

**Instructions:** Choose at least one question from each of the five food groups to ask as part of the Anchor activity. The questions are on the left, and the corresponding answers are on the right. NOTE: the italicized portion of the answers are for the facilitator's reference only and do not need to be read as part of the answer to the class.

### DAIRY Questions

<p><b>All products made from milk are part of the Dairy Group.</b></p> <p> <input type="radio"/> True  <input type="radio"/> False         </p> 	<p><b>All products made from milk are part of the Dairy Group.</b></p> <p><b>Your Answer:</b> False</p> <p>✓ <b>Correct</b></p> <p><i>Foods made from milk that retain their calcium content, such as yogurt and cheese, are part of the Dairy Group. However, foods made from milk that have little to no calcium – such as cream cheese, cream, and butter – are not part of the Dairy Group.</i></p>
<p><b>What important mineral is found in all foods in the Dairy Group?</b></p> <p> <input type="radio"/> Vitamin C  <input type="radio"/> Riboflavin  <input type="radio"/> Calcium  <input type="radio"/> Fiber         </p> 	<p><b>What important mineral is found in all foods in the Dairy Group?</b></p> <p><b>Your Answer:</b> Calcium</p> <p>✓ <b>Correct</b></p> <p><i>All foods in the Dairy Group contain calcium – a mineral that is important for building and maintaining strong bones and teeth, regulating blood pressure, and is also important for the nervous system.</i></p>

**FRUIT Questions**

<p><b>Which of the following counts as part of the Fruit Group?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Canned peaches</li> <li><input type="radio"/> Dried apricots</li> <li><input type="radio"/> 100% orange juice</li> <li><input type="radio"/> Fresh strawberries</li> <li><input type="radio"/> All of the above</li> </ul> 	<p><b>Which of the following counts as part of the Fruit Group?</b></p> <p><b>Your Answer:</b> All of the above</p> <p>✓ <b>Correct</b></p> <p><i>Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.'</i></p>
<p><b>Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer.</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> True</li> <li><input type="radio"/> False</li> </ul> 	<p><b>Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer.</b></p> <p><b>Your Answer:</b> True</p> <p>✓ <b>Correct</b></p> <p><i>As a part of an overall healthy diet, eating a diet rich in fruits and vegetables may reduce risk for heart disease, protect against certain types of cancer, and help lower intake of calories.</i></p>

**GRAINS Questions**

<p><b>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is in the Grains Group.</b></p> <p><input type="radio"/> True <input type="radio"/> False</p> 	<p><b>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is in the Grains Group.</b></p> <p><b>Your Answer:</b> True</p> <p>✓ <b>Correct</b></p> <p><i>Foods made from these grains – which include bread, pasta, oatmeal, breakfast cereals, tortillas, and grits – are examples of foods in the Grains Group. Grain products with high levels of solid fats and/or added sugars (e.g., donuts, cakes) should be chosen less often.</i></p>
<p><b>What is the most common food from the Grain Group eaten in the United States?</b></p> <p><input type="radio"/> Tortillas <input type="radio"/> Bread <input type="radio"/> White rice <input type="radio"/> Popcorn <input type="radio"/> Pancakes</p> 	<p><b>What is the most common food from the Grain Group eaten in the United States?</b></p> <p><b>Your Answer:</b> Bread</p> <p>✓ <b>Correct</b></p> <p><i>Bread is the most common food from the Grains Group eaten in the United States.</i></p>

## PROTEINS Questions

**What food group are dried beans, peas, and lentils counted in?**

- Vegetable Group
- Protein Foods Group
- Both
- Neither



**What food group are dried beans, peas, and lentils counted in?**

**Your Answer:** Both

✓ **Correct**

*Beans and peas can be counted in either food group because they contain nutrients that are similar to foods in the Protein Foods Group (protein, iron, and zinc) and the Vegetable Group (fiber, potassium, and folate). Because of their high nutrient content, consuming dried beans and peas – and lentils, too – is recommended for everyone, including people who also eat meat, poultry, and seafood regularly.*

**Which food is a vegetarian choice in the Protein Foods Group?**

- Hummus (made with chick peas)
- Sesame seeds
- Peanut butter
- Black bean veggie burgers
- All of the above



**Which food is a vegetarian choice in the Protein Foods Group?**

**Your Answer:** All of the above

✓ **Correct**

*Vegetarian choices in the Protein Foods Group include beans and peas, nuts, nut butters, and soy products such as tofu, tempeh, and veggie burgers.*

## VEGETABLES Questions

<p><b>About how much of your plate should be fruits and vegetables?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> One quarter</li> <li><input type="radio"/> One half</li> <li><input type="radio"/> Three quarters</li> <li><input type="radio"/> All of it</li> </ul> 	<p><b>About how much of your plate should be fruits and vegetables?</b></p> <p><b>Your Answer:</b> One half</p> <p>✓ <b>Correct</b></p> <p><i>"Make half your plate fruits and vegetables" is a key nutrition message of MyPlate and the Dietary Guidelines for Americans. MyPlate is a visual reminder to make half your plate fruits and vegetables.</i></p>
<p><b>What color vegetable should you eat the most?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Orange, because they taste the best</li> <li><input type="radio"/> Purple, because they are rare and exotic</li> <li><input type="radio"/> Green, because kale is green</li> <li><input type="radio"/> A variety of colors</li> </ul> 	<p><b>What color vegetable should you eat the most?</b></p> <p><b>Your Answer:</b> A variety of colors</p> <p>✓ <b>Correct</b></p> <p><i>Varying your veggies ensures you get many different vitamins and minerals.</i></p>