Healthy Meals

1. yes O  no O  You need to eat food from one food group all day.

2. yes O  no O  You need to eat a variety of foods from the Food Pyramid.

3. yes O  no O  All food is healthful.

4. yes O  no O  Yogurt is in the milk group.

5. The following foods are in the bread and cereal group:
   - yes O  no O  pasta
   - yes O  no O  eggs
   - yes O  no O  muffins
   - yes O  no O  bagels