In which food group does tomato sauce belong?
Vegetable
Where do fruits and vegetables grow?
Garden, orchard, farm, in the soil, etc.
True or False: Flour comes from wheat.
True
Name 2 vegetables that add flavor to tomato sauce.
Onions, mushrooms, peppers, garlic, etc.
Where can you buy fruits and vegetables?
Grocery, farmers market, fruit stand, community supported agriculture, etc.
In which food group does cheese belong?
Dairy
Name 3 vegetables you can put on a pizza.
Mushrooms, artichokes, tomatoes, bell peppers, spinach, banana peppers, onions, etc.
True or False: Pizza dough belongs in the grains group.
True
Name one ingredient in pizza dough?
Yeast, flour, water, oil
What must dough do before you can use it?
Rise, be
baked
Name 2 ways to eat zucchini.
Raw, baked, chips, grilled, fried, steamed, boiled, in a casserole, etc.
True or False: Mushrooms are a grain.
False. Mushrooms are a vegetable.
Name 2 kinds of cheese you can put on a pizza.
Mozzarella, provolone, parmesan, asiago, cheddar, American, etc.
True or False: Cheese is made from milk.
True
Name 2 different sauces you can get on a pizza.
Tomato, pesto, BBQ, alfredo, etc.
True or False:
You can’t use fruits on your pizza.
False. You can put any fruits or vegetables you want on a pizza.
Name 1 fruit you can put on a pizza.
Pineapple, orange, kiwi, strawberries, etc.
Does tomato sauce have the same nutrients as a whole tomato? Why?
Yes. Tomato sauce is tomatoes that have been smashed and processed into a sauce.
Where can you find fruits and vegetables in your kitchen?
Cabinets, counters, bowls, tables, refrigerator, freezer, etc.
Name 2 kinds of pizza crust you can order.
Thin, thick, deep dish, hand-tossed, whole wheat, Gluten-free, etc.
True or False:
Wheat is grown in Kentucky.
True
True or False: You should eat whole grains every day.
True
Name 2 green vegetables you can put on a pizza.
Green peppers, spinach, kale, banana peppers, zucchini
Bread is a grain. Name 2 other grains you can eat.
Oatmeal, rice, pasta, dry cereal, grits, etc.
Does fruit juice count as a serving of fruit?
Yes, ½ cup of juice is a serving, but it should be 100% fruit juice.
Name 2 kinds of meat that you can put on a pizza.
Pepperoni, ground sausage, Italian sausage, chicken, bacon, etc.
Should you have more vegetables or more meat on your pizza?
A healthier pizza will have more vegetables.
Ingredients are pushed, punched, pulled, and pounded to form dough. What do you call that process?
Kneading
True or False: Half of the grains you eat should be whole grain.
True
Name 2 types of meat that come from a pig.
Ground sausage, Italian sausage, bacon, pork chops, ham, pork roast
True or False: The best way to consume the recommended amount of dairy each day is to eat cheese.
False. Cheese usually contains a lot of fat and calories.
Which of the following is not a vegetable: onion, pineapple, broccoli, or spinach?
Pineapple
True or False: You can only order deep-dish pizza.
False. You can order deep-dish, thin crust, thick crust, hand-tossed, etc.
How many servings of dairy products should you consume each day?
3 cups

(2½ cups for preschool children)
True or False: Broccoli is a healthy snack.
True
Name one nutrient you get from spinach.
Vitamins K, A, E, and C, folic acid, dietary fiber, protein, most B vitamins, calcium, phosphorus and manganese, iron
Which vegetable is usually used to make pizza sauce?
Tomatoes