

Building MyBody Pre-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% |