



# Eating Right Notebook

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Name \_\_\_\_\_

**1. Why should you eat healthy foods?**

**2. What is junk food?**

**3. How can you choose a healthy breakfast?**

**4. How can you choose a healthy lunch?**



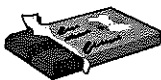
# Eating Right Easy Quiz

DIRECTIONS: Circle the best answer.

Name \_\_\_\_\_

1. Which is the healthiest snack to eat?

A.



B.



C.



D.



2. Which meal is highest in fat and salt?

A.



B.



C.



D.



4. Moby gets potato chips with his sandwich. He decides to **SUBSTITUTE** his chips for carrots. What does **SUBSTITUTE** mean?

A. to switch or replace

B. to be greasy and salty

C. to eat quickly

D. to be nutritious

5. For breakfast, Moby wants to eat a doughnut. What can he eat that is healthier instead?

A. sausage sandwich

B. bacon and eggs

C. oatmeal with fruit

D. cinnamon roll

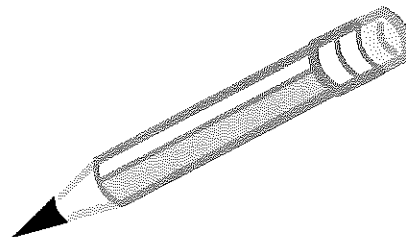
3. Which nutrient helps you grow strong bones?

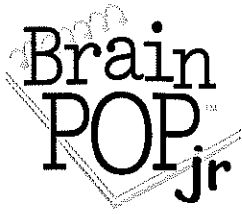
A. protein

B. calcium

C. sugar

D. fats



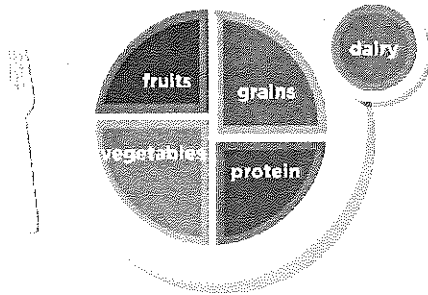


# Eating Right Hard Quiz

DIRECTIONS: Circle the best answer.

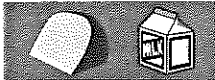
Name \_\_\_\_\_

1.



Which kind of food should you eat the most?

A.



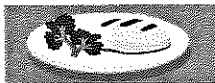
B.



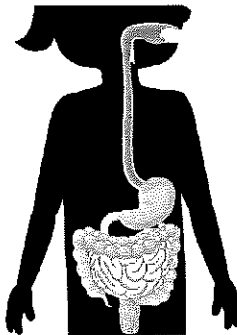
C.



D.



2.



What does your digestive system do?

A.

It takes in oxygen through the lungs.

B.

It moves all your muscles and bones.

C.

It pumps blood through your entire body.

D.

It breaks down food and takes in nutrients.

3. Which drink has NO sugar or calories?

A.

ice water

B.

100 grape juice

C.

mixed fruit punch

D.

energy sports drink

4. Why do doctors recommend that people eat more fresh food and less processed food, such as chips and hot dogs?

A.

Fresh food has fewer vitamins than processed food.

B.

Fresh food has more nutrients than processed food.

C.

Processed food tastes much better than fresh food.

D.

Processed food takes longer to cook than fresh food.

5. Which sentence is FALSE?

A.

We should try to eat fresh fruits or vegetables at every meal.

B.

Junk food has few nutrients and is high in fat, sugar, or salt.

C.

Eating a healthy breakfast gives you fuel to start your day.

D.

