

Name: _____

Date: _____

End-of-Unit Nutrition Assessment

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 MyPlate Icon and a balanced diet. Using the attached MyPlate Icon 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.

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

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.
