



NAME:

DATE:

FOOD GROUPS QUIZ

1. Name the five food groups.

- _____
- _____
- _____
- _____
- _____

2. How much physical activity should a child ages 6-11 get in one day? _____

3. Why is it important to eat a variety of foods each day?

4. Would it be healthy to eat foods from just one or two food groups all of the time?

5. _____