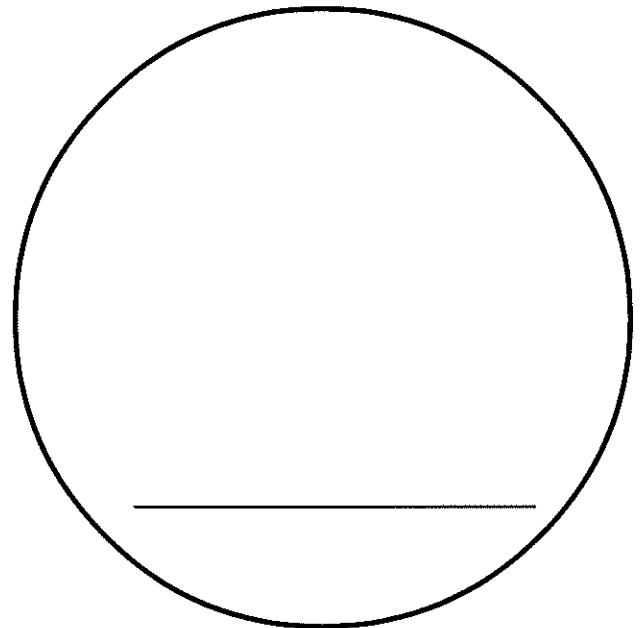
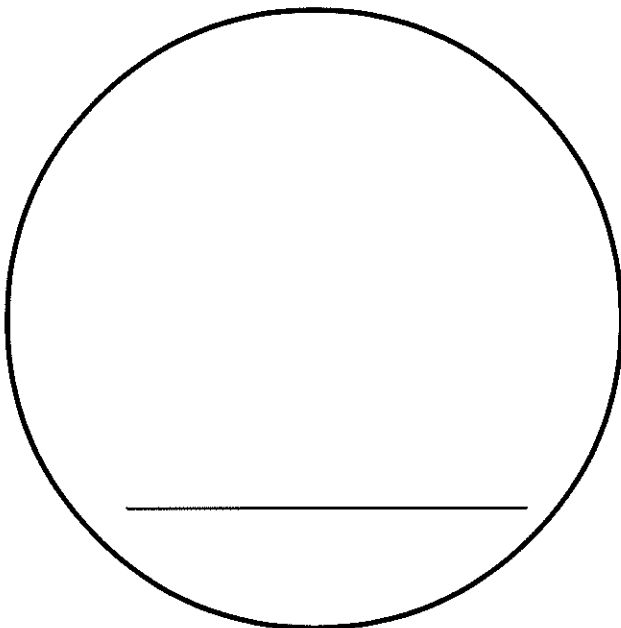
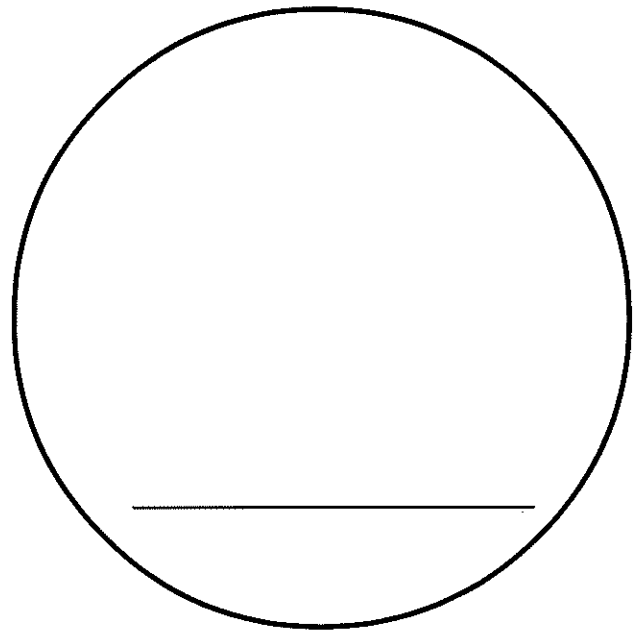
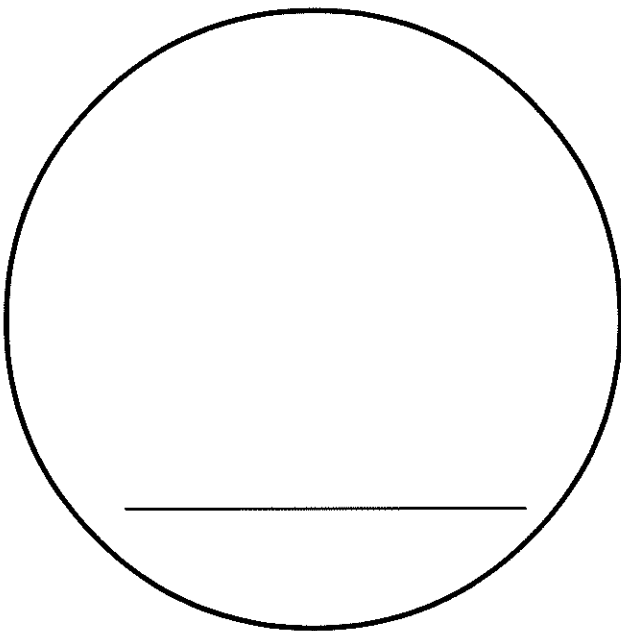
Chocolate or strawberry milk is healthier than plain milk.



