

Second Grade “The Human Body-Taking Care of Your Body: A Healthy Diet” Assessment

- 1a. Our body needs foods from a variety of food groups. These food groups that form the food pyramid are called:
- a. grains, vegetables, fruit, dairy/milk, meat, and fats/oils
 - b. bread, broccoli, apples, milk, candy
- 1b. Our body needs foods from a variety of food groups. These food groups that form the food pyramid are called:
- a. grains, vegetables, fruit, dairy/milk, meat, and fats/oils
 - b. bread, broccoli, apples, milk, candy
 - c. fruits, vegetables, oils, fats, eggs
- 1c. Name the six food groups in the food pyramid. Start with the largest amount of servings to the smallest.
- 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
- 2a. Some examples of grain foods are:
- a. rice, wheat bread, and cereal
 - b. milk, cereal, and strawberries
- 2b. Examples of grain foods are:
- a. rice, wheat bread, and cereal
 - b. milk, cereal, and strawberries
 - c. potatoes, tomatoes, and bread sticks
- 2c. Give three examples of foods from the grain group.
- a. _____
 - b. _____
 - c. _____
- 3a. The largest amount of servings that we should eat each day comes from the grain group. We should eat _____ servings of grains each day.
- a. 5 to 6
 - b. 6 to 11
- 3b. The largest amount of servings that we should eat each day comes from the grain group. We should eat _____ servings of grains each day.
- a. 5 to 6
 - b. 6 to 11
 - c. 3 to 4

3c. The largest amount of servings each day should come from what food group? Explain why.

4a. Some examples of foods in the vegetable group are:

- a. corn, green beans, broccoli
- b. bananas, lima beans, tomatoes

4b. Some examples of foods in the vegetable group are:

- a. corn, green beans, broccoli
- b. bananas, lima beans, tomatoes
- c. corn, ice cream, beets

4c. Name three vegetables:

- 1. _____
- 2. _____
- 3. _____

5a. Which of the following contains all foods found in the dairy/milk group?

- a. ice cream, yogurt, cheese
- b. peanut butter, cheese, eggs

5b. Which of the following contains all foods found in the dairy/milk group?

- a. ice cream, yogurt, cheese
- b. peanut butter, cheese, eggs
- c. eggs, cheese, pizza

5c. Name three foods found in the dairy/milk group.

6a. Circle the items below which are found in the meat group:

green beans
roast beef
apple

6b. Circle the items below which are found in the meat group:

green beans	hot dog
roast beef	apple
sauerkraut	hamburger

- 6c. Eliminate, by crossing out from the list, the foods that are not in the meat group.
- broccoli
 - ham
 - turkey
 - peanut butter
 - rice
 - hot dogs
- 7a. A (banana, potato) is in the fruit group.
- 7b. A _____ is in the fruit group.
- 7c. Name three foods that are in the fruit group.
- _____
 - _____
 - _____
- 8a. The grain group foods contain _____ that help give us energy.
- carbohydrates
 - wheat
- 8b. The grain group foods contain _____ that help give us energy.
- carbohydrates
 - wheat
 - whole grains
- 8c. What is the nutrient in grain group foods that gives us energy?
- _____
- 9a. Which food groups contain vitamins and minerals to help our body grow strong?
- milk/diary, meat, vegetables, and fats/oils
 - milk/dairy, meat, vegetables and fruit
- 9b. Which food groups contain vitamins and minerals to help our body grow strong?
- milk/diary, meat, vegetables, and fats/oils
 - milk/dairy, meat, vegetables and fruit
 - others, grains, fruit, and vegetables
- 9c. Identify the food groups that contain vitamins and minerals. Explain why we need to eat these foods.
- _____
- _____
- _____

- 10a. Our body needs foods from all of the food groups to have a balanced diet. Which group do we need to take the smallest amount of servings each day?
- a. fruit group
 - b. fats/oils group

- 10b. Our body needs foods from all of the food groups to have a balanced diet. Which group do we need to take the smallest amount of servings each day?
- a. fruit group
 - b. fats/oils group
 - c. grain group

- 10c. Identify the food group that we need to have the fewest amounts of servings from each day and explain your answer.

- 11a. Vitamins and minerals are important nutrients that our bodies need everyday. Vitamins include:
- a. Vitamins A, C, and D
 - b. Vitamins A, D, iron, and calcium

- 11b. Vitamins and minerals are important nutrients that our bodies need everyday. Vitamins include:
- a. Vitamins A, C, and D
 - b. Vitamins A, D, iron, and calcium
 - c. Sweet potatoes, oranges, and sunshine

- 11c. Name two vitamins and two minerals and the foods in which they can be found.

The following Colorado Model Content Standards are covered in this assessment by the questions indicated:

Questions 1 through 10, a, b, and c. Standard 3.3 Students know and understand how the human body functions, factors that influence its structures and functions, and how these structures and functions compare with those of other organisms.- by describing the basic food requirements for humans as summarized in the nutrition pyramid.

Answer Key

- 1a. a. grains, vegetables, fruit, dairy/milk, meat, and fats/oils
1b. a. grains, vegetables, fruit, dairy/milk, meat, and fats/oils
1c. 1. grain group
2. vegetable group
3. fruit group
4. dairy/milk group
5. meat group
6. fats/oils
- 2a. a. rice, wheat bread, and cereal
2b. a. rice, wheat bread, and cereal
2c. a. rice
b. cereal
c. bread
- 3a. b. 6 to 11
3b. b. 6 to 11
3c. Acceptable answers could include:
-We should eat foods from the grain group because the food will give us energy throughout the day.
- 4a. a. corn, green beans, broccoli
4b. a. corn, green beans, broccoli
4c. The student can name any food in the vegetable category such as green beans, corn, squash, pumpkin, beets, spinach, broccoli, asparagus, etc.
- 5a. a. ice cream, yogurt, cheese
5b. a. ice cream, yogurt, cheese
5c. The student can choose anything from the dairy/milk group such as milk, cheese, yogurt, ice cream, sour cream, buttermilk, eggs, etc.
- 6a. roast beef
6b. roast beef, hot dog, hamburger
6c. e. rice
- 7a. banana
7b. any type of fruit
7c. kiwi, apple, orange, grapefruit, etc.
- 8a. a. carbohydrates
8b. a. carbohydrates
8c. carbohydrates

- 9a. b. milk/dairy, meat, vegetables and fruit
- 9b. b. milk/dairy, meat, vegetables and fruit
- 9c. Acceptable answers could include:
-The milk/dairy, meat, vegetables and fruit groups all have different vitamins and minerals that our body needs to grow correctly.
-If we do not eat from all of these groups our body would be missing some thing to keep us healthy.
- 10a. b. fats/oils group
- 10b. b. fats/oils group
- 10c. Acceptable answers could include:
-We should eat very few foods from the fat/oils group because it contains nothing that our body needs to help us stay healthy and grow.
- 11a. a. Vitamins A, C, and D
- 11b. a. Vitamins A, C, and D
- 11c. Possible answers could include:
-Vitamin A-carrots, sweet potatoes and other orange vegetables
-Vitamin B-meats and other vegetables
-Vitamin C-oranges, tomatoes and broccoli
-Vitamin D-sunshine, tuna, egg yolks, and milk
-Calcium-milk, yogurt, dried beans, and green, leafy vegetables
-Iron-meat, green, leafy vegetables, whole grain cereals and raisins