

\_\_\_\_\_ 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.**

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

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A

B

<b>Nutrition Facts</b>	
Serving Size 1 cup (240 mL)	
Servings per Container 8	
<b>Amount per Serving</b>	
<b>Calories 120</b>	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 6g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 6%
Vitamin D 30%	• Riboflavin 30%
Vitamin B <sub>12</sub> 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:	
	<b>Calories</b> <b>2,000</b> <b>2,500</b>
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
<b>Calories per gram</b>	
Fat 9	• Carbohydrates 4 • Protein 4

<b>Nutrition Facts</b>	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 4%
Vitamin E 6%	• Thiamin 4%
Riboflavin 2%	• Niacin 4%
Vitamin B <sub>6</sub> 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:	
	<b>Calories:</b> <b>2,000</b> <b>2,500</b>
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
<b>Calories per gram:</b>	
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? \_\_\_\_\_**

END