

Summer Nutrition Club – Lesson 1 Quick Quiz

Circle the letter of the right answer for each of the 4 questions below. Don't forget to flip it over and do the back side too! If you aren't sure about an answer, just do your best!

1) What is the BEST way to tell if pasta is a whole grain?

- a. See if the noodles are darker in color



- b. Look for the word "wheat" on the box

INGREDIENTS: SEMOLINA (WHEAT), DURUM WHEAT FLOUR, WHOLE DURUM WHEAT FLOUR, CORN STARCH, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

- c. Look for the whole grain stamp on the box or the words "whole wheat" listed as the first ingredient



2) How many colors of fruits and vegetables should you eat?

- a. Every color – the whole rainbow!
- b. Only yellow and green fruits and vegetables
- c. Only your favorite colors

3) How can you make sure that you have the right amount of water in a liquid measuring cup?

- a. Count the number of seconds that you pour the water



- b. Set the cup at eye-level and make sure the water is at the right mark



- c. Look at it from the top of the cup



4) True or false? A recipe can have more than one food group in it.

- a. True (yes)
b. False (no)