



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

Date: \_\_\_\_\_

## Quiz

Answer each question.

1. Name two reasons why healthy snacking is a good idea for kids.

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2. List three healthy snack choices.

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3. What does a healthy snack do for your body?

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4. True or false: Foods with whole-grains make you feel full longer.

5. A calorie is a unit of \_\_\_\_\_.

- a. fat
- b. sugar
- c. nutrients
- d. energy

6. True or false: You should only eat a snack when you're hungry.

7. Why might a kid who's really active need more snacks than a kid who plays video games all day?

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8. When you're looking for a healthy snack, you should avoid foods that are high in \_\_\_\_\_.

- a. grains
- b. sugar
- c. vitamins

9. Describe what might happen if you don't eat regular meals and snacks.

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10. True or false: Calories are bad for you.