

Dietary Guidelines/Food Pyramid Test

Summary

Testing the student's knowledge of the Dietary Guidelines and the Food Guide Pyramid.

Main Core Tie

Food And Nutrition

[Strand 6 Standard 1](#)

Additional Core Ties

Food And Nutrition

[Strand 6 Standard 2](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Individual

Materials

Handouts:

Tests

Red pencils or pens for correcting

Background for Teachers

The teacher needs to have a basic understanding of the Dietary Guidelines and the Food Guide Pyramid knowing the servings, serving sizes and food sources for each food group.

Student Prior Knowledge

The student needs to know and understand the Dietary Guidelines and the Food Guide Pyramid with its servings, serving size and food sources within each food group.

Intended Learning Outcomes

The student will know and understand the functions of the Dietary Guidelines and apply them in choosing foods to eat. They will understand the servings, serving sizes, and food sources from each of the food groups within the Food Guide Pyramid in choosing and planning and preparing meals or foods to eat.

Instructional Procedures

Give the students a few minutes to study and review their notes before handing out the test.

Hand out the test to each of the students. Read together and go over and explain the test. Allow the students enough time to complete the test.

After all the tests are done, orally correct the test using the red pen or pencil. Have the students turn in their pen or pencil and the corrected test to be recorded.

Authors

[DEBRA PAULL](#)