

**Post-Test**

1. How many fruits/vegetables should you have a day?
  - a. 3-4 servings
  - b. 10-15 servings
  - c. 5-9 servings
  - d. It doesn't matter
  
2. What part of "my plate" does peanut butter fit into?
  - a. dairy
  - b. grains
  - c. protein
  - d. vegetables
  
3. Circle all the grains below that are whole grains?
  - a. popcorn
  - b. white bread
  - c. white rice
  - d. brown rice

**Refer food label for Questions 4-6**

<b>Nutrition Facts</b>	
Serving Size 5 oz	
Servings Per Container 4	
<b>Amount Per Serving</b>	
Calories 90	Calories from Fat 30
	% Daily Value*
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	4%
Sugars 3g	
<b>Protein</b> 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:	

4. What is the serving size of this food product?
  - a. 5 g
  - b. 5 oz
  - c. 4 oz
  - d. 3 oz
  
5. How much sodium is in one serving?
  - a. 1760mg
  - b. 2200 mg
  - c. 440 mg
  - d. 840 mg
  
6. If there were 2 servings per container to this label, how many calories from fat would there be?
  - a. 40
  - b. 60
  - c. 100
  - d. 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 a video game
  
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 is a healthy snack?
  - a. Cheese chips 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
  
13. 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

Code: \_\_\_\_\_

15. What is a goal of the Muevete USA program/
- a. learn about healthy eating and exercise
  - b. learn about the planets
  - c. learn to play videos better
  - d. learn to read faster