



Food Pyramid Work Sheet No. 2

Q1 How many portions of fresh fruit and vegetables should you eat daily?

A. 5+ Portions B. 3 Portions C. 2 Portions

Answer:

Q2 Which of these items are found on the bottom shelf of the food pyramid?

A. Bread B. Carrots C. Fish

Answer:

Q3 The Food Group that provides the most calcium is the Milk, Cheese, & Yogurt Group?

A. True B. False

Answer:

Q4 How many servings from the meat group should you choose a day?

A. 5 B. 2 C. 6

Answer:

Q5 How many servings of Milk, Cheese and Yogurt does a teenager need a day?

A. 10 B. 2 C. 5

Answer:

Q6 The base of the Pyramid includes foods we need to eat the most of?

A. True B. False

Answer:

Q7 Which of these drinks would go in the top level of the pyramid?

A. Water B. Milk C. Lemonade

Answer:

Q8 Name 2 Foods that belong to the Fresh Fruit and Vegetable section?

A. Orange & Peas B. Biscuit & Cake C. Fish & Sausages

Answer:

Q9 What foods are the least nutritious and should be the smallest part of your diet?

A. Fruit & Vegetables B. Bread & Cereals C. Fats & Sugars

Answer:

Q10 You can make dinners healthier by baking, grilling or boiling instead of frying?

A. True B. False

Answer:

Tip: Visit: www.irishpride.ie for more details on the Food Pyramid