



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- Whole grain foods are high in fiber and nutrients. Which of these is not a whole grain:
 - whole wheat
 - white flour
 - corn
 - oatmeal
 - brown rice
- The nutrition label tells you how much food you ought to eat, such as 1 cup of cereal, 2 cookies, or 5 pretzels. This is called the:
 - recommended daily allowance
 - portion
 - serving size
- How do you know if a packaged food is fattening?
 - check the label to see how many calories it has
 - check to see if it says “all natural” on the front
 - make sure it’s organic
 - look for the words “fat-free” in the package
- It’s best to limit how much _____ you eat.
 - protein
 - complex carbohydrates
 - bread
 - sugar
 - total fat
- An easy way to steer clear of junk food snacks is to:
 - never eat between meals, no matter how hungry you get
 - hope that there’s something healthy wherever you go
 - pack a healthy snack from home
 - carry a crate of oranges with you at all times
- True or false: If you snack right, you’re never hungry – even at mealtimes.
- True or false: Kids also have small stomachs, so they may need to eat more often than adults.
- True or false: When people don’t get regular meals and snacks, they may get tired and grouchy.
- True or false: It’s OK to snack because you’re bored, watching TV, or want to reward yourself for finishing your homework.
- True or false: It’s OK to have a candy bar or chips once in a while, just not every day.