

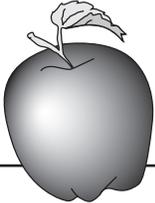
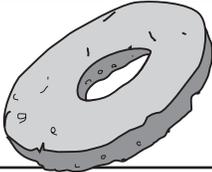
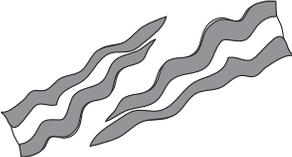
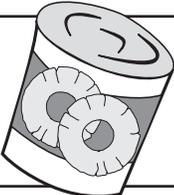


Name: _____

Date: _____

Quiz

Instructions: Is this food a "Go" food, a "Slow" food, or a "Whoa" food? Look at the picture and the word, then mark an "X" in the correct column.

FOOD		GO	SLOW	WHOA
	apple			
	bagel 			
	bacon			
	chocolate milk 			
	pineapple in light syrup			
donut				
	oatmeal			
low-fat yogurt				