

MY PYRAMID FOR KIDS

2.0 HRS

ILLINOIS CHILD CARE BUREAU

Name _____ Phone _____

Address _____ City _____ Zip _____

Provider Signature

Date Completed

TRUE OR FALSE

- ____ 1. The recommendations in the Dietary Guidelines are targeted to the general public over 18 years of age.
- ____ 2. The recommendations, if followed, will greatly enhance the overall health of our children.
- ____ 3. Overweight and obesity are not a major risk factor for chronic diseases.
- ____ 4. There is growing evidence that following the dietary guidelines may reduce the risk of chronic disease.
- ____ 5. Most Americans do follow the Dietary Guidelines at the present time.
- ____ 6. The Dietary Guidelines report that it is best to meet nutrient needs by taking vitamin/mineral supplements.
- ____ 7. Nutrient supplements cannot replace a healthful diet.
- ____ 8. Diets rich in milk and milk products can reduce the risk of low bone mass throughout life.
- ____ 9. Fruits and vegetables provide an array of micronutrients and fiber.
- ____ 10. Most Americans do not eat the recommended intakes of the vegetable groups listed on page 5.
- ____ 11. When grains are refined, most of the bran and some of the germ are removed resulting in the loss of fiber and many other nutrients.
- ____ 12. The intake of milk products is especially important to bone health for children and teenagers.
- ____ 13. Calcium plays an important role in the prevention of gum disease.
- ____ 14. The USDA website to complement the Dietary Guidelines is **www.mypyramid.gov**.
- ____ 15. There are many links on **www.mypyramid.gov** offering an array of info to help parents and caregivers plan a nutritious diet for children.
- ____ 16. I plan to visit **www.mypyramid.gov** to check out the many features and wealth of information it offers.

FILL IN THE BLANKS

- 17. Two diseases linked to poor diet are _____ and _____.
- 18. In the 1999—2002 data, _____ % of children and teenagers were considered to be overweight.
- 19. A basic premise of the Dietary Guidelines is that nutrient needs should be met through consuming _____.
- 20. Increased intakes of _____, _____, _____ and low-fat _____ are likely to have important health benefits for most Americans.
- 21. Most Americans consume over their limit of _____ calories, which are calories that are allowed after the amounts of nutrient dense foods have been eaten.
- 22. A child requiring 1400 calories per day is allowed _____ discretionary calories each day.
- 23. The USDA Food Guide suggest increasing intakes of _____ vegetables, _____ vegetables, and _____ as part of the overall recommendation to have an adequate intake of fruits and vegetables.
- 24. The whole grain kernel is made of three components, the _____, the _____, and the _____.
- 25. Consuming at least _____ or more ounce equivalents of whole grains per day can reduce the risk of chronic disease.