Foods that are high in fat usually have a lot of oils. Experiment with different foods using this oil spot test.

Name: \_\_\_\_\_

1. Rub the food in the circle. Label the circle with the food's name.
2. Let the paper dry.
3. Hold the paper up to a light.
4. Foods that are high in fat will leave behind an oily spot.





# Food Groups Notebook

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Name \_\_\_\_\_

**1. What are the food groups?**

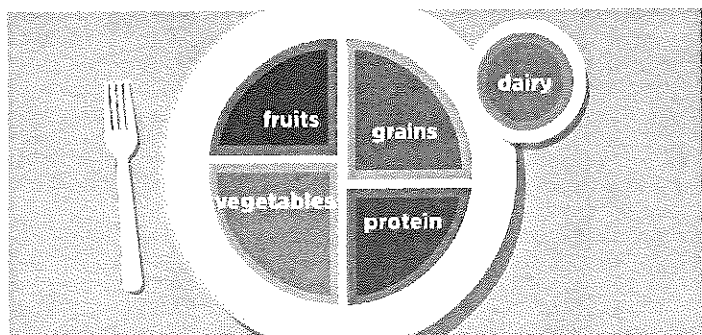


# Food Groups Easy Quiz

DIRECTIONS: Circle the best answer.

Name \_\_\_\_\_

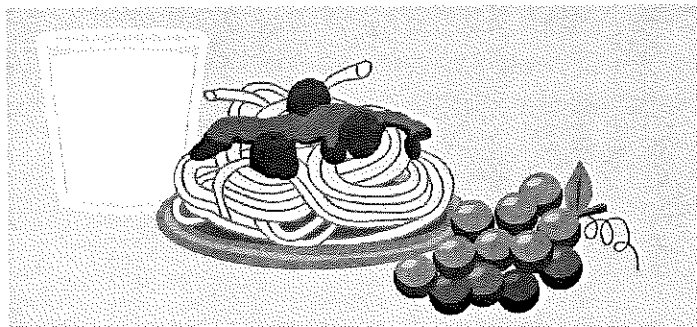
1.



Which sentence is TRUE about a balanced meal?

- A. Most of each meal should be from the dairy group.
- B. Most of each meal should be from the protein group.
- C. Each meal should have more dairy than vegetables.
- D. Each meal should have more vegetables than protein.

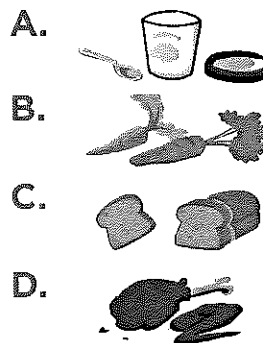
2.



What can you add to this meal to make it more balanced and healthy?

- A. more vegetables
- B. more protein
- C. more grains
- D. more dairy

3. Which of these belongs in the grains group?



4. Which do our bodies use to get energy?

- A. fiber
- B. calcium
- C. carbohydrates
- D. carbon dioxide

5. You should avoid or eat smaller PORTIONS of junk food since they are not nutritious. What does PORTION mean?

- A. a serving
- B. a vitamin
- C. a protein
- D. a diet

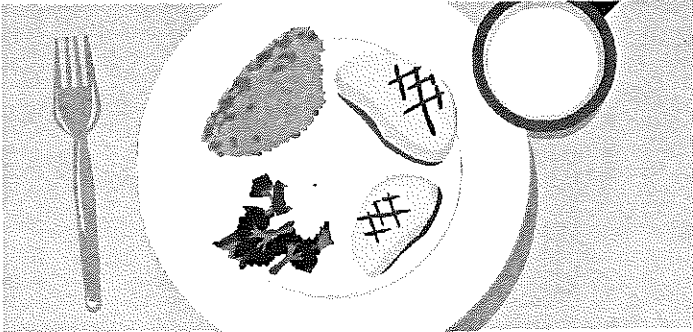


# Food Groups Hard Quiz

DIRECTIONS: Circle the best answer.

