

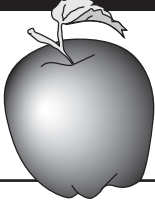
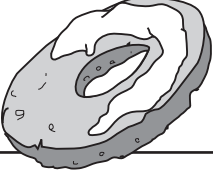
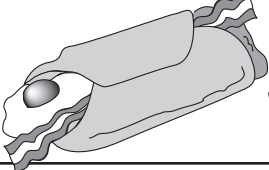

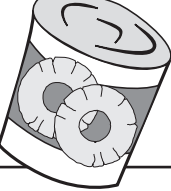





Name: _____

Date: _____

Quiz

Instructions: Is this food a GO food, a SLOW food, or a WHOA food for breakfast? Look at the picture and the word, and then mark an "X" in the correct column.

| FOOD | | GO | SLOW | WHOA |
|---|--|----|------|------|
|  | apple | | | |
| | bagel  | | | |
|  | breakfast burrito with eggs and bacon | | | |
| | chocolate milk  | | | |
|  | pineapple in light syrup | | | |
| | jelly doughnut  | | | |
|  | oatmeal | | | |
| | low-fat yogurt  | | | |