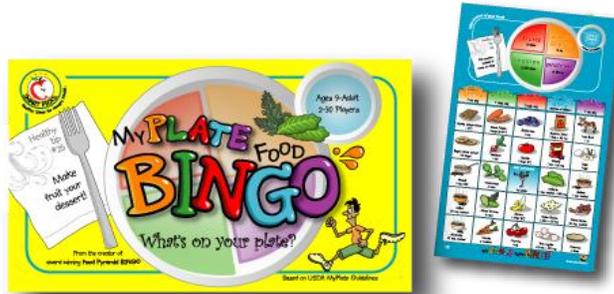


# my PLATE food BINGO



## Comprehension Questions for *MyPlate Food Bingo*

**Goal:** After reviewing game materials and playing several rounds of *MyPlate Food Bingo*, students will be able to answer the following comprehension questions. (Print each page separately or print all 12 pages)

### How to prepare students for comprehension questions:

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1. Pass out one bingo card per student (30 cards in game).
2. Review the MyPlate symbol and talk about the structure of the plate on bingo cards, including food groups, servings, portions sizes and cup and ounce equivalents, healthy eating tips at top of cards, healthy tips/ ideas for meals and snacks on napkins and the importance of exercise found in the center of the bingo card.
3. Review Instruction and Information sheets, discussing and defining familiar, new and unusual foods. All 95 foods and 19 exercises are on Checking Chart.
4. Review clue cards.
5. Play several rounds of MyPlate Food Bingo until students have an understanding of the food groups and foods used in the game.
6. Display the information, instruction sheets, clue cards and checking chart, and any extra bingo cards on table for resource.
7. Talk about vegetarian, vegan and whole foods plant-based diets. Vegetarian consumes no animal flesh, some dairy and eggs. Vegan consumes no animal foods. Plant-based means “a way of eating based on foods that come from plants and avoiding animal foods and highly processed foods”.



## My Plate

1. Is the plate a rectangle, square, circle or triangle? \_\_\_\_\_
2. How many sections are on the plate? \_\_\_\_\_
3. Name each section on the plate?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
4. How much of the plate is filled with fruits and veggies?  $\frac{1}{2}$  or  $\frac{1}{4}$ ? \_\_\_\_\_
5. How much of the plate is filled with sugary foods like donuts and candy? \_\_\_\_\_
6. Name two possibilities that could go in the section to the right of the plate?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
7. Name the major "nutrient" that we get from foods in this section to the right of the plate?  
\_\_\_\_\_

## BONUS QUESTIONS:

1. Define "nutrient dense"? (see information sheet) \_\_\_\_\_  
\_\_\_\_\_
2. Name 2 nutrient dense foods? 1. \_\_\_\_\_ 2. \_\_\_\_\_



## The Number of Servings

1. The number of servings for each food group on this Plate is based on what “calorie diet”? 1,000, 2,000 or 3,000? (see instruction sheet) \_\_\_\_\_
2. What is the average recommended number of “servings for fruits” \_\_\_\_\_ on the above calorie diet? (see bingo card)
3. What is the average recommended number of “servings for vegetables” \_\_\_\_\_ on the above calorie diet? (see bingo card) \_\_\_\_\_
4. What is the average recommended number of “servings for whole grains” \_\_\_\_\_ on the above calorie diet? (see bingo card) \_\_\_\_\_
5. How many servings of fruits and veggies did you eat today? \_\_\_\_\_
6. What counts as a cup of vegetables? (see checking chart) \_\_\_\_\_
7. What counts as a cup of fruit? (see checking chart) \_\_\_\_\_
8. What counts as a 1 oz eq of whole grains? (see checking chart) \_\_\_\_\_

## BONUS QUESTIONS:

1. Define “eating pattern”? (see information sheet)  
\_\_\_\_\_  
\_\_\_\_\_
2. Name three eating patterns? (see information sheet)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_



### Healthy Tip/ Ideas for Meals and Snacks:

#### On The Napkin

1. Name the “Idea for Healthy Meals or Snacks” found on the napkin on your bingo card?  
\_\_\_\_\_
2. How many “Ideas for Healthy Meals and Snacks” are presented in this game: 20, 25, 30? (see information sheet)? \_\_\_\_\_
3. Name five more “Ideas for Healthy Meals and Snacks”? (ask five students what is on the napkin on their card)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
4. Name two “Ideas for Healthy Meals and Snacks” you will add to your diet and lifestyle?
  1. \_\_\_\_\_
  2. \_\_\_\_\_

#### BONUS QUESTIONS:

1. If the recommendation for a 1,000 calorie diet is 14 grams of fiber, how many gram of fiber do we need on a 2,000 calorie diet? (see information sheet) \_\_\_\_\_
2. Name “four food groups” and “one food from each food group” high in fiber? (see information sheet and bingo cards)

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____



**Tips on Healthy Eating:  
Top Left Corner of Bingo Card**

1. Name the “Tip on Healthy Eating” found at the top left corner of your bingo card?  
\_\_\_\_\_
  
2. How many “Tips on Healthy Eating” are presented in this game: 20, 25 or 30?  
(see information sheet)? \_\_\_\_\_
  
3. Name 5 more “Tips on Healthy Eating”? (ask five students what is on top of their card)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  
4. Name two “Tips on Healthy Eating” you will add to your diet and lifestyle?
  1. \_\_\_\_\_
  2. \_\_\_\_\_