Name \_\_\_\_\_

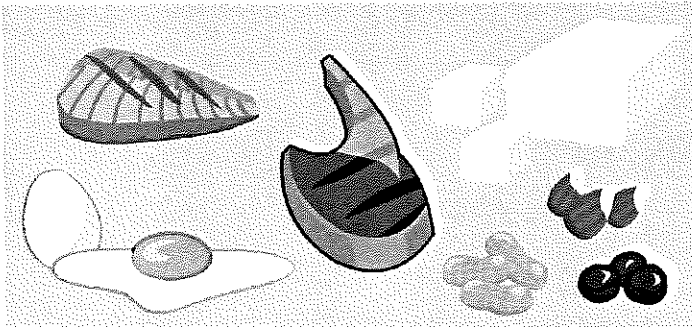
1.



What would make this meal healthier and more balanced?

- A. more fruits and vegetables and less protein
- B. more protein and grains, and less dairy
- C. more grains and more protein
- D. less vegetables and more fruit

2.



What is true about the protein group?

- A. Only meat and fish are part of the protein group.
- B. You can get your protein from different foods.
- C. Protein should be the biggest part of any meal.
- D. People who do not eat meat cannot get protein.

3. Which sentence is FALSE?

- A. About half of each meal should be fruits and vegetables.
- B. Most of each meal should come from the protein group.
- C. Fresh fruit has fiber, which helps your digestive system.
- D. Beans are part of both the protein and vegetable groups.

4. Which of these foods is the BEST source of calcium?

- A.
- B.
- C.
- D.

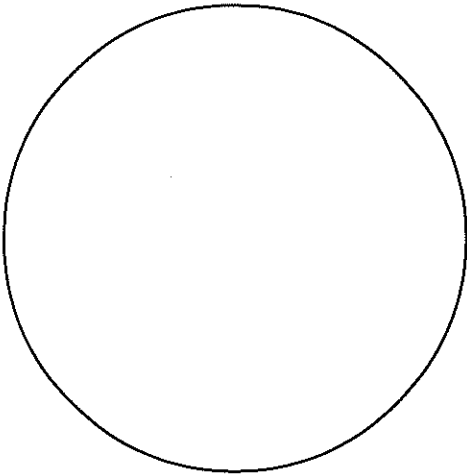
5. You should eat a VARIETY of fruits, vegetables, and proteins to get different nutrients. What does VARIETY mean?

- A. nutritious
- B. calcium
- C. lower in fat
- D. different kinds



Chef Moby wants to serve well-balanced meals.  
Draw and write about a healthy meal.

Name: \_\_\_\_\_



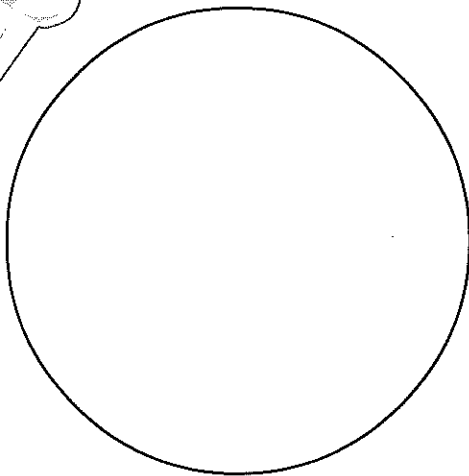
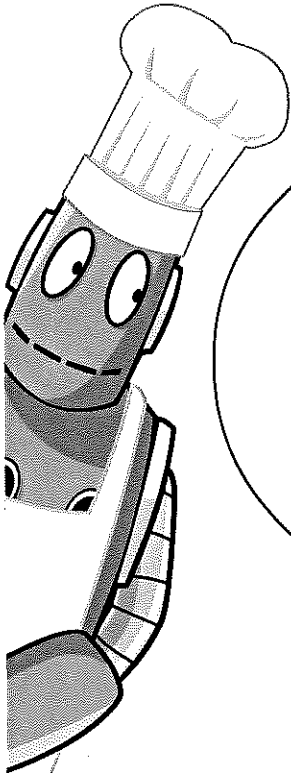
**What's for breakfast?**

