



Pre-Evaluation
Grade 5 Lesson 1

Tell Us About You

For the following questions, circle the one answer that best describes what YOU DO.



1. I eat different kinds of vegetables.

Every day Most days of the week 1-2 days a week Never

2. I eat different kinds of fruits.

Every day Most days of the week 1-2 days a week Never

3. I try to eat whole grains.

Every day Most days of the week 1-2 days a week Never

4. I wash my hands before I touch or eat food.

Almost always Sometimes Not very often

5. I am physically active.

Every day Most days of the week 1-2 days a week Never

6. I eat breakfast.

Every day Most days of the week 1-2 days a week Never

7. I have tried new foods this week.

Yes No

For questions 8-10, circle the best answer for each question.

8. The base of MyPyramid is wider than the tip because:

- a. More foods are at the base than at the tip
- b. Foods with added solid fat and added sugar are at the base, and there are more of them
- c. Foods without added solid fat and added sugar are at the base so I can eat more of them

9. The five subgroups of vegetables are:

- a. Purple, red, orange, yellow, and green
- b. Dark green, orange, dry beans, starchy, and other
- c. Fresh, canned, dried, frozen, and cooked

10. The Fight BAC! rules are:

- a. Clean, separate, cook, and chill
- b. Wash hands, wash utensils, cook, and freeze
- c. Wash hands, cook, chill, and freeze

| | |
|--------------------|--------------------------|
| Date _____ | Teacher _____ |
| Grade _____ | School site _____ |