



MyPlate On Campus Ambassador Training Module Quiz

After completing the MyPlate On Campus Ambassador Training Module, please take the following quiz to further test your knowledge of MyPlate and the MyPlate On Campus program.

1. What is the main message communicated by the MyPlate icon?
 - a. MyPlate was designed to replace MyPyramid because it included physical activity in the design.
 - b. MyPlate was designed to show an accurate place setting.
 - c. MyPlate was designed to inspire healthy eating by using a graphic that is easy to understand and visually familiar to a variety of people.
 - d. MyPlate was designed to help people cut out fat in their diets.
2. What are the 5 food groups in MyPlate?
 - a. Protein, Fat, Grains, Dairy, Vegetables
 - b. Protein, Grains, Dairy, Fruits, Vegetables
 - c. Protein, Milk, Fat, Legumes, Grains
 - d. Protein, Grains, Vegetables, Fruits, Milk
3. True or False (circle): 100% fruit juice is considered part of the fruit food group.
4. True or False (circle): MyPlate uses consumer messages to promote the 2010 Dietary Guidelines for Americans recommendations for healthy eating.
5. Empty calories come from the following source(s):
 - a. Solid Fat (saturated fats)
 - b. Liquid Fat
 - c. Added Sugar
 - d. Alcoholic Beverages
 - e. All of the above
 - f. a, c, and d only
6. Which of the following statements are NOT true about the serving size of a food?
 - a. The serving size of a food is equivalent to the whole package.
 - b. The serving size of a food influences the number of calories you consume.
 - c. If the serving size of a package is 2 cups and the package contains a total of 4 cups, you will consume 2 servings if you eat the whole package.



- d. All of the above statements are false.
7. True or False (circle): Based on the Nutrition Facts panel on packages, you should try to limit all types of fat in your diet.
8. Examples of health topics you can cover as an Ambassador include:
- a. Ways to stay physically active on campus.
 - b. Healthy dining options on campus.
 - c. How to incorporate a variety of food groups into meals.
 - d. Ideas for quick, healthy snacks you can keep in your dorm room.
 - e. All of the above.
9. SuperTracker offers the following tools for students, except:
- a. Students can look up nutrition information on over 8,000 foods.
 - b. Students are told which foods they should completely cut out of their diet.
 - c. Students can analyze their physical activity.
 - d. Students can set goals and track their weight.
10. True or False (circle): A MyPlate On Campus Ambassador is expected to be a role model and peer educator for students.
11. True or False (circle): MyPlate On Campus Ambassadors do not have to adhere to campus rules, policies or regulations.
12. Which of the following is an example of a place on campus where Ambassadors could host MyPlate activities?
- a. Food Courts/Dining Halls
 - b. Dorm activity room
 - c. Health Centers
 - d. Student Centers
 - e. All of the above
13. Which behavior-specific message supports the 2010 Dietary Guidelines for Americans?
- a. Make half your plate fruits and vegetables.
 - b. Make at least half your grains whole.
 - c. Avoid oversized portions.
 - d. Drink water instead of sugary drinks.
 - e. Be active your way.
 - f. All of the above.

Thank you for taking the MyPlate On Campus Ambassador Training Module Quiz! We look forward to seeing how you can make a positive difference on your campus.