Quiz Answer Key

1. What are good times of the day to plan to have a healthy snack?
   When you're hungry mid-morning, after school, and before bedtime

2. Why do kids get hungry between meals?
   Kids use lots of energy playing and doing activities, and they have smaller stomachs than adults.

3. Name five healthy snacks kids can eat between meals:
   Any five of the following: fruit, precut veggies, nuts, yogurt, popcorn, cheese, cheese sticks, cottage cheese, peanut butter crackers, fig bars, mini muffins, applesauce, low-sugar fruit cups, frozen yogurt or fruit pops, pretzels, rice cakes, smoothies, low-fat chocolate milk, low-sugar cereals

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