



Name: \_\_\_\_\_

# Post-Test

**Directions:**

Circle the correct word to fill in the blank.

- Eating fruits and vegetables give you \_\_\_\_\_ to think and play.  
a. energy                      b. time                      c. calcium
- Chicken, turkey and \_\_\_\_\_ are all examples of lean sources of protein that help build strong muscles.  
a. potatoes                      b. fish                      c. whole grains
- \_\_\_\_\_ grains give you more fiber and vitamins because they have all parts of the grain kernel.  
a. Red                      b. Cereal                      c. Whole
- You should drink at least six cups of \_\_\_\_\_ every day.  
a. soda                      b. water                      c. juice
- Regular sodas have a lot of \_\_\_\_\_, but no vitamins or minerals to keep your body healthy.  
a. protein                      b. sugar                      c. fat
- Dairy foods like milk, string cheese and yogurt give you \_\_\_\_\_ and vitamin D for strong bones and teeth.  
a. calcium                      b. vitamin C                      c. vitamin A

## Nutrition Facts Panel

The Nutrition Facts Panel can be found on the packages of most foods. It tells us important information about the foods we eat.

Use the nutrition label to answer the following questions about the Macaroni and Cheese Dinner.

### Macaroni and Cheese Dinner

| Nutrition Facts                                  |                       |
|--|-----------------------|
| Serving Size 1 cup<br>Servings Per Container 2.5 |                       |
| Amount Per Serving                               |                       |
| Calories 360                                     | Calories from Fat 140 |
| % Daily Value*                                   |                       |
| Total Fat 14 g                                   | 21%                   |
| Saturated Fat 9 g                                | 45%                   |
| Trans Fat 0 g                                    |                       |
| Cholesterol 45 mg                                | 15%                   |
| Sodium 590 mg                                    | 25%                   |
| Total Carbohydrate 41 g                          | 14%                   |
| Dietary Fiber 3 g                                | 10%                   |
| Sugars 5 g                                       |                       |
| Protein 14 g                                     | 0%                    |
| Vitamin A 15%                                    | Vitamin C 2%          |
| Calcium 25%                                      | Iron 10%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calories needs.

#### Ingredient List:

Enriched wheat pasta, milk, cheese, spices

7. What is the serving size?

\_\_\_\_\_

8. How many servings are in this package?

\_\_\_\_\_

9. What is the percent of calcium found in this food product?

\_\_\_\_\_

10. Is this made with whole grain pasta?

\_\_\_\_\_