

FACT OR FICTION?

National Nutrition Month® 2022 Quiz

Circle the correct answer.

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber. **FACT OR FICTION?**
2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt. **FACT OR FICTION?**
3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten. **FACT OR FICTION?**
4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group. **FACT OR FICTION?**
5. A vegetarian diet can provide adequate protein for athletes. **FACT OR FICTION?**
6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value. **FACT OR FICTION?**
7. Using MyPlate as a guide, half the plate should include fruits and vegetables. **FACT OR FICTION?**
8. All vegetables offer the same types and amounts of vitamins and minerals. **FACT OR FICTION?**
9. Only foods that taste salty are high in sodium. **FACT OR FICTION?**
10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are. **FACT OR FICTION?**

Crossword Puzzle

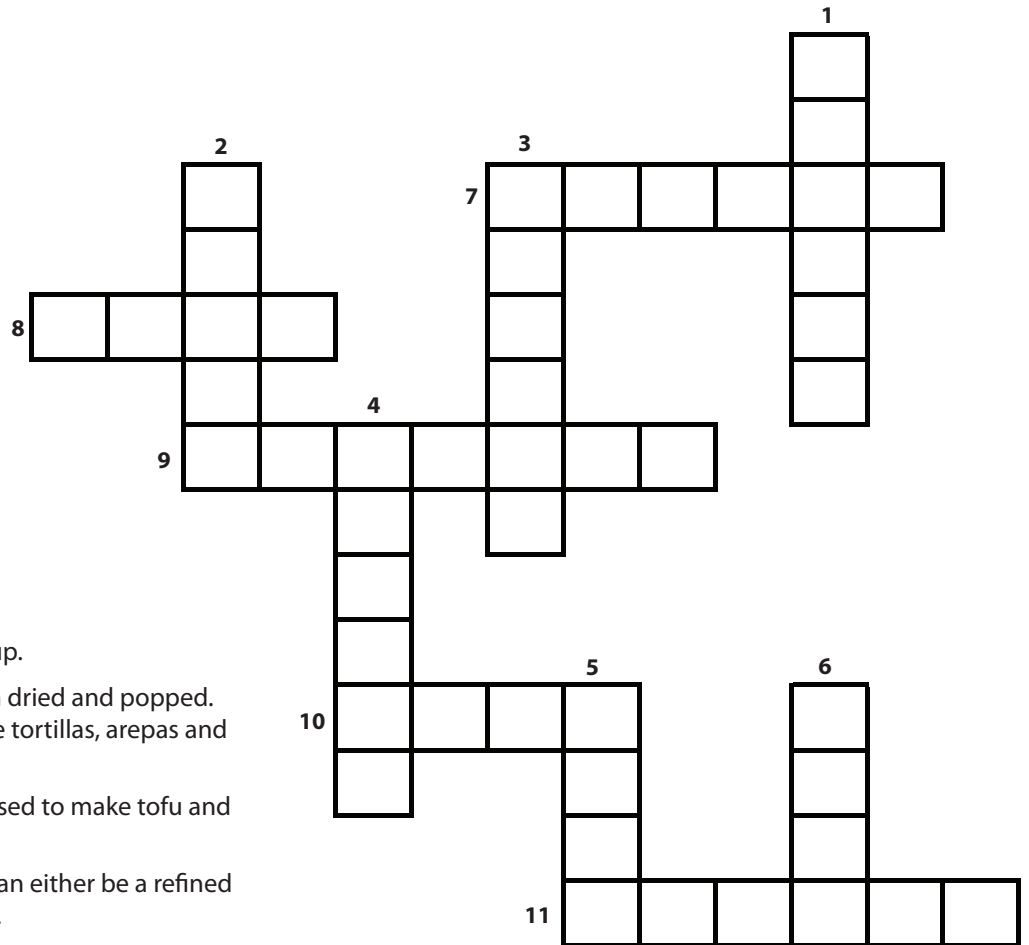


Down

1. Changing from green to yellow as it ripens, this fruit comes in its own easy to remove, natural wrapper.
2. These are examples of _____ which can be used to flavor food: cilantro, parsley, mint, chives.
3. Raisins are the result of dehydrating or drying _____.
4. This dairy product comes in a variety of flavors and may contain "good bacteria". It can be eaten plain, with fruits or vegetables, and even made into dips.
5. This breakfast classic often accompanies other dishes like toast, pancakes, sausage, and bacon.
6. This green vegetable is a common ingredient in gumbo and jambalaya. It can be grilled, roasted, fried, sauteed, or added to soups and stews.

Across

7. When using MyPlate: tortillas, naan, and pita all belong to the _____ Group.
8. This vegetable can be eaten off the cobb and makes a popular snack when dried and popped. It can also be dried and ground into flour, which is used to make foods like tortillas, arepas and some breads.
9. Sometimes called edamame, this bean can be eaten steamed and is also used to make tofu and tempeh.
10. This grain is a mealtime staple for many people all over the world, and it can either be a refined grain or a whole grain depending on whether it is white or brown in color.
11. Pumpkin, butternut, acorn, spaghetti, kabocha, and turban are all types of winter _____.



Word Search

Words may be horizontal, vertical, diagonal, or backwards.



Acorn Squash	K	G	I	M	G	A	D	N	A	T	U	B	M	A	R
Buttermilk	L	A	H	E	F	H	O	M	C	E	S	H	O	Y	S
Catfish	T	P	C	V	R	O	S	L	O	T	D	A	T	E	S
Dates	R	N	Y	O	S	M	O	R	I	L	O	N	P	G	D
Eggplant	U	B	U	G	R	I	C	T	E	V	M	I	K	G	E
Fig	G	U	Z	Q	N	N	C	A	T	I	E	Y	C	P	E
Garlic	O	T	O	C	A	Y	S	L	B	N	U	H	V	L	S
Hominy	Y	T	W	A	I	A	D	Q	H	E	Q	J	O	A	M
Jalapeno	L	E	G	T	V	L	U	V	U	G	L	E	L	N	O
Kimchi	A	R	N	F	I	E	R	Z	N	A	M	P	W	T	E
Lemon	C	M	K	I	H	D	M	A	F	R	S	A	R	U	F
Millet	H	I	M	S	O	U	B	T	G	Y	U	H	B	K	L
Navy Beans	E	L	F	H	F	N	Y	E	O	N	S	E	A	I	D
Olive	P	K	A	R	M	I	L	L	E	T	I	N	R	M	E
Poultry	O	G	N	J	C	H	G	A	B	A	O	U	D	C	S
Quinoa	U	Y	T	E	F	F	B	Z	U	L	Z	V	S	H	N
Rambutan	L	E	L	M	O	Q	U	S	E	P	F	A	Q	I	A
Seeds	T	D	B	K	A	C	T	M	B	F	I	L	U	T	E
Teff	R	S	J	U	C	B	R	R	Y	O	G	Y	I	T	B
Vinegar	Y	A	N	H	U	E	A	G	V	J	U	H	N	U	Y
Watermelon	I	V	I	Y	T	F	N	O	M	E	L	E	O	L	V
Yogurt	F	N	G	A	N	P	W	R	T	U	D	B	A	G	A
Zucchini	I	E	W	R	J	A	L	A	P	E	N	O	T	A	N