



Healthy Snacking

1. Whole-grain foods are high in fiber and nutrients. Which of these is not a whole grain:
 - a. whole wheat
 - b. white flour
 - c. corn
 - d. oatmeal
 - e. brown rice
2. The nutrition label tells you how much food you ought to eat, such as 1 cup of cereal, 2 cookies, or 5 pretzels. This is called the:
 - a. recommended daily allowance
 - b. portion
 - c. serving size
3. True or false: All kids and teens need to have snacks every day.
4. It's a good idea to avoid eating foods with a lot of...
 - a. protein
 - b. nutrients
 - c. sugar
 - d. fiber
5. An easy way to steer clear of junk food snacks is to...
 - a. never eat between meals, no matter how hungry you get
 - b. hope that there's something healthy wherever you go
 - c. pack a healthy snack from home
 - d. carry a crate of oranges with you at all times
6. True or false: If you snack right, you're never hungry - even at mealtimes.
7. True or false: Kids have small stomachs, so they may need to eat more often than adults.
8. True or false: When people don't get regular meals and snacks, they may get tired and grouchy.
9. True or false: It's OK to snack because you're bored, watching TV, or want to reward yourself for finishing your homework.
10. True or false: It's OK to have a candy bar or chips once in a while, just not every day.