

Warning Lights (Signals)

1. **Q.** Name 2 signals your body gives you when you're hungry. **A.** Mouth watering, stomach growling, headache, empty, shaky, can't concentrate
2. **Q.** Name 3 signals your body gives you when you have eaten too much. **A.** Bloating, nauseated, tired, uncomfortable
3. **Q.** When should you START eating and when should you STOP? **A.** Start when you feel hungry, not famished, and stop when you feel satisfied not too full.
4. **Q.** What is a clue that your body will give you if you are allergic to a food? **A.** Rashes, stuffy nose, headache, nausea or stomach ache, diarrhea/vomiting or trouble breathing.
5. **Q.** What food should you avoid if you are lactose intolerant? **A.** Milk or Dairy foods.

PFCs

1. **Q.** What are the 3 fuels our bodies need to perform at it's best. **A.** Proteins, fats and carbohydrates
2. **Q.** Which fuel is considered our "Grow" foods? **A.** Proteins. They help our muscles and tissues grow
3. **Q.** Name 2 high-quality "Go" foods. **A.** Accept any high-quality carbohydrate foods.
4. **Q.** Chicken, fish and beef belong to what fuel group? **A.** Protein (animal)
5. **Q.** A turkey sandwich with avocado on whole grain bread contains what fuel group(s)? **A.** All of them. Turkey -P, bread- C and Avocado -F

Breakfast

1. **Q.** T or F: A candy bar is a good substitute to hold you over until lunch if you don't have time to eat a real breakfast. **A.** F – A candy bar is a LQ choice with added sugar and no HQ PFCs!
2. **Q.** What can happen if you skip breakfast before school **A.** Hard to concentrate in school, no energy, feel cranky, feel tired.
3. **Q.** Name 2 reasons why you should eat breakfast. **A.** Feeds the brain, gives you energy and can put you in a better mood.
4. **Q.** Name a HQ protein you might eat for breakfast? **A.** Cottage cheese, cheese, eggs, beans or breakfast meats (ham or sausage).
5. **Q.** Name a HQ breakfast and be sure to include something from each fuel group. **A.** Anything that includes HQ PFC's.

High Quality Foods (HQ Fuels)

1. **Q.** A salad with whole, fresh vegetables is a HQ or LQ food choice? **A.** High Quality
2. **Q.** List 3 things that make a food HQ. **A.** Whole, close to the source, unprocessed with few added ingredients.
3. **Q.** Name 1 HQ and 1 LQ food that come from the source of apples. **A.** a - unsweetened applesauce or juice; b - anything highly processed with a lot of ingredients (breakfast bars, cereals, fruit chews, flavored drinks)
4. **Q.** Why do we want to choose HQ foods to fuel our bodies? **A.** Unprocessed foods retain more nutrients (vitamins and minerals) and we need those nutrients to feed our cells to keep us healthy and strong.
5. **Q.** Change this to a HQ sandwich: Bologna on white bread with American cheese. **A.** Any fresh meat (turkey, roast beef or chicken) on whole grain bread, real cheese (cheddar, jack, etc.) and fresh veggies.

Food Investigators (Label Reading)

1. **Q.** Where do you find exactly what ingredients are in your food? **A.** Ingredient List
2. **Q.** Where would you find how many grams of Carbohydrates are in your food? **A.** Nutrition Facts Label
3. **Q.** How many grams of fiber do you want to see in your breakfast cereal? **A.** 3 grams or more
4. **Q.** Name 2 added sugars you might see on an Ingredient List? **A.** Sugar, high fructose corn syrup, juice, juice concentrate and anything that ends in...ose..
5. **Q.** What are the 2 clues on an Ingredient List that will tell you it might be highly processed? **A.** a - Long list of ingredients; b - words you don't recognize.

Miscellaneous

1. **Q.** GrowingGreat teaches you about? **A.** Nutrition, making healthy food choices
2. **Q.** T or F – You should always avoid low -quality foods. **A.** F – But you want to choose higher-quality foods more often than lower-quality foods
3. **Q.** Why do you think it is important to make healthier food choices? **A.** Accept appropriate answer.
4. **Q.** What are 2 things you learned in GG last year? **A.** Accept anything they were taught.
5. **Q.** Name 2 HQ foods you can choose from the cafeteria. **A.** Accept any HQ food.