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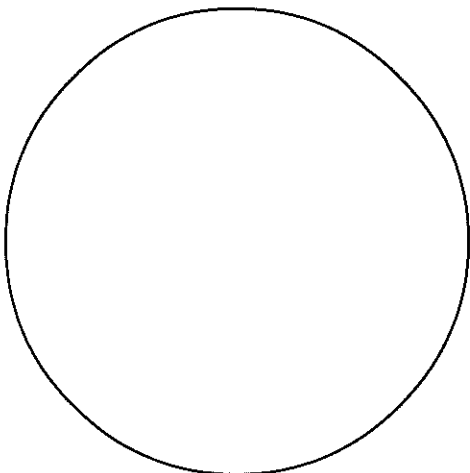
**What's for lunch?**

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**What's for dinner?**

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# Sugar Notebook

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Name \_\_\_\_\_

**1. How does sugar affect the body?**

**2. What foods and drinks contain a lot of sugar?**

**3. How can you make healthy choices when you eat?**



# Sugar Easy Quiz





DIRECTIONS: Circle the best answer.

Name \_\_\_\_\_

1. Which is the healthiest to drink at lunch?

- A. fruit punch
- B. grape soda
- C. chocolate milk
- D. plain milk

2. Which food has the MOST calories?

- A. 
- B. 
- C. 
- D. 

3. Which sentence is FALSE?

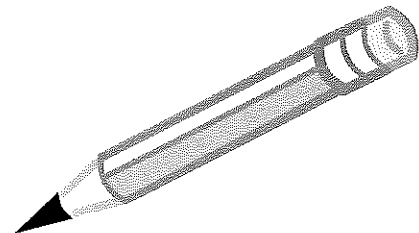
- A. Fruit juices can have a lot of added sugar.
- B. Foods higher in sugar have more calories.
- C. The body stores the extra calories it does not use as fat.
- D. Larger helpings have fewer calories than smaller ones.

4. Which happens LAST?

- A. Grandpop compares the amount of sugar in each.
- B. Grandpop goes to the grocery store to buy cereal.
- C. Grandpop picks out two different cereals.
- D. Grandpop buys the cereal that has less sugar.

5. Eating fresh fruit is a better ALTERNATIVE than drinking fruit juice. What does ALTERNATIVE mean?

- A. a choice
- B. a diet
- C. a vitamin
- D. a cavity





# Sugar Hard Quiz

DIRECTIONS: Circle the best answer.

Name \_\_\_\_\_

1. Which happens LAST?

- A. You eat a sugary snack.
- B. Bacteria use the sugar and make acid.
- C. Bacteria in your mouth stick to your teeth.
- D. Acid breaks down teeth and forms cavities.

2. It is important to MODERATE how much sugar you eat and have a balanced diet. What does MODERATE mean?

- A. to control carefully
- B. to avoid or ignore
- C. to exercise
- D. to eat or drink





3. Which is FALSE?

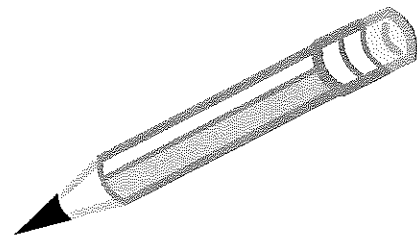
- A. Cereal can have as much sugar as some junk foods.
- B. Fruit juice can have a lot of added sugar.
- C. Your body uses sugar to get energy.
- D. Sugar has vitamins and other nutrients.

4. Why are sugary snacks considered junk food?

- A. because they have few calories
- B. because they have few nutrients
- C. because they are often thrown away
- D. because they give you a lot of energy

5. Which probably contains over 100 calories?

- A. 
- B. 
- C. 
- D. 





How much sugar is in a can of soda? Let's find out.

You'll need:

- \* a can of soda
- \* sugar
- \* a teaspoon
- \* a bowl



Name: \_\_\_\_\_

1. Look at the nutrition label on the can to see how much sugar it contains.
2. One teaspoon of sugar is about four grams.  
How many teaspoons of sugar are in the can?
3. Scoop that many teaspoons of sugar into the bowl.

Are you surprised to see how much sugar the soda contains?  
How do you think that much sugar would make you feel?

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Doctors recommend that kids have less than 3 teaspoons (12 grams) of sugar per day. Is drinking soda a healthy choice? Why or why not?

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Read nutrition labels on other beverages like fruit punch and chocolate milk. Are these drinks low in sugar? Are they healthier than soda?

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What beverages would be the healthiest choices to drink? Why?

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