



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

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

## Quiz

Instructions: Answer each question.

1. For lasting energy and a healthy weight, avoid foods with:
  - a. lots of complex carbohydrates
  - b. lots of simple carbohydrates
  - c. lots of protein
  - d. lots of water
2. What's the best proof that a snack is healthy?
  - a. the packaging says it's all natural or pure
  - b. the packaging says it's low fat
  - c. the packaging says it gives you energy
  - d. the packaging shows healthy ingredients and nutrition information on the food label
3. When you choose a snack, think about:
  - a. the calories
  - b. how much sugar and fat it has
  - c. how much complex carbohydrates and protein it has
  - d. all of the above
4. Soft drinks can be a healthy snack killer because:
  - a. they're usually high in sugar and calories
  - b. they make you feel full
  - c. they take all your vending machine money
  - d. they give you gas
5. Which of the following is not a healthy snack?
  - a. cherry tomatoes
  - b. whole-wheat pretzels
  - c. potato chips fried in canola oil
  - d. nut trail mix
6. True or false: During adolescence, a person's body needs more nutrients to grow. Snacking between meals doesn't help.
7. True or false: A good way to snack healthy is to pack snacks from home.
8. True or false: People tend to lose their appetites if they're upset, anxious, sad, or stressed out.
9. True or false: High-fat foods are good snacks because their energy lasts a long time.
10. True or false: Many families eat the same foods and have the same eating habits, like snacking in front of the TV.