

_____ Teacher
_____ Student

Please answer every question. This is not a test. Feel free to ask if you have any questions.

1. **What language do you speak most often?** _____
2. **Circle the cereal that will provide you with the best energy. (Circle one)**

NUTRITION LABEL
Serving Size
0.75 cup
Amount Per Serving
Calories: 120
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 160mg
Total Carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 6g
Protein: 3g

NUTRITION LABEL
Serving Size
1 cup (1 NLE A serving)
Amount Per serving:
Calories: 117
Total Fat: 1g
Saturated Fat: 0g
Trans Fat 0g
Cholesterol: 0mg
Sodium: 162 mg
Total Carbohydrate: 0g
Dietary Fiber 3g
Sugar 5g
Protein: 6g

NUTRITION LABEL
Serving Size
3/4 cup (30g)
Amount per serving:
Calories: 118
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 150mg
Total Carbohydrates: 26g
Dietary Fiber: 1g
Sugars: 12g
Protein: 2g

For the following questions, which word matches these feelings?

3. **You have not had to use the bathroom in a long time. You feel tired and uncomfortable. (Circle one)**

Thirst Hunger Appetite

4. **You really want spaghetti. You feel comfortable. (Circle one)**

Thirst Hunger Appetite

5. **Your stomach is grumbling. You feel weak and angry. (Circle one)**

Thirst Hunger Appetite

6. Which beverage should you drink the most of? (Circle one)

- a. 100% Juice
- b. Soda
- c. Water
- d. Sports drinks
- e. Milk

7. Give an example of a balanced meal made of Go Foods.

8. How does spending a lot of time watching TV, playing video games, using computers and surfing the internet affect us? (You may circle more than one)

- a. Keeps us awake
- b. Helps us stay physically fit
- c. Leads to overeating
- d. Lowers our stress levels

9. What is the minimum amount of time you should be physically activity each day to have a healthy body?

_____minutes

10. During your free time, which activity are you most likely to do? (Circle one)

- a. Play video games
- b. Watch TV
- c. Play outside
- d. Read
- e. Play sports

