



Name: _____

Date: _____

Quiz

Instructions: Answer each question (can be oral or written).

1. What are good times of the day to plan to have a healthy snack?

2. Why do kids get hungry between meals?

3. Name five healthy snacks kids can eat between meals:

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