



## Quiz Answer Key

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