

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Nutrition and the Food Pyramid

1) Grains: Whole grains are called "whole" because they include the grain kernel, which is like a seed. Refined grains have been milled, which makes them last longer but removes the dietary fiber, iron, and many B vitamins. Circle the whole grains below:

pretzels  
noodles

buckwheat  
cornbread

oatmeal  
brown rice

2) Vegetables: The nine vegetables below are excellent sources of essential vitamins, minerals, and fiber. For each vegetable, write the percent daily value the food provides (based on a 2,000 calorie diet).

	Dietary Fiber	Vitamin A	Vitamin C	Calcium	Iron
cabbage (raw)					
sweet red pepper (raw)					
kale (raw)					
sweet potato					
pumpkin (raw)					
carrot (raw)					
broccoli (raw)					
spinach (raw)					
kale (raw)					

What happens to many vegetables when they are cooked?

\_\_\_\_\_

3) Dry Beans and Peas:

What two categories do dry beans and peas fall under on the food pyramid?

\_\_\_\_\_ and \_\_\_\_\_

Explain why dry beans and peas are listed under each group:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## The Food Pyramid Answer Key

1) Whole grains: ***buckwheat, oatmeal, brown rice***

2) Vegetables:

cabbage (raw): ***fiber (8%), Vitamin A (3%), Vitamin C (48%), Calcium (4%), Iron (3%),***

sweet red pepper (raw): ***fiber: (12%), Vitamin A (93%), Vitamin C (472%), Iron (4%)***

kale (raw): ***fiber (5%), Vitamin A (206%), Vitamin C (134%), Calcium (9%), Iron (6%)***

sweet potato: ***fiber (26%), Vitamin A (769%), Vitamin C (65%), Calcium (8%), Iron (8%)***

pumpkin (raw): ***Vitamin A (171%), Vitamin C (17%), Iron (5 %)***

carrot (raw): ***fiber (14%), Vitamin A (308%), Vitamin C (13%), Calcium (4%)***

broccoli (raw): ***fiber (9%), Vitamin A (12%), Vitamin C (131%), Calcium (4 %), Iron (4%)***

spinach (raw): ***fiber (3%), Vitamin A (56%), Calcium (3%), Vitamin C (14%), Iron (5%)***

kale (raw): ***fiber (5%), Vitamin A (206%), Vitamin C (134%), Calcium (9%), Iron (6%)***

***When vegetables are cooked, they often lose some of their nutrients.***

3) Dry Beans and Peas:

What two categories do dry beans and peas fall under on the food pyramid?

***Meats/poultry/fish and vegetables***

Explain why dry beans and peas are listed under each group:

***Dry beans and peas are good sources of protein, iron, and zinc, like meat, poultry, and fish. However, they are also good sources of dietary fiber like vegetables and are more related to the vegetables.***