

Building MyBody Post-Test

Date: ____/____/____

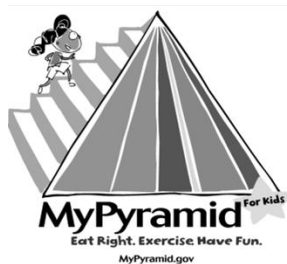
NPA: _____

County: _____

Instructions: Circle the best answer. There are no right or wrong answers.

1. Have you ever seen MyPyramid?

- a. Yes
- b. No



2. Do you like to try new foods?

- a. Yes
- b. No

3. Yesterday, did you drink milk or eat any dairy foods?

- a. Yes
- b. No



4. Yesterday, did you eat any vegetables?

- a. Yes
- b. No



5. Yesterday, did you eat any fruit?

- a. Yes
- b. No



6. Do you ever read labels on food packages?

- a. Yes
- b. No

Nutrition Facts	
Serving Size 1 box (200ml)	
Servings per container 1	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Sugars 0g	
Dietary Fiber 0g	0%
Protein 0g	0%
Calcium	0%
Iron	0%
Vitamin A	0%
Vitamin C	0%