

# 2005 Dietary Guidelines for Americans POSTER ACTIVITY



Test your understanding and recall of the important messages of the 2005 Dietary Guidelines for Americans by answering these 43 questions from the Smart Picks Dietary Guidelines POSTER.



**ACTIVITY:** Use the questions as is or pick and choose questions and have children come up to the poster and find the answers. All answers can be found on the poster. Most answers to the bonus questions can be found at [www.mypyramid.gov](http://www.mypyramid.gov) or [www. http://www.health.gov/DietaryGuidelines](http://www.health.gov/DietaryGuidelines).

1. Summarize the Dietary Guidelines for Americans in three sentences?

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2. Name the nine major categories in the Dietary Guidelines for Americans?

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3. List the guidelines under each category?

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4. The USDA Food Guide and Dash Eating Plans emphasize eating what?  
MORE: \_\_\_\_\_  
LESS: \_\_\_\_\_

5. How much water should children and adults drink daily?  
\_\_\_\_\_

6. Name the five basic food groups?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Name one food from each food group?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Name three whole grains?  
\_\_\_\_\_

**Bonus question:** What are the primary nutrients found in whole grains?  
\_\_\_\_\_



9. Name one milk equivalent?  
\_\_\_\_\_

**Bonus question:** What is the primary nutrient found in milk?  
\_\_\_\_\_

10. Name three dried beans (meat alternatives)?  
\_\_\_\_\_

**Bonus question:** What is the primary nutrient found in meat/ meat alternative food group?  
\_\_\_\_\_

11. Name two red fruits?  
\_\_\_\_\_

12. Name two red vegetables?  
\_\_\_\_\_

13. Name three berries?

\_\_\_\_\_

\_\_\_\_\_

14. Name five cruciferous vegetables?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Bonus question:** Name five to eleven more cruciferous vegetables?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Bonus question:** What nutrient do these contain and why are they good for you?

\_\_\_\_\_

15. Name three starchy vegetables?

\_\_\_\_\_

16. Name four dark green vegetables?

\_\_\_\_\_

\_\_\_\_\_

17. How many cups of vegetables does an average American need to eat a day per (2,000kcal)?

\_\_\_\_\_



18. How many cups of fruits does an average American need to eat a day per (2,000kcal)?

\_\_\_\_\_

19. How many ounces of whole grain does an average American need to eat a day per (2,000kcal)?

\_\_\_\_\_

20. How many grams of fiber do we need to eat a day per 1,000 kcal?

\_\_\_\_\_

21. What food groups are rich in fiber rich foods?

\_\_\_\_\_

\_\_\_\_\_

22. Name a food from each food group rich in fiber?

\_\_\_\_\_

\_\_\_\_\_

23. Name four fruits and vegetables rich in potassium?

\_\_\_\_\_

\_\_\_\_\_

24. Potassium lowers \_\_\_\_\_.

25. Name three ways to lower salt intake?

\_\_\_\_\_

\_\_\_\_\_

26. How many minutes a day should children and adolescence engage in physical activity?

\_\_\_\_\_

27. Name four physical activities?

\_\_\_\_\_

\_\_\_\_\_

28. Name the three key elements in achieving physical fitness?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



29. Name one physical activity you can do for your heart?

\_\_\_\_\_

30. Name one physical activity you can do for flexibility?

\_\_\_\_\_

31. Name one physical activity you can do for strength training?

\_\_\_\_\_

32. Avocado is high in what type of fat?

\_\_\_\_\_

33. Ice cream is high in what type of fat?  
\_\_\_\_\_

34. Cookies are high in what type of fat?  
\_\_\_\_\_

35. Name a food high in cholesterol?  
\_\_\_\_\_

36. Most fats should come from what type of fats?  
\_\_\_\_\_

**Bonus question:** What is a trans fat?  
\_\_\_\_\_

37. Who should avoid drinking alcohol?  
\_\_\_\_\_  
\_\_\_\_\_

38. If you drink, do so in \_\_\_\_\_.

39. Should you wash meat or poultry? YES or NO

40. Use leftovers within 6-8 days. True or False?

41. Raw eggs are good for you. True or False?

42. Name three major sources of sugar?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

43. Limit your intake of added sugar. True or False?

