



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Whole-grain foods are high in fiber and nutrients. Which of these is not a whole grain:
  - whole wheat
  - white flour
  - corn
  - oatmeal
  - brown rice
- The nutrition label tells you how much food you ought to eat, such as 1 cup of cereal, 2 cookies, or 5 pretzels. This is called the:
  - recommended daily allowance
  - portion
  - serving size
- True or false: All kids and teens need to have snacks every day.
- It's a good idea to avoid eating foods with a lot of \_\_\_\_\_ .
  - protein
  - nutrients
  - sugar
  - fiber
- An easy way to steer clear of junk food snacks is to:
  - never eat between meals, no matter how hungry you get
  - hope that there's something healthy wherever you go
  - pack a healthy snack from home
  - carry a crate of oranges with you at all times
- True or false: If you snack right, you're never hungry – even at mealtimes.
- True or false: Kids have small stomachs, so they may need to eat more often than adults.
- True or false: When people don't get regular meals and snacks, they may get tired and grouchy.
- True or false: It's OK to snack because you're bored, watching TV, or want to reward yourself for finishing your homework.
- True or false: It's OK to have a candy bar or chips once in a while, just not every day.