



## Nutrition Basics Worksheet

- Choose the healthy breakfast option below:
  - Pop Tart
  - Yogurt with fruit or nuts
  - Nothing
  - Pizza
- All are examples of mindful eating **except**:
  - Eating because you are stressed
  - Putting your fork down in between bites
  - Sitting at the dinner table with no electronics
  - Eating when you just start feeling hungry
- List 2 healthy things that you can buy for the same cost as a soda?
  - \_\_\_\_\_
  - \_\_\_\_\_
- Macronutrients are carbohydrates, proteins, water and \_\_\_\_\_
- True or False: Counting calories is the best way to ensure that you are eating a healthy diet.  
True    False
- List 2 benefits of eating whole grains.
  - \_\_\_\_\_
  - \_\_\_\_\_
- What is the difference between a vegetarian and a vegan diet?
- All are examples of protein rich foods **except**:
  - Lentils
  - Quinoa
  - Candy Bar
  - Beans
- True or False: Try to choose foods that do not have sugar as the first 3 ingredients.  
True    False
- List 2 things that you can do to make the healthier choice at a restaurant.
  - \_\_\_\_\_
  - \_\_\_\_\_