

Pre-Test
Grain Group Lesson

Name: _____

Circle the Correct Answer

1) Which food is in the grain group?



a. Banana



b. Milk



c. Bread



d. Chocolate

2) How many servings of grain should we eat each day?



a. 1



b. 3



c. 6



d. 13

3) How many cups of cereal is a correct serving size?



a. $\frac{1}{2}$ cup



b. 1 cup



c. 2 cups



d. 3 cups