



GOOD LUCK



True or



False

1

2

3

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14

15



Number 1



**Broccoli** is a flower





Yes, it is TRUE!

*Broccoli is the flower portion of the plant.*





No, it is not FALSE!

*Broccoli is the flower portion of the plant.*





Number 2

*Grains* start off as pasta.









No, it is not TRUE!

*Grains* start from the plants.





Yes, it is FALSE!

*Grains* start from the plants.



3

Number 3



*Grains* can be ground up to  
make flour?





Yes, it is TRUE!

**Grains** can be ground up to make flour.





No, it is not FALSE!

*Grains* can be ground up to make flour.





Number 4

**Protein** is food that  
comes from probiotics.





No, it is not TRUE!

**Protein** is food that comes from animals.





Yes, it is FALSE!

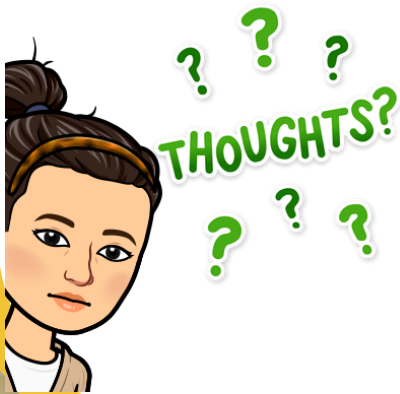
**Protein** is food that comes from animals.





Number 5

Something made from cows' milk  
is part of the *dairy* group





# Yes, it is TRUE!

Anything made from cows' milk or alternative milk is part of the dairy group.





# No, it is not FALSE!

Anything made from cows' milk or alternative milk is part of the dairy group.





Number 6



TRUE OR  
FALSE

*Food groups* provide nutmeg,  
essential to our bodies.





No, it is not TRUE!

**Food groups** provide **Nutrients**,  
essential for our bodies to function  
properly.





Yes, it is FALSE!

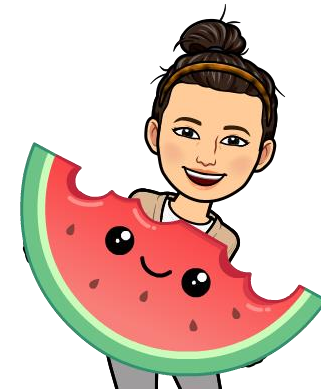
*Food groups* provide *Nutrients*,  
essential for our bodies to function  
properly.





Number 7

All *Fruit Juices* are good for  
you.





# No, it is not TRUE!

Not all *fruit juices* are good for you.  
Only 100% *fruit juice* is good for you.





# Yes, it is FALSE!

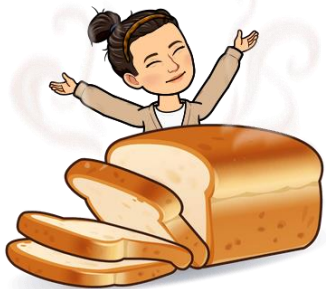
Not all *fruit juices* are good for you.  
Only 100% *fruit juice* is good for you.



8

Number 8

*white bread* is just as healthy  
as *whole grain* bread.





No, it is not TRUE!

*White bread* has less fiber, iron, and vitamins compared to *whole grain* bread.





# Yes, FALSE!

*White bread* has less fiber, iron, and vitamins compared to *whole grain* bread.





Number 9

*Grains* start off as granola.





No, it is not TRUE!

**Grains** all start with a plant.





Yes, it is FALSE!

*Grains* all start with a plant.



10

Number 10

*Fruit juices* are equally nutritious as  
the fruit itself.

HMMMMM





No, it is not TRUE!

**Fruit Juice** has less fiber than the fruit itself.





Yes, it is FALSE!

**Fruit Juice** has less fiber than the fruit itself.



11

Number 11

**Protein** can be found in plants.



**PLANT  
PROTEIN**





Yes, it is TRUE!

**Protein** can also come from plants like nuts and beans.

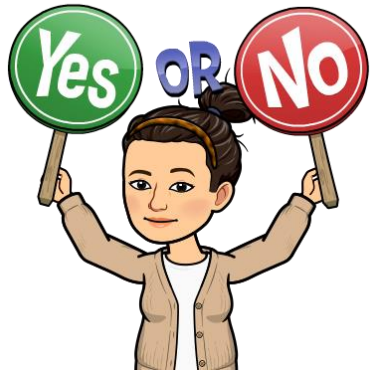




Yes, it is FALSE!

**Protein** can also come from plants like nuts and beans.





Number 12

**Beans** are part of the **Protein** group.





Yes, it is TRUE!

**Beans** come from plants and are a good source of **Protein**.





No, it is not FALSE!

**Beans** come from plants and are a good source of **Protein**.



13

TRUE OR FALSE



Number 13

**Eggs** are part of the **Dairy** food group.





No, it is not TRUE!

*Eggs* are part of the Protein group!





Yes, it is FALSE!

*Eggs* are part of the Protein group!



14

Number 14

*Popcorn* is part of the *Protein* group.





No, it is not TRUE!

**Popcorn** comes from corn kernels, which are  
**Grains.**





Yes, it is FALSE!

*Popcorn* comes from corn kernels, which are  
*Grains*.





Number 15

*All foods* can only be classified in one food group.





No, it is not TRUE!

*Some foods* can belong to more than one *food group*. *Popcorn*, and *tomatoes*, for example.





# Yes, it is FALSE!

*Some foods* can belong to more than one *food group*. *Popcorn*, and *tomatoes*, for example.





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