Quiz

Instructions: Answer each question.

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.