



Quiz Answer Key

- Name two reasons why healthy snacking is a good idea for kids.
Any two of the following: Kids need energy to be active, so they may need to refuel their bodies more than three times a day. Kids have small stomachs so they eat less than adults, but they may need to eat more often than adults. Kids might get tired and grouchy if they don't have regular snacks.

- List three healthy snack choices.
Any three of the following: Fruit, nuts, yogurt, vegetables, popcorn, cheese, whole-grain bread (any food that's low in fat and sugar)

- What does a healthy snack do for your body?
Healthy snacks give your body energy and nutrients.

- True or false: Foods with whole grains help you feel full.
- A calorie is a unit of _____ *energy* _____.
 - fat
 - sugar
 - nutrients
 - energy
- True or false: You should only eat a snack when you're hungry.
- Why might a kid who's really active need more snacks than a kid who plays video games all day?
An active kid burns more calories and might need to refuel more often than a kid who's not active.

- When you're looking for a healthy snack, you should avoid foods that are high in _____ *sugar* _____.
 - grains
 - sugar
 - vitamins
- Describe what might happen if you don't eat regular meals and snacks.
If you don't eat regular meals and snacks, you might get tired or grouchy. You won't have the energy you need to stay active or focused in school, and you might be so hungry that you'll eat too much, or be tempted to grab unhealthy food at the next opportunity.

- True or false: Calories are bad for you. *Calories aren't bad for you. Your body needs calories for energy. But eating too many calories and not burning enough calories through activity can lead to weight gain.*
