

Girls these are the comprehension questions for My Plate.

Please complete the questions writing full sentences in your copy and then please send me photo of them or do a voice recording to read me your answers on Seesaw.

Alternatively you could type your answers using the Note facility in Seesaw.

Best of Luck, Mrs Brodie.

Name \_\_\_\_\_ Date \_\_\_\_\_

Instructions: Read each question carefully and choose the best answer.

- Which detail best supports the idea that MyPlate helps people eat healthy meals?
  - Eating only tasty doughnuts would cause health problems.
  - Children created the chart known as MyPlate.
  - The different parts of MyPlate show how much of a diet should come from each food group.
  - MyPlate shows many different food groups.
- Read this sentence from the passage: *MyPlate is divided into colored sections*. Which of the following words means the same as **sections**?
  - fruits
  - parts
  - circles
  - plates
- Why is the MyPlate chart easy to understand?
  - It shows that all foods that taste good are also healthy.
  - It tells you to eat only one type of food.
  - It looks like something you might use for eating.
  - It has long explanations of all the food types.
- What does the circle that looks like a cup show?
  - how much of a daily diet should come from the dairy group
  - how much of a daily diet should come from the vegetable group
  - how much of a daily diet should come from the protein group
  - how much of a daily diet should come from the grain group
- Which of the following is not one of the food groups?
  - vegetables
  - proteins
  - grains
  - apples