

_____ 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)

Thirst Hunger Appetite Sleepiness

3. Circle the beverage that will provide you with the best energy? (Choose 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.

A

Nutrition Facts		
Serving Size 6 fishsticks (95g)		
Servings Per Container 4		
Amount Per Serving		
Calories	250	Calories from Fat 130
%Daily Value*		
Total Fat	14g	22 %
Saturated Fat	2.5g	13 %
Trans Fat	3g	
Cholesterol	20mg	7 %
Sodium	430mg	18 %
Total Carbohydrate	21g	7 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein	10g	
Vitamin A	0%	• Vitamin C 0%
Calcium	2%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.		

B

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories	150	Calories from Fat 60
%Daily Value*		
Total Fat	6g	10 %
Saturated Fat	1g	5 %
Trans Fat	0g	
Cholesterol	65mg	22 %
Sodium	55mg	2 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	21g	
Vitamin A	2%	• Vitamin C 0%
Calcium	2%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.		

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

A

B

Why? _____

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

A

B

7. When looking at the ingredient list below, which ingredient indicates that the grains are not 100% whole grains? _____

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.

- a. _____
- b. _____
- c. _____

9. 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

10. When you are thirsty, which beverage are you most likely to drink? (Circle one)

- 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)

Yes

No

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

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

14. Since the start of the school year, do you know more about how WHAT YOU EAT affects your health?

Yes No

15. Since the start of the school year, do you know more about how your LEVEL OF ACTIVITY affects your health?

Yes No

16. Since the start of the school year, do you know more about how SLEEP affects your health?

Yes No

17. Since the start of the school year, do you know more about how DRINKING WATER affects your health?

Yes No

18. What did you learn from the Nurture lessons that you didn't know before?

19. What, if any changes, have you made to your FOOD CHOICES because of the Nurture lessons?

20. What, if any changes, in your PHYSICAL ACTIVITY have you made because of the Nurture lessons?

END