**Quiz**

Instructions: Is this food a "Go" food, a “Slow” food, or a “Whoa” food? Look at the picture and the word, then mark an “X” in the correct column.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bagel</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bacon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chocolate milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pineapple in light syrup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>donut</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>oatmeal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>low-fat yogurt</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>