



Before You Get Started...

Please circle an appropriate answer or write in the answer with the provided space for each question. Thank you!



1. The safest method for thawing raw chicken is:

- A. Leaving it on the counter overnight C. Under running water for 1 hour
B. In the microwave D. In the refrigerator

2. On a food label, which nutrients should be eaten in a moderate amounts?

- a. Cholesterol, Total Fat and Sodium b. Calcium, Vitamins and Total fat
c. Total Fat, Iron and Potassium d. Protein, Total fat and Vitamins

3. How much of each food group (Protein, Grains, Vegetables, Fruits) should be on your plate?

- | | | |
|--------------------------|--------------------------|--------------------------|
| A. $\frac{1}{2}$ Protein | B. $\frac{1}{4}$ Protein | C. $\frac{1}{4}$ Protein |
| $\frac{1}{4}$ Grains | $\frac{1}{2}$ Grains | $\frac{1}{4}$ Grains |
| $\frac{1}{4}$ Vegetables | $\frac{1}{4}$ Vegetables | $\frac{1}{4}$ Vegetables |
| $\frac{1}{4}$ Fruits | $\frac{1}{4}$ Fruits | $\frac{1}{4}$ Fruits |

4. How many servings of fruits and vegetables do you consume daily?

Fruits _____ Vegetables _____

5. How many times do you eat out in a week? (Ex: Restaurants, fast food, potlucks, etc.)

- a. 1-2 b. 3-4 c. 5 or more

6. Meal planning before grocery shopping will save you time and money.

True False



7. It is best to:

- A. Try "all kinds" of foods B. Only try some foods C. Eat the same foods daily

8. How many snacks do you eat in one day? What kinds of snacks do you normally eat?

Snacks amount: 0 1 2 3 Types of Snacks:
 4 5 6

9. How many servings of each should you eat in one day?

Meals? a. 1- 2 Large meals b. 3 -4 Medium meals c. 5 -6 Small meals

Fruits and Vegetables? a. 1-2 b. 3-4 c. 5-6

Whole grains? a. 1-2 b. 3-4 c. 5-6

10. Do you feel it is important to live and eat healthy? Do you think you are living and eating healthy now? Please explain.