**BONUS QUESTIONS:**

1. Define gluten-free grains? (see information sheet) \_\_\_\_\_  
\_\_\_\_\_
  
2. Name nine gluten-free grains? (see information sheet)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_





## Veggies

1. How many veggies are presented in the veggie section in this game? (see checking chart)

\_\_\_\_\_

2. Name six green veggies?

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_ 6. \_\_\_\_\_

3. This red veggie contains almost as much water as watermelon? (see clue card) \_\_\_\_\_  
Name five red veggies?

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

4. Name two yellow/ orange veggies? Name two blue/purple veggies?

1. \_\_\_\_\_ 1. \_\_\_\_\_  
2. \_\_\_\_\_ 2. \_\_\_\_\_

5. Name two white/tan veggies? One of them is fungus. (see clue card)

1. \_\_\_\_\_ 2. \_\_\_\_\_

6. Veggies: What counts as a 1 cup equivalent? (see checking chart)

- \_\_\_\_\_ raw or cooked veggies or juice  
\_\_\_\_\_ raw leafy veggies

## BONUS QUESTIONS:

1. Name three other types of sprouts besides bean sprouts? (look on internet)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

2. Brussels sprouts are a cruciferous veggie. Name five more?

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_



## Fruits

1. How many fruits are presented in the fruit section in this game? (see checking chart)  
\_\_\_\_\_
2. This is the only fruit with the seeds on the outside? (see clue cards) \_\_\_\_\_  
Name five other fruits of this color?  
1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_
3. This fruit got its name because it looked like a huge pinecone? (see clue cards) \_\_\_\_\_  
Name four other fruits of this color?  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_
4. This fruit will become raisins when dried? \_\_\_\_\_  
Name one other fruit of this color? \_\_\_\_\_
5. This green fruit is a popular ingredient in guacamole? \_\_\_\_\_
6. You can make a type of ice cream when you freeze this fruit? \_\_\_\_\_
7. Fruits: What counts as a 1 cup equivalent? (see checking chart)  
\_\_\_\_\_ piece of fruit \_\_\_\_\_ dried fruit  
\_\_\_\_\_ 100% juice

## BONUS QUESTIONS:

- 1..Name two chronic diseases that are reduced with the intake of at least 2 ½ cups of veggies and fruits daily? (see instruction sheet) 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 2..Name 3 other types for berries besides blueberries and raspberries? (look on internet)  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



## Non-Dairy and Dairy

1. How many non-dairy/plant foods are presented in this section of the game? \_\_\_\_\_  
How many dairy/animal foods are presented in this game? (see checking chart) \_\_\_\_\_
2. Name 6 green leafy veggies that are a good source of calcium?  
1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_ 6. \_\_\_\_\_
3. Name two examples of beans that are a good source of calcium?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
4. Name two examples of nuts and seeds that are a good source of calcium?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
5. Name two examples of soy foods that are a good source of calcium?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
6. Name a plant-based milk made from soybeans? \_\_\_\_\_
7. Name two examples of fruits that are a good source of calcium?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
8. Name three examples of animal foods that are a good source of calcium?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## BONUS QUESTIONS:

1. Name four other types of plant-based milk? (look up on internet)  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_
2. Animal foods contain cholesterol and plant foods do not: True or False? \_\_\_\_\_



## Proteins

1. How many plant protein foods are presented in this section of the game? \_\_\_\_\_  
How many animal protein foods are presented in this game? (see checking chart) \_\_\_\_\_
2. Name two green vegetables that are good source of protein?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
3. Name four types of beans that are good sources of protein?  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_
4. Name four whole grains that are a good source of protein?  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_
5. Name three nuts and seeds that are good source of protein?  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_
6. Name three soy based protein sources? 1. \_\_\_\_\_  
2. \_\_\_\_\_ 3. \_\_\_\_\_
7. Name four animal based proteins?  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

## BONUS QUESTIONS:

1. Name a plant-based whole grain that can be used as a meat substitute in chili or stews?  
(see clue cards) \_\_\_\_\_
2. Green, beans and whole grains are also a good source of what? fiber or cholesterol? \_\_\_\_\_



### Get Moving

1. Define "physical activity"? \_\_\_\_\_  
\_\_\_\_\_
  
2. Get moving: Kids need physical activity at least \_\_\_\_\_ minutes a day? (see bingo card # 26)
  
3. Get moving: Adults need physical activity at least \_\_\_\_\_ minutes a day? (see bingo card #19)
  
4. Name six of the 19 physical activities in the game?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  
5. Name two activities you do daily?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  
6. Check the statements that are true about how physical activity can help you?  
(see [www.choosemyplate.com](http://www.choosemyplate.com))
  - \_\_\_\_\_ Increases your chances of living longer
  - \_\_\_\_\_ Feel better about yourself
  - \_\_\_\_\_ Decreases your chances of becoming depressed
  - \_\_\_\_\_ Sleep well at night
  - \_\_\_\_\_ Move around more easily
  - \_\_\_\_\_ Have stronger muscles and bones
  - \_\_\_\_\_ Stay at or get to a healthy weight
  - \_\_\_\_\_ Be with friends or meet new people
  - \_\_\_\_\_ Enjoy yourself and have fun

### BONUS QUESTION:

1. Name two aerobic exercises? 1. \_\_\_\_\_ 2. \_\_\_\_\_



### Thought Provoking Questions

1. What are “added fats? (see information sheet) \_\_\_\_\_  
\_\_\_\_\_

2. Name four examples of “added sugars? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

5. Name three examples of “added solid fat and added sugar”? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

6. What are “trans fats”? (see information sheet) \_\_\_\_\_  
\_\_\_\_\_

7. Name five examples of foods that contain” trans fats”? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

8. What are “oils”? (see information sheet) \_\_\_\_\_  
\_\_\_\_\_

9. Name seven examples of “oils”? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_



### Thought Provoking Questions (conti)

10. Name four foods naturally high in oils? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

11. What are “solid fats”? (see information sheet) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12. Name five examples of “solid fat”? (see information sheet)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_