

Advertising

1. **Q.** T or F: You should always believe what they tell you in advertisements.
A. F – Sometimes companies stretch the truth to get you to buy their product.
2. **Q.** Name a highly processed food that you have seen advertised in a commercial. **A.** Cereals, fast food, soda, sports drinks, candy...
3. **Q.** Name two places you will see advertisements. **A.** TV, magazines, newspapers, billboards, radio and the internet
4. **Q.** Name two things advertisers use to catch your attention. **A.** Give-a-ways, jingles, famous people, catchy tag lines, funny characters and claims
5. **Q.** Make up a tag line for a healthy fruit or vegetable. **A.** Accept