



Name: _____

Date: _____

Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more **Go** foods than **Whoa!** foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.
4. Name one fruit:

5. Name one vegetable:

6. Name one grains food:

7. Name one protein food:

8. Name one dairy food:

9. Name one **Go** food:

10. Name one **Whoa!** food:
