



Name: _____

Date: _____

Quiz

Instructions: Circle true or false for the statements below.

1. True or false: It's OK to skip breakfast on school days.
2. True or false: A healthy breakfast fuels up your body and gives you energy to start the day.
3. True or false: Eating breakfast can help you do better in school.
4. True or false: A healthy breakfast includes two or more food groups (choose from fruits and/or veggies, dairy foods, whole grains, and protein).
5. True or false: You shouldn't eat beans for breakfast.
6. True or false: A donut and coffee is a healthy breakfast.
7. True or false: You should avoid sugary cereals or sugary foods for breakfast.
8. True or false: People who eat breakfast tend to make better food choices during the day.
9. True or false: Breakfast can kick-start your metabolism.
10. True or false: Eating breakfast on the go is better than no breakfast at all.