
Reading Passage Section 5: Comprehension Check

Directions: Circle the correct answer for each of the following questions. Be prepared to discuss the answers with your class.

1. Which one comes from good nutrition?
 - (a) energy
 - (b) healthy weight
 - (c) reduce the risk of disease
 - (d) all of the above

 2. Which foods are in the protein group?
 - (a) fish, dried beans, and nuts
 - (b) cheese, milk, and yogurt
 - (c) corn, potatoes, and carrots
 - (d) pears, grapes, and oranges

 3. Which foods are in the vegetable group?
 - (a) oils, cake, and butter
 - (b) broccoli, carrots, and green beans
 - (c) meat, turkey, and nuts
 - (d) bread, cereal, and rice

 4. Which foods are in the dairy group?
 - (a) cream, milk, and cheese
 - (b) chicken, meat, and dried beans
 - (c) apples, grapes, and pears
 - (d) cereal, pasta, and bread

 5. Which foods are in the fruit group?
 - (a) butter, candy, and oil
 - (b) rice, cereal, and pasta
 - (d) fish, chicken, and eggs
 - (d) bananas, apples, and lemons

 6. Which foods are in the fats and sweets group?
 - (a) green beans, onions, and peas
 - (b) cake, oil, and candy
 - (c) cream, milk, and yogurt
 - (d) eggs, nuts, and dried beans
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Reading Passage Section 5: Comprehension Check, continued

7. Which foods are in the grain group?
- (a) chicken, turkey, and meat
 - (b) grapes, apples, and oranges
 - (c) bread, cereal, and rice
 - (d) butter, candy, and oil
8. Which is the least healthy way to cook?
- (a) grilling
 - (b) broiling
 - (c) frying in oil
 - (d) steaming
9. What does a nutrition label tell you?
- (a) food package weight
 - (b) serving size
 - (c) expiration date
 - (d) all of the above
10. Which describes the term, “balanced diet?”
- (a) three meals a day
 - (b) no more than two snacks a day
 - (c) eating or drinking only 8 oz. of any food or beverage
 - (d) choosing food from the six major food groups
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Reading Passage Section 5: Comprehension Check Answer Key

Directions: Circle the correct answer for each of the following questions. Be prepared to discuss the answers with your class.

1. Which one comes from good nutrition?
 - (a) energy
 - (b) healthy weight
 - (c) reduce the risk of disease
 - (d)*all of the above**

 2. Which foods are in the protein group?
 - (a)*fish, dried beans, and nuts**
 - (b) cheese, milk, and yogurt
 - (c) corn, potatoes, and carrots
 - (d) pears, grapes, and oranges

 3. Which foods are in the vegetable group?
 - (a) oils, cake, and butter
 - (b)*broccoli, carrots, and green beans**
 - (c) meat, turkey, and nuts
 - (d) bread, cereal, and rice

 4. Which foods are in the dairy group?
 - (a)*cream, milk, and cheese**
 - (b) chicken, meat, and dried beans
 - (c) apples, grapes, and pears
 - (d) cereal, pasta, and bread

 5. Which foods are in the fruit group?
 - (a) butter, candy, and oil
 - (b) rice, cereal, and pasta
 - (c) fish, chicken, and eggs
 - (d)*bananas, apples, and lemons**

 6. Which foods are in the fats and sweets group?
 - (a) green beans, onions, and peas
 - (b)*cake, oil, and candy**
 - (c) cream, milk, and yogurt
 - (d) eggs, nuts, and dried beans
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Reading Passage Section 2: Comprehension Check Answer Key, continued

7. Which foods are in the grain group?
- (a) chicken, turkey, and meat
 - (b) grapes, apples, and oranges
 - (c)* bread, cereal, and rice**
 - (d) butter, candy, and oil
8. Which is the least healthy way to cook?
- (a) grilling
 - (b) broiling
 - (c)*frying in oil**
 - (d) steaming
9. What does a nutrition label tell you?
- (a) food package weight
 - (b)*serving size**
 - (c) expiration date
 - (d) all of the above
10. Which describes the term, “balanced diet?”
- (a) three meals a day
 - (b) no more than two snacks a day
 - (c) eating or drinking only 8 oz. of any food or beverage
 - (d)*choosing food from the six major food groups**
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