

Nutrition and Exercise Final Assessment

What are the five food groups in the MyPlate image and give three examples of each

1. _____

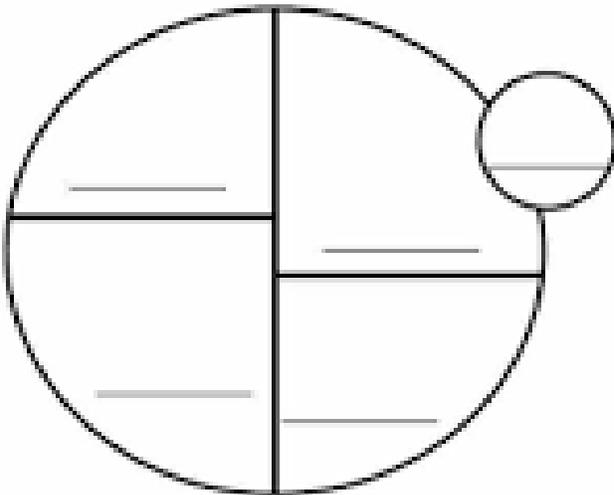
2. _____

3. _____

4. _____

5. _____

Please fill in the MyPlate Image



Give three ways you can get exercise while at school

1.

2.

3.

Give three ways you can get exercise while at home or after school

1.

2.

3.

How much exercise should you get everyday?

Name some good reasons exercise is good for you.

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Food Label Identification

Using the following label-

Can you tell me the Calories listed on this food label _____

Amount of Carbohydrates _____ Protein _____ Fats _____

Can you name 3 vitamins or minerals-

Is this a food item you could eat for breakfast and would nourish your brain?

Nutrition Facts			
Serving Size 1 cup (28g)			
Children Under 4 - ¾ cup (21g)			
Servings Per Container about 18			
Children under 4 - about 24			
Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total			
Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g
% Daily Value**			
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 250mg sodium, 370mg potassium, 26g total carbohydrate (7g sugars) and 1g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Multiple Choice

Select the definition that most nearly defines the given word.

1. vitamins

- A. A source of energy that your body depends on for energy storage and protection against temperature changes.
- B. Nutrients needed in small amounts to keep the body healthy.
- C. being active; moving or acting rapidly and energetically.
- D. Activities that require quick burst of energy at high intensities- sprinting in soccer

2. What is nourishment

- A. The food groups are: vegetables, fruits, proteins, grains, dairy, and fats.
- B. the ability to bend and twist your body comfortably
- C. Food or ideas necessary for health and growth of our minds and bodies.
- D. Use as a guide to the five food groups and how much of each you need each day

3. What is meant by Strength

- A. How well your heart and other organs function and the ability to perform daily tasks easily with enough reserve energy to respond to unexpected demands.
- B. Being physically or mentally strong.
- C. To put or keep something in a steady or stable condition.
- D. A measurable change in size.

4. What is meant by a Balanced Diet

- A. The quality of being strong.
- B. A measurable change in size.
- C. How well your heart and other organs function and the ability to perform daily tasks easily with enough reserve energy to respond to unexpected demands.
- D. a diet made up of a healthy amount of foods from each of the food groups.

5. Hydration is

- A. Activities that require quick burst of energy at high intensities- sprinting in soccer
- B. the need to supply your body with fluids
- C. All the changes an organism undergoes as it grows.
- D. An activity that develops or strengthens the body or mind.

6. Nutrition Fact Label

- A. being able to continue an activity for a long time without tiring
- B. a diet made up of a healthy amount of foods from each of the food groups.
- C. A place where you can locate the ingredients and nutritional value of a food product
- D. ability to use your muscles many time without tiring

7. Food Groups

- A. Supply body with main source of energy.
- B. Nutrients needed in small amounts to keep the body healthy.
- C. The food groups are: vegetables, fruits, proteins, grains, dairy, and fats.
- D. Food or ideas necessary for health and growth of our minds and bodies.

8. Exercise is

- A. The food groups are: vegetables, fruits, proteins, grains, dairy, and fats.
- B. physical activity that increases the supply of oxygen to the body and that can be continued for a period of time without resting
- C. Substances that your body needs for energy and growth.
- D. An activity that develops or strengthens the body or mind.

9. MyPlate

- A. Use as a guide to the five food groups and how much of each you need each day,
- B. An activity that develops or strengthens the body or mind.
- C. How well your heart and other organs function and the ability to perform daily tasks easily with enough reserve energy to respond to unexpected demands.
- D. nutrients the body needs for growth and repair

10. How much exercise should you get each day?

- A. 30 minutes
- B. 15 minutes
- C. 60 minutes
- D. 2 hours

MATCHING

Directions: Read each statement and draw a line to match the eating behavior cause to the effect this may have on your body and brain

CAUSE

EFFECT

Having 2 cheeseburgers, French Fries and ice cream for lunch

Your Brain can work better, which helps you to do better in school

Not eating breakfast

You may feel tired and not have the energy to play and be active

Eating a variety of meals full of fruits and vegetables

Your drive to want to do anything will be gone.

Eating way too much at meal time

You will have better memory, solve problems quicker and make fewer mistakes

Eating meals filled with protein and grains

You may become sick and over weight

Starting your day with a nutritious Breakfast

You may have energy at firsts but then feel very tired

Watching cartoons all day and eating candy

Your body gets the vitamins and nutrients it needs