

_____ 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)

- 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)

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?

- 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.

6. Based on these labels, which do you think would make the most nutritious snack and why? _____

A

B

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings per Container 8	
Amount per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 300mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 6g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 6%
Vitamin D 30%	Riboflavin 30%
Vitamin B ₁₂ 50%	Folate 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	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	Carbohydrates 4 Protein 4

Nutrition Facts	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Niacin 4%
Vitamin B ₆ 2%	Phosphorus 2%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

7. Circle the food that would make the most nutritious snack. (Circle one)

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? _____

9. Who is this advertisement targeting? _____

10. What is the hook? _____

11. What are they not telling me? _____

12. During your free time, which activity are you most likely to do?

- 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)

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

14. Do you think Go Foods taste good? (Go Foods are foods that give you long lasting energy. (Circle one)

Yes

No

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

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

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

Yes

No

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

Yes

No

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

Yes

No

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

Yes

No

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

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

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

END