

Name: _____

Date: _____

End-of-Unit Nutrition Assessment **SAMPLE ANSWERS**

Jacob, a third-grade student, had the following meals yesterday.

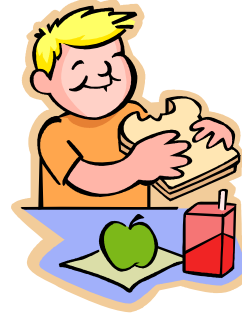
Breakfast

- Glass of juice
- Three bowls of Froot Loops with a cup of milk
- A piece of buttered toast



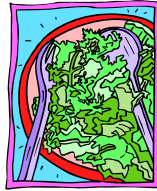
Lunch

- Ham and cheese sandwich on wheat bread
- Potato chips
- Apple
- Juice box



Dinner

- Six pieces of fried chicken
- Dinner roll
- Salad
- Glass of milk



Think about the food pyramid and a balanced diet. Using the attached food pyramid and what you have learned throughout the unit, answer the following questions.

1. What is good about Jacob's meals? Share 3 things that are good about his meals. Explain/support your ideas.

He had milk items at each meal (milk at breakfast and dinner, cheese at lunch). The food pyramid says that you should get 3 cups a day. It's important for your bones.

He had several servings of fruit.

He had wheat bread for lunch. Whole-grains or wheat is better than white.

He didn't have any "junk food" (except the chips) or sweets. We know it important to not eat many sweets or greasy chips.

At each meal he had food from several different food groups.

2. What should Jacob improve? Share 3 things Jacob should do differently to improve his diet. Explain/support your ideas.

He should have less juice and more real fruits. Juices can have added sugar.

He should eat more vegetables. The only vegetables he had was a salad.

He should try to eat grilled or baked chicken, not fried chicken. Fried chicken has more fat.

He should watch his serving sizes. He ate three bowls of cereal and 6 pieces of chicken.

He should pick a healthier cereal. His cereal probably has too much sugar.

3. What additional information would you like to know about Jason's meal and why? List at least 2 important questions that may help you decide if he made healthy choices. Explain/support why the questions are important.

Is the juice 100%? Many juices have quite a bit of sugar.

Was the toast or roll wheat? Wheat is better than white. At least half of the grains we eat should be whole grains.

What was in the salad? Jacob needs more vegetables.

What kind of chips did he eat? Some have less fat and are a bit healthier.

How many chips did he eat? We learned that it is easy to eat more than a serving of chips.

What kind of milk did he drink? Milk should be lowfat.