



Quiz Answer Key

1. It's a good idea to avoid foods with a lot of:
 - a. fiber
 - b. sugar
 - c. protein
 - d. water
2. What's the best proof that a snack is healthy?
 - a. the packaging says it's all natural or pure
 - b. the packaging says it's low fat
 - c. the packaging says it gives you energy
 - d. the packaging shows healthy ingredients and nutrition information on the food label
3. When you choose a snack, think about:
 - a. the calories
 - b. how much sugar and fat it has
 - c. how much protein and other nutrients it has
 - d. all of the above
4. Soft drinks can be a healthy snack killer because:
 - a. they're usually high in sugar and calories
 - b. they make you feel full
 - c. they take all your vending machine money
 - d. they give you gas
5. Which of the following is not a very healthy snack?
 - a. cherry tomatoes
 - b. whole wheat pretzels
 - c. potato chips fried in canola oil
 - d. trail mix
6. True or false: During adolescence, a person's body needs more nutrients to grow. Snacking between meals doesn't help.
7. True or false: A good way to snack healthy is to pack snacks from home.
8. True or false: Some people tend to eat when they are bored, upset, anxious, sad, or stressed.
9. True or false: High-fat foods are good snacks because their energy lasts a long time.
10. True or false: Many families eat the same foods and have the same eating habits, like snacking in front of the TV.