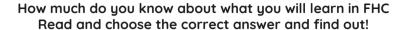
## FHC Pre-Post-Test

## NAME:



- 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.

- 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.

