



## Quiz Answer Key

1. What are good times of the day to plan to have a healthy snack?  
*When you're hungry mid-morning, after school, and before bedtime*  
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2. Why do kids get hungry between meals?  
*Kids use lots of energy playing and doing activities, and they have smaller stomachs than adults.*  
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3. Name five healthy snacks kids can eat between meals:  
*Any five of the following: fruit, precut veggies, nuts, yogurt, popcorn, cheese, cheese sticks, cottage cheese, peanut butter crackers, fig bars, mini muffins, applesauce, low-sugar fruit cups, frozen yogurt or fruit pops, pretzels, rice cakes, smoothies, low-fat chocolate milk, low-sugar cereals*  
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4. True or False: Healthy snacks should tend to be low in fat, low in sugar, and high in fiber. (T)F
5. Draw a line through the snacks that are not healthy choices:  
Carrots  
~~Potato chips~~  
Grapes  
~~Cookies~~  
Apples  
Celery  
Oranges  
Bananas  
~~Donuts~~