

Dietary Guidelines

Part A Directions Write *T* if the statement is true or *F* if it is false.

- _____ 1) Teenage girls need more iron than teenage boys require.
- _____ 2) Choosing a diet low in sugar is part of a healthy diet.
- _____ 3) You should always choose the smaller serving on the Food Guide Pyramid.
- _____ 4) Breads and grains form the base of the Food Guide Pyramid.
- _____ 5) The National Food Service (NSF) created the Food Guide Pyramid.

Part B Directions Place a check mark next to the *best* answer.

6) A chart that can be used to choose a healthy diet is:

- _____ a) the Food Guide Pyramid.
- _____ b) the Recommended Daily Allowance chart.
- _____ c) the Percent of Daily Diet chart.
- _____ d) the Nutrition Facts label.

7) What is a serving size?

- _____ a) 16 ounces or more
- _____ b) a way to measure how much of a food should be eaten
- _____ c) a measure of the fat in a serving of food
- _____ d) a way to measure the calories in a serving of food

8) Who needs more calories, calcium, and iron?

- _____ a) parents
- _____ b) teenagers
- _____ c) grandparents
- _____ d) active businesspeople

9) Which of these is a general dietary guideline?

- _____ a) Eat a wide variety of foods.
- _____ b) Balance the foods you eat with physical activity.
- _____ c) Eat many grains, fruits, and vegetables every day.
- _____ d) all of the above

10) Different people need different amounts of foods depending on:

- _____ a) age.
- _____ b) activity level.
- _____ c) gender.
- _____ d) all of the above