

Answer Key for Pre-Test and Post-Tests

- How many fruits/vegetables should you have daily?
 - 3-4 servings
 - 10-15 servings
 - 5-9 servings**
 - It doesn't matter
- What part of "my plate" does peanut butter fit into?
 - dairy
 - grains
 - protein**
 - vegetables
- Circle all the grains below that are whole grains?
 - popcorn
 - white bread
 - white rice
 - brown rice (This is the correct one)**

Refer food label for Questions 4-6

4. What is the serving size of this food product?

Nutrition Facts	
Serving Size 5 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	4%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:

- 5 g
- 5 oz**
- 4 oz
- 3 oz

5. How much sodium is in one serving?

- 1760 mg
- 2200 mg
- 440 mg (This one is the right one)**
- 840 mg

6. If there were 2 servings per container to this label, how many calories from fat would there be?

- 40
- 60**
- 100
- 120

7. Why is exercise important?
 - a. Fun
 - b. Does not burn calories
 - c. Helps you stay healthy**
 - d. It makes you gain weight

8. What is NOT an activity that counts as physical activity?
 - a. Walking with my family after dinner
 - b. Climbing stairs
 - c. Taking the bus to school
 - d. Playing video games**

9. What is the recommended amount of physical activity/exercise for children per day?
 - a. 60 minutes**
 - b. 30 minutes
 - c. 15 minutes
 - d. None

10. Which food is a healthy snack?
 - a. Cheetos because it has cheese in it
 - b. donut because it has flour in it
 - c. apple slices because they are a fruit**
 - d. ice cream because it has milk in it

11. Which of the following is a healthy snack?
 - a. cookies
 - b. French fries
 - c. pretzels**
 - d. candy

12. You are at a corner store and are hungry and want a snack. Which of the following is a healthier snack?
 - a. nuts**
 - b. potato chips
 - c. ice cream cone
 - d. chocolate candy

Code: _____

13. When wanting to begin to eat more vegetables daily, is it better to start with a small goal or a large goal?

a. small

b. large

14. Only make a goal for yourself when you believe that you can do it.

a. true

b. false

15. What is the goal of Muevete USA?

a. Learn about healthy eating and exercise

b. Learn about the planets

c. Learn to play videos games

d. Learn to read faster