

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *What's On MyPlate?*, answer the following questions.

1. What does MyPlate look like? Draw and label the MyPlate graphic in the space below.

2. What are the three parts of the grain kernel? Which parts are removed when a grain is refined?

3. Reading ingredients lists can help you determine whether or not a food is made from whole grains. What names do not indicate whole grains? Which names indicate whole grains? Fill in the chart.

Not Always Whole Grains	Whole Grain Names

4. What are the five different types of vegetables? What are some examples of vegetables found in each of the groups?

5. What are the different ways you can eat fruit?

6. Why should you think about color diversity when choosing foods?

7. What are some lean protein choices?

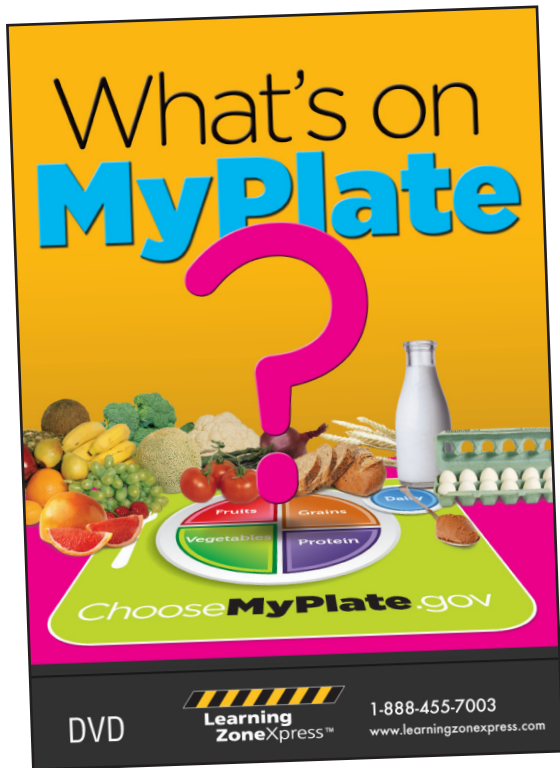
8. Why aren't cream cheese, butter, and sour cream considered part of the dairy group?

9. Name three sources of healthy fats.

10. What are some names found on a food's ingredients list that indicate sugar?

11. True or False. Most sodium comes from processed foods rather than salt added to foods from the saltshaker.

12. What is the difference between a "whole food" and a "processed food"?

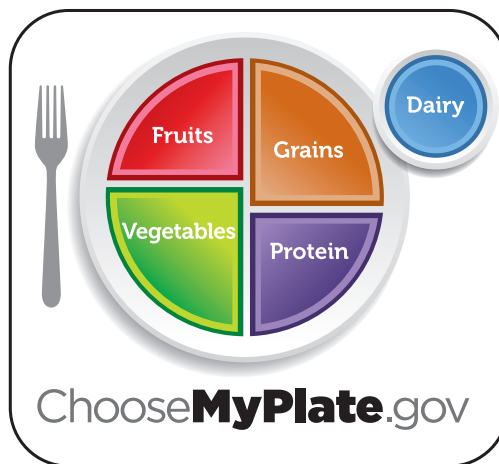


ANSWER KEY

Review:

After watching *What's On MyPlate?*, answer the following questions.

1. What does MyPlate look like? Draw and label the MyPlate graphic in the space below.



2. What are the three parts of the grain kernel? Which parts are removed when a grain is refined?
Bran, germ and endosperm are the parts of the grain kernel. Refined grains are missing the bran (fiber) and germ (vitamins and minerals).

3. Reading ingredients lists can help you determine whether or not a food is made from whole grains. What names do not indicate whole grains? Which names indicate whole grains? Fill in the chart.

Not Always Whole Grains	Whole Grain Names
<p><i>Wheat flour</i> <i>Wheat bread</i> <i>Cracked wheat</i> <i>Unbleached or enriched flour</i> <i>Stone ground</i> <i>Multigrain</i></p>	<p><i>Whole grain</i> <i>Rolled oats</i> <i>Whole wheat</i> <i>Brown rice</i></p>

4. What are the five different types of vegetables? What are some examples of vegetables found in each of the groups?

Dark green – spinach, collard greens, dark lettuces, broccoli

Red & Orange – carrots, red and orange bell peppers, tomatoes, squash, sweet potato

Beans & Peas – black beans, garbanzo beans, lentils, black-eyed peas

Starchy – potatoes, corn, plantains, water chestnuts

Other – cabbage, avocado, cauliflower, onions, zucchini

5. What are the different ways you can eat fruit?

Fresh, frozen, 100% juice, dried, canned in water or 100% juice

6. Why should you think about color diversity when choosing foods?

Each color has a different health benefit.

7. What are some lean protein choices?

Beans, nuts, lentils, soy foods like tofu, skinless chicken breasts, turkey cutlets, fish

8. Why aren't cream cheese, butter, and sour cream considered part of the dairy group?

Cream cheese, butter, and sour cream don't count towards servings from the dairy group because they contain little to no calcium.

9. Name three sources of healthy fats.

Avocados, olives, fish, nuts, canola or olive oil

10. What are some names found on a food's ingredients list that indicate sugar?

Sugar, corn syrup, molasses, brown sugar, cane sugar

11. **True** or False. Most sodium comes from processed foods rather than salt added to foods from the saltshaker.

12. What is the difference between a "whole food" and a "processed food"?

Answers will vary, but should include an explanation that whole foods are foods close to their original form, such as fresh fruit or vegetables, nuts, beans, whole grains, lean protein and low-fat dairy. Processed foods are manufactured and changed from their natural state, such as a strawberry flavored fruit roll-up.