












Please **CIRCLE** your answer.






1. What kind of milk do you drink at your home?

- A. White 
- B. Chocolate 
- C. I can't drink milk  
- D. I don't drink milk  

2. What type of milk do you drink at home?

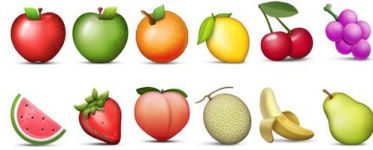
- A. Whole 
- B. 2% 
- C. 1% 
- D. Skim 
- E. I don't know 

3. Which drink would you choose?

- A. Water 
- B. Milk 
- C. Juice 
- D. Soda 
- E. Tea 

Please **CIRCLE** your answer.

4. Most days, how many servings of fruits do you eat?



- A. 0-1
- B. 2
- C. 3
- D. 4
- E. 5

5. Most days, how many servings of vegetables do you eat?



- A. 0-1
- B. 2
- C. 3
- D. 4
- E. 5

Please **CIRCLE** your answer.

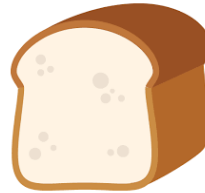
6. Most days, how many desserts do you have?

- A. 0-1
- B. 2
- C. 3
- D. 4
- E. 5



7. Most days, how many times do you eat bread?

- A. 0-1
- B. 2
- C. 3
- D. 4
- E. 5



8. Most days, how many times do you eat meat?

- A. 0-1
- B. 2
- C. 3
- D. 4
- E. 5



Please **CIRCLE** your answer.

9. Which is healthier?

A. Baked Chicken



B. Fried Chicken



C. They are the same



10. Which is healthier?

A. Fresh Fruit



B. Fruit Snacks



C. They are the same



11. Which is healthier?

A. Beans



B. Macaroni and Cheese



C. They are the same



12. Which is healthier?

A. Unflavored Popcorn



B. Potato chips




C. They are the same






Please **CIRCLE** your answer.




13. Which is healthier?

- A. Skim milk 
- B. Whole milk 
- C. They are the same 




14. Which is healthier?

- A. Apple 
- B. Applesauce 
- C. They are the same 

15. Which is healthier?

- A. Pizza made on whole grain 
- B. Pizza made on white flour crust 
- C. They are the same 

16. Which is healthier?

- A. Microwave popcorn 
- B. Movie popcorn 
- C. They are the same 

Please **CIRCLE** your answer.

17. Which has more sugar? ↑ 

A. Chocolate Milk 

B. Sports Drink 

C. They have the same =

18. Which has more sugar? ↑ 

A. Chocolate Milk 

B. Soda 

C. They have the same =

Please **CIRCLE** your answer.

19. Which one food is a “go” food? 👍

A. Popcorn 

B. Beans 

C. Banana 

D. Jello  

E. Hotdog 

20. Which one food is a “slow” food? 🤔

A. Carrot 

B. Peanut butter 

C. Cookies 

D. Skim milk 

E. Pizza 

21. Which one food is a “whoa” food? 👎

A. Soda 

B. Yogurt 

C. Apple 

D. Cheese 

E. Eggs 