



## 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?
  - 8-9 bananas**
  - 4 reduced priced school lunches**
- Macronutrients are carbohydrates, proteins, water and **fats (lipids).**
- True or **False**: Counting calories is the best way to ensure that you are eating a healthy diet.
- List 2 benefits of eating whole grains.
  - They have more fiber and nutrients.**
  - They decrease the risk of chronic disease.**
- What is the difference between a vegetarian and a vegan diet?

**Both do not eat meat products. Vegans do not eat dairy or eggs.**
- 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.
- List 2 things that you can do to make the healthier choice at a restaurant.
  - Choose the kid's meal**
  - Put ½ your meal in a to-go box before you begin eating**