MyPyramid
Questions:

1) Which is not one of the groups on the new MyPyramid?
   A  Milk
   B  Meat & Beans
   C  Sweets

2) The new MyPyramid promotes a personalized approach to healthy eating and physical activity.
   True
   False

3) The narrowing at the top of each food group symbolizes?
   A  Gradual Improvement
   B  Moderation
   C  Variety

4) Activity is not a component of MyPyramid.
   True
   False

5) Proportionality, the widths of the bands, tells exact amounts of food a person should choose from each group.
   True
   False
MyPyramid

Answers:

1) Which is not one of the groups on the new MyPyramid?
   C  Sweets

2) The new MyPyramid promotes a personalized approach to healthy eating and physical activity.
   True

3) The narrowing at the top of each food group symbolizes?
   B  Moderation

4) Activity is not a component of MyPyramid.
   False

5) Proportionality, the widths of the bands, tells exact amounts of food a person should choose from each group.
   False