fruit? \_\_\_\_\_
6. Beans can belong to both the \_\_\_\_\_ group and the \_\_\_\_\_ group.
7. Grilled chicken is healthier than fried chicken: True False
8. Foods in the dairy group are high in \_\_\_\_\_.
9. Name one thing you can add lots of to a salad that may lower its nutritional value. \_\_\_\_\_
10. In a few sentences, describe the difference between whole grains and refined grains.

Fill in the blank choices:

Grains  
Calcium  
Meats and proteins  
2 \_ cups  
Lots of dressing  
Fruits  
Dairy  
1 \_ cups  
Cheese  
Vegetables  
croutons