Answer Key

1. True or <u>false</u>: Healthy breakfasts have foods with lots of calories, sugar, and fat.

2. <u>True</u> or false: Kids who eat breakfast tend to do better in school.

3. Bananas, oranges, strawberries, and apples are all:
   <u>a) Go foods</u>
   b) Slow foods
   c) Whoa foods

4. Bacon and sausage are:
   d) Go foods
   e) Slow foods
   <u>f) Whoa foods</u>

5. Waffles and pancakes are:
   <u>a) Go foods</u>
   b) Slow foods
   c) Whoa foods

6. Skim and low-fat milk are:
   <u>a) Go foods</u>
   b) Slow foods
   c) Whoa foods

7. The MyPlate food guide breaks foods into these groups:
   a) breakfast, lunch, snack, dinner, dessert
   <u>b) fruits, grains, vegetables, protein, dairy</u>
   c) fruits, nuts, berries, twigs, leaves, pebbles
   d) solids, liquids, gases

8. Vitamin D in milk helps you have strong _____ bones _____ and _____ teeth _____.

9. Two minerals people need to stay healthy are: <u>(any two of the following: calcium, chloride, cobalt, copper, fluoride, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, sulfur, zinc)</u>

10. Foods like donuts are not a good breakfast because: <u>(any of the following: high in calories, sugar, and fat; don't contain the nutrients people need)</u>