Quiz

Instructions: Answer each question.

1. Whole-grain foods are high in fiber and nutrients. Which of these is not a whole grain:
   a. whole wheat
   b. white flour
   c. corn
   d. oatmeal
   e. brown rice

2. 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:
   a. recommended daily allowance
   b. portion
   c. serving size

3. True or false: All kids and teens need to have snacks every day.

4. It’s a good idea to avoid eating foods with a lot of __________.
   a. protein
   b. nutrients
   c. sugar
   d. fiber

5. An easy way to steer clear of junk food snacks is to:
   a. never eat between meals, no matter how hungry you get
   b. hope that there’s something healthy wherever you go
   c. pack a healthy snack from home
   d. carry a crate of oranges with you at all times

6. True or false: If you snack right, you’re never hungry — even at mealtimes.

7. True or false: Kids have small stomachs, so they may need to eat more often than adults.

8. True or false: When people don’t get regular meals and snacks, they may get tired and grouchy.

9. True or false: It’s OK to snack because you’re bored, watching TV, or want to reward yourself for finishing your homework.

10. True or false: It’s OK to have a candy bar or chips once in a while, just not every day.