

FHC Pre-Post-Test



NAME:

How much do you know about what you will learn in FHC
Read and choose the correct answer and find out!

- 1** Why is it useful to breakdown a challenge into tiny steps?
 - a) To make the challenge bigger.
 - b) To make the challenge easier.
 - c) To avoid the challenge.
- 2** Why does it matter that our foods are colorful?
 - a) Colorful foods taste better.
 - b) They make the plate look pretty.
 - c) They provide different nutrients.
- 3** How can you spot a whole grain food?
 - a) By its size and shape.
 - b) By reading the ingredients list.
 - c) By its brand name.
- 4** Why is it important to eat protein with your meals?
 - a) Protein helps your body build muscle.
 - b) Protein makes food taste better.
 - c) Protein prevents you from feeling thirsty.
- 5** Which one of these is NOT a type of added sugar?
 - a) Fructose
 - b) Glucose
 - c) High fructose corn syrup
- 6** Why is it important to move your body everyday?
 - a) Moving your body is only for athletes.
 - b) Moving your body can be fun.
 - c) Sitting still is more comfortable.
- 7** How can you use your hand to determine the right amount of food?
 - a) By comparing the size of the food to your thumb.
 - b) By counting the number of fingers you use to pick up the food.
 - c) By using your fingers to put the food on a scale.
- 8** How does your tummy and body tell you when you've had enough to eat?
 - a) Your tummy starts growling loudly.
 - b) Your tummy feels satisfied and you can still move around.
 - c) When you see an empty plate.