Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.

2. True or false: Everyone should eat more Go foods than Whoa! foods.

3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.

4. Name one fruit:

5. Name one vegetable:

6. Name one grains food:

7. Name one protein food:

8. Name one dairy food:

9. Name one Go food:

10. Name one Whoa! food: