

ENGLISH Level 5 Questionnaire Answer Key

 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. Which of the following are strategies for controlling portion sizes? (Circle more than one) Answer = a and c
 - a. Put your meals on smaller plates or in smaller bowls.
 - b. When at a restaurant eat everything that was served on your plate.
 - c. Drink a glass of water 20 minutes before eating.
 - d. Eat snacks right out of the bag.
- 3. Do you know how to use nutrition labels to make food choices? (Circle one) Looking for Yes

Yes

No

- 4. On a hot, July afternoon, Casey played soccer with her friends. Afterwards they went inside to cool down and snack on apples and string cheese. Casey started to get a headache and feel hot. What could she do to try and feel better? Answer = Drink water
 - a. Take a nap.
 - **b.** Eat a bigger snack.
 - **c.** Drink water.
- 5. You go to a party with four tables of delicious food. It is dinner time, and you are hungry! Describe how you would choose what to eat so you get a balanced, healthy meal that you'll enjoy and that won't leave you feeling uncomfortably full. Grade on three measures.
 - 1) Are only <u>Go Foods</u> are included? If not, is the <u>Slow Food</u> a small percentage of the overall meal?
 - 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 5th 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.

 Based on these labels, which do you think would make the most nutritious snack and why? Answer = A
 Suggested grading rubris for why

Suggested grading rubric for why:

- STRONG accurately answered question, cited multiple nutrition facts (when appropriate for answering question) without giving misinformation
- WEAK accurately cited one accurate nutrition fact and may have cited information that did not help argue the case without rationale about why the information was included (for example citing protein level when the protein level of the other label was higher)
- INCORRECT cited inaccurate information even if some information was correct or vague references (such as less % of stuff) or I Don't know, none marked

Nutrition Facts Serving Size 1 cup (240 mL) Servings per Container 8				
Amount per Serving Calories 120		Calories fro	om Fat 30	
		% D	aily Value*	
Total Fat 3.5g			5%	
Saturated Fat 0	Saturated Fat 0g 0%		0%	
Cholesterol Omg 0%		0%		
Sodium 95mg 49		4%		
Potassium 300n	ng		8%	
Total Carbohydr	ate 16g		5%	
Dietary Fiber 0	g		0%	
Sugars 12g				
Protein 6g				
Vitamin A 10%	•	Vitam		
Calcium 30%	•		Iron 6%	
Vitamin D 30%	•	Ribofla		
Vitamin B12 50%	•	Fo	late 6%	
Zinc 4%	•			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:				
	Calories	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium Total Cashabudata	Less than	2,400mg		
Total Carbohydrate Dietary Fiber		300g	375g 30g	
		25g	30g	
Calories per gram Fat 9 • Carbohydrates 4 • Protein 4				

Α

В

Nutritic Serving Size 1 oz.				
Servings Per Conta	ainer	About 2		
Amount Per Serving	_			
Calories 170 Calories from Fat 110				
2	·	% Daily Value*		
Total Fat 11g	2	17%		
Saturated Fat 1.	5g	8%		
Trans Fat 0g				
Cholesterol 0mg	9	0%		
Sodium 250mg	1.798 · · · ·	10%		
Total Carbohyd	rate	14g 5%		
Dietary Fiber les				
Sugars 0g		un 19 170		
	P. 110410	The second se		
Protein 2g				
Vitamin A 2%	1	Vitamin C 0%		
Calcium 0%	•	Iron 4%		
Vitamin E 6%	• • • • •	Thiamin 4%		
Biboflavin 2%		Niacin 4%		
Vitamin B ₆ 2%		Phosphorus 2%		
	•	and the second se		
 Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 				
Calo		2,000 2,500		
10,001,001	than	65g 80g 20g 25g		
	than	300mg 300mg		
Gridtoord at the	than	2,400mg 2,400mg		
Total Carbohydrate		300g 375g		
Dietary Fiber		25g 30g		
Calories per gram: Fat 9 • Carbol	vydrate	4 • Protein 4		

7. Circle the food that would make the most nutritious snack. (Circle one) Answer = Choice on left

Whole grain oats, sugar, canola oil, yellow corn flour, brown sugar syrup, soy flour, dried apples, salt, soy lecithin, baking soda, cinnamon, natural flavor. Enriched flour (bleached and unbleached wheat flour; niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable shortening (Palm oil, canola oil with TBHQ and citric acid to preserve freshness), rolled oats, raisins, high fructose corn syrup, raisin paste, leavening (baking soda, monocalcium phosphate), eggs, molasses, corn starch, malt syrup, salt, cinnamon, artificial vanilla flavor, allspice, and calcium propionate (to preserve freshness).



Dietdoctor.com

- 8. What is the ad selling? _____Answer: Twinkies/Golden Sponge Cake______
- 9. Who is this advertisement targeting? ____Answer: Children/Families_
- 10. What is the hook? ____Answer: Shrek/Ogre Green Filling/Coupon_____
- 11. What are they not telling me?___Many possible answers: nutrition facts/it is unhealthy/it is full of sugar___

- 12. During your free time, which activity are you <u>most likely</u> to do? <u>Looking</u> for decrease in Play Video games and Watch TV
 - a. Play video games
 - b. Watch TV
 - c. Play outside
 - d. Read
 - e. Play sports
- 13. 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
- 14. Do you think <u>Go Foods</u> taste good? (<u>Go Foods</u> are foods that give you long lasting energy. (Circle one) <u>Looking for yes</u>

Yes

No

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

Looking for 2 or more

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

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

