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
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
Reading Passage Section 5: Comprehension Check Answer Key

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