

April 2006

WNEP Coordinators,

The following is a self-quiz of MyPyramid knowledge, understanding, and application for your local use. We used the “MyPyramid Education Framework – Key concepts for nutrition educators” as a basis for choosing concepts to include in the quiz. That Education Framework can be found in the front of the MyPyramid Educator Reference Handbook, or on the “For Professionals” page at www.mypyramid.gov.

We hope this quiz will be helpful as you continue to guide and coach your staff (and yourself) in using MyPyramid. One way to use the quiz may be for you and your staff to complete it individually and then come together for discussion. This quiz has been posted, along with the answer key, on the “Train and Support Staff” page of the WNEP website.

As you identify professional development needs, be sure to communicate with your district colleagues about ways to collaborate in meeting those needs, requesting involvement from specialists as needed.

MyPyramid Self-Quiz workgroup:

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1. Jorge lost 20 pounds over the past several months. He really wants to keep the weight off and plans on doing daily physical activity. MyPyramid recommends how much daily physical activity to BEST maintain weight loss:
 - a. 30 minutes brisk walking
 - b. 45 minutes brisk walking
 - c. 70 minutes brisk walking

2. Jim is trying to do a better job at meeting the MyPyramid recommendations for whole grains. This was his menu today.

Breakfast

½ cup oatmeal
1 c fat free milk
1 slice white toast with jam

Lunch

2 oz. turkey/cheese/lettuce/ cucumber sandwich on 2 slices white bread
1 c fat free milk
1 baked potato with 1 tsp butter
2 oreo cookies

Supper

3 oz. chicken with 2 c. broccoli/carrot/onion/ginger stir fry
1 cup rice
1 c fat free milk
1 c pineapple

Snack

Banana
1 oz. peanuts

List 2 ways that Jim could improve his whole grain intake:

3. You are shopping for whole grains in the grocery store.
Which of the following grains do you know are whole grains? (Circle the whole grains)

Popcorn	Crackers
Bulgur	Pretzels
Oatmeal	Whole wheat bread
Brown rice	Multi-grain bread
Cornmeal	Noodles
Bran cereal	Cracked wheat bread
Corn tortillas	

For the grains you are not sure about, how can you tell whether they are whole grains?

For questions #4-9: Miranda needs about 2000 calories per day. Help Miranda with her eating pattern.

4. Miranda eats a 4-ounce bagel for breakfast every morning. How many ounces of grains does that leave her for the rest of her day?
- a. 0 ounces b. 4 ounces c. 2 ounces

5. Miranda ate 1 small apple, 1 cup orange juice and 1 cup apple juice today.
How many cups of fruit did she eat? _____
According to MyPyramid, how could she adjust her fruit choices?

6. Miranda needs help figuring out how many cups of orange vegetables she should eat weekly and how to work it into her diet.
How many cups does she need? _____
How would you help her?

7. Miranda is making some changes in her diet. Here is her new planned menu for tomorrow:

Breakfast

Cold cereal

1 c bran flakes

1 c 2% milk

1 small banana

1 slice whole wheat toast & 1 tsp soft margarine

1 c prune/apple juice

Lunch

Tuna fish sandwich

2 slices rye bread

2 oz. Tuna

2 tsp mayonnaise

1 tsp pickle relish

½ cup baked beans

½ cup baby carrots

1 medium pear

1 c 2% milk

Dinner

Roasted chicken breast 3 oz. (skinless)

1 large baked sweet potato

½ c peas and onions & 1 tsp soft margarine

1 oz. whole wheat dinner roll

1 c leafy green salad

Snacks

¼ c dried apricots

1 c low fat fruited yogurt

How many cups and ounces is she getting from the different food groups?

Grains_____ ounces

Milk_____ cups

Vegetables_____ cups

Meat & Beans_____ ounces

Fruits_____ cups

8. Did Miranda meet her needs from the milk group?

9. What change could Miranda make in her choice of milk that would help her lower the amount of saturated fat she eats?

Why might Miranda want to do this?

10. Miranda's cousin avoids milk because of lactose intolerance. What are 3 things her cousin could try in order to get the health benefits of milk and to get enough calcium?

11. You are teaching about one of the food groups. As an introduction, you mention that it is part of an overall healthy (MyPyramid) eating pattern by showing the 2,000 calorie eating pattern. Some of your learners say 2000 calories does not sound right for them. What do you say?

12. MyPyramid recommends eating a variety of foods from the Meat and Beans group in order to provide a variety of nutrients in the diet including essential fatty acids (unsaturated fats) and vitamin E.

Name 3 foods from the meat and beans group that are higher in saturated fats:

Name 3 foods from the meat and beans group that are higher in unsaturated fats (monounsaturated and polyunsaturated):

13. MyPyramid emphasizes 3 sub groups of vegetables that Americans need to eat more often for good health. What are these 3 groups of vegetables?

19. Review the ingredient list and underline all of the added sugars:

Cookie ingredients: Enriched wheat flour, sugar, vegetable shortening, oats, corn syrup, high fructose corn syrup, salt, spice, cornstarch, gelatin, dextrose and artificial flavors and colors.

Why is it important to be able to identify added sugars on a food label?

20. Edna at the Spring Valley Senior Center is worried about her salt intake ever since her doctor told her to watch it. As a nutrition educator, you know that national survey data tells you what the two major sources of sodium are in the American diet. Based on what you know, what can you tell Edna are the 2 main approaches she can take to keep the amount of salt she eats in check?

21. Joe is trying to get the most nutrients for his calories. Take a look at what he ate yesterday and help him think about how he could reduce his solid fats, added sugars, and other “extra” calories. Joe may not be ready to change everything, but find the places on this menu where Joe could get more nutrition for his calories, and make a suggestion for how he could do that in each of those places.

Breakfast

Sweet roll
Sunny D

Lunch

BLT (3 slices bacon) on buttered whole wheat bread
Oreo cookies
Peaches canned in heavy syrup
2% milk

Dinner

Beer
8 ounce T-bone steak
Baked potato with sour cream
Tossed salad with bleu cheese dressing

3 cans of soda
throughout the day

