

### Pre- and Post-test Questions: Healthy Food Choices

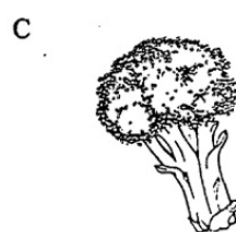
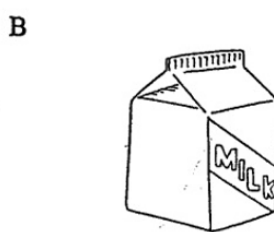
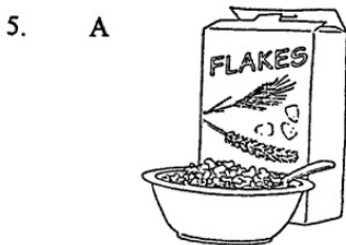
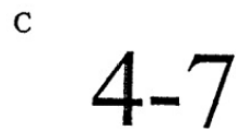
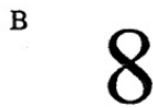
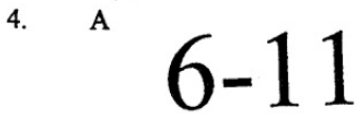
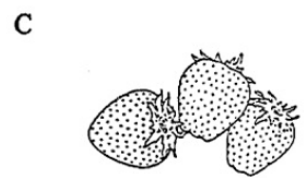
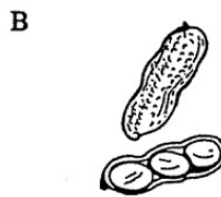
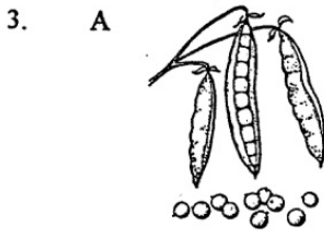
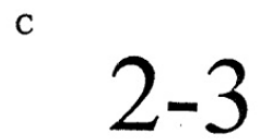
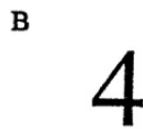
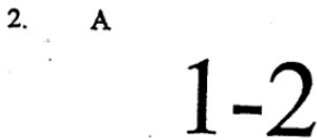
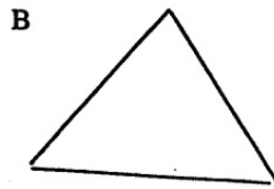
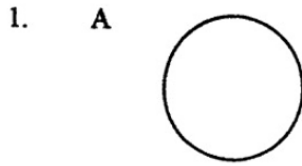
Directions: Read each of the following questions to the children, and have them select the picture that they perceive to be the best answer to each question.

1. Which symbol best represents the food guide we should follow every day?  
B
2. How many servings of the milk group and of the meat group should we eat every day?  
C
3. Which one of these pictures represents a fruit?  
C
4. How many servings/portions should we eat every day of the grain/bread group?  
A
5. Select the food that fits into the milk group?  
B
6. How many servings of fruits and vegetables should we eat every day?  
B
7. Select the food that fits into the grain/bread group.  
B
8. Which of these pictures represents a vegetable?  
C
9. What group of foods should we have the most of every day?  
B
10. Select the food that fits into the meat group.  
A
11. Select the healthiest snack.  
A

### Healthy Food Choices

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

Directions: Select one of the three pictures that answers each question.



6. A

B

C

2-5

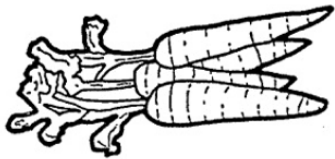
5 or more

3-6

7. A

B

C



8. A

B

C



9. A

B

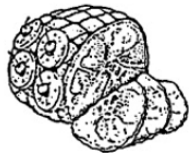
C



10. A

B

C



11. A

B

C

