

# Nutrition Know-How Food Groups trivia

Can you match the food to its food group? Answers on page two.

- |                 |   |                          |
|-----------------|---|--------------------------|
| 1. Milk...      |    | _____ Vegetable          |
| 2. Yogurt...    |    | _____ Fruit              |
| 3. Broccoli...  |    | _____ Fats, Oils, Sweets |
| 4. Limes...     |    | _____ Grains             |
| 5. Guava...     |    | _____ Grains             |
| 6. Salmon...    |    | _____ Vegetable          |
| 7. Bacon...     |    | _____ Vegetable          |
| 8. Oatmeal...   |    | _____ Meat               |
| 9. Eggs...      |    | _____ Fruit              |
| 10. Butter...   |    | _____ Dairy              |
| 11. Beer...     |  | _____ Meat               |
| 12. Tomato...   |  | _____ Grains             |
| 13. Peanuts...  |  | _____ Fats, Oils, Sweets |
| 14. Wine...     |  | _____ Dairy              |
| 15. Popcorn...  |  | _____ Meat               |
| 16. Soda...     |  | _____ Dairy              |
| 17. Eggplant... |  | _____ Grains             |
| 18. Pumpkin...  |  | _____ Fats, Oils, Sweets |
| 19. Avocado...  |  | _____ Grains             |
| 20. Tofu...     |  | _____ Fruit              |