

_____ 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. After basketball practice Mike had 2 large glasses of water, 2 chicken tacos, and an orange. Now he’s relaxing watching his favorite TV show. He really wants some Coca Cola. Which word best describes what Mike is probably experiencing? (Circle one) **Answer = Appetite**

Thirst Hunger Appetite Sleepiness

3. Circle the beverage that will provide you with the best energy? (Choose one) **Answer = Far right one**

Amount per serving			Amount per serving			Amount per serving		
Calories	140		Calories	80		Calories	80	
% Daily Value			% Daily Value			% Daily Value		
Total Fat	0 g	0%	Total Fat	0 g	0%	Total Fat	0 g	0%
Sodium	45mg	2%	Sodium	160mg	7%	Sodium	120mg	5%
Total Carb	39g	13%	Total Carb	21g	7%	Total Carb	11g	4%
Sugars	39g		Sugars	21g		Sugars	11g	
Protein	0g		Protein	0g		Protein	8g	

Ingredients:

Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine

Ingredients:

Water, sucrose, dextrose, citric acid, natural flavors, salt, sodium citrate, monopotassium phosphate, gum Arabic, yellow 6, glycerol ester of rosin, brominated vegetable oil

Ingredients:

Fat free (skim) milk, Vitamin A, palmitate, Vitamin D3

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

Grade on three measures.

- 1) Are only Go Foods are included?
- 2) Does the meal include at least three food groups one of which is a fruit or a vegetable?
- 3) Is the portion size reasonable for a 4th grader – not too small or too big? Be lenient here. There is great variation in how much food a student eats.

You are looking for growth in the ability to attain all three measures.

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5. Look at the two nutrition labels. Which is the Slow Fat food? (Circle one)

Answer = A

A

B

Why? _____

See end of answer key for suggestions on how to grade “Why?”

6. When comparing the amount of sodium, which is the better choice if all the other nutrients were equal? (Circle one)

Answer = B

A

B

7. When looking at the ingredient list below, which ingredient indicates that the grains are not 100% whole grains? **Answer = Unbleached Enriched Wheat**

INGREDIENTS: Whole Grain Wheat Flour, Unbleached Enriched Wheat (Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Salt, Vegetable Oils, Onion Powder, Butter.

8. List three ways physical activity helps our bodies.

Possible answers could include make us strong; builds strong hearts; builds strong muscles; control weight; reduce risk of disease (Type II Diabetes, heart attack, stroke); make us happy; relieve stress, mental escape, give mind a rest. Helps us exercise is accurate but a weak answer.

9. During your free time, which activity are you most likely to do? (Circle one) **Looking for decrease in Play Video games and Watch TV**

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

10. When you are thirsty, which beverage are you most likely to drink? (Circle one) **Looking for reductions in soda, sports drink and juice and increase in water and milk**

- a. Juice
- b. Soda
- c. Water
- d. Sports Drink
- e. Milk

11. Do you think Go Foods taste good? (Go Foods are foods that give you long lasting energy. (Circle one) **Looking for yes**

Yes

No

12. How many times did you eat fruit yesterday? _____

Looking for 2 or more

13. How many times did you eat vegetables yesterday? _____

Looking for 3 or more. Ideally sum of fruit and vegetables will be close to 5.

END

Grading Rubric for question 5 Why

In 2013-2014 many students misinterpreted the question “Which is the Slow Fat food?” Their responses seem to be to the question “Which is the Slow food?”

The following grading methodology is designed to measure whether they have become more sophisticated in their ability to use nutrition labels.

Goal is to see the number of facts cited in their response increase.

STRONG FAT – accurately cited trans fat or saturated fat

WEAK FAT – accurately cited total fat or calories from fat

STRONG OTHER – accurately cited two or more nutrition facts unrelated to fat and that do not include sugar, fiber or vitamins (these don’t vary much between the foods)

MEDIUM OTHER – accurately cited one nutrition facts unrelated to fat and that do not include sugar, fiber or vitamins (these don’t vary much between the foods)

WEAK OTHER – accurately cited sugar, fiber or vitamins (these don’t vary much between the foods)

INCORRECT – cited inaccurate information even if some information was correct; cited accurate information but interpreted it in a way that worked against their case; vague references (such as less % of stuff); I Don’t know; or none marked