

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

How to Play:

1. Complete the Fact or Fiction game between **March 1<sup>st</sup>** – **March 31<sup>st</sup>**.
2. Turn in this page at your cafeteria (CMMC, BH, RH) for a chance to win a prize.



2024 NATIONAL NUTRITION MONTH®

**eat right.** Academy of Nutrition and Dietetics

## Are the statements below **FACT** or **FICTION**?

Circle the correct answer

1	Half of our plate or bowl should be filled with vegetables and fruit.	<b>FACT</b> or <b>FICTION</b>
2	Our bodies cannot digest dietary fiber.	<b>FACT</b> or <b>FICTION</b>
3	Only older adults need to be concerned about bone health.	<b>FACT</b> or <b>FICTION</b>
4	At least 60 minutes of physical activity is recommended daily for kids 6 to 17 years old.	<b>FACT</b> or <b>FICTION</b>
5	Saturated fats are healthier than unsaturated fats.	<b>FACT</b> or <b>FICTION</b>
6	One cup of cooked or raw vegetables (except for leafy greens) count as a 1 cup serving.	<b>FACT</b> or <b>FICTION</b>
7	There are 5 Food Groups.	<b>FACT</b> or <b>FICTION</b>
8	All breads made with whole wheat flour are whole grains.	<b>FACT</b> or <b>FICTION</b>
9	Foods that provide water can count towards our fluid intake.	<b>FACT</b> or <b>FICTION</b>
10	Registered dietitian nutritionists are experts in food and nutrition.	<b>FACT</b> or <b>FICTION</b>