



Be a Super Smart Food Detective

1. What is the healthiest group of foods on earth?
 - A. Vegetables, Fruits, Beans & Lentils, Nuts & Seeds
 - B. Chocolate, Ice Cream, Potato Chips, Cake
 - C. Meat, dairy products, eggs, and white bread
 - D. All of the above
2. Who wants you to eat unhealthy foods?
 - A. Your parents
 - B. Your teachers
 - C. The food companies who make money from selling their foods
 - D. None of the above
3. Check which food additives are not healthy for you (check all that apply):
 - A. Artificial colors
 - B. Transfats (partially hydrogenated oils)
 - C. High-fructose corn syrup
 - D. Preservatives
4. Unhealthy food can make you feel sad or anxious. (Circle)
True False
5. Healthy food can help you jump higher, run faster, & feel great! (Circle)
True False
6. Fiber helps us go to the bathroom and helps keep our intestines healthy. What foods contain fiber? (Circle all that apply)
 - A. Chicken
 - B. Milk
 - C. Broccoli
 - D. Apples
7. Some people get diseases because they eat the wrong foods, don't exercise, and smoke. If we choose to eat healthy, exercise, and not smoke, we can have less of a chance of getting many of those diseases. (Circle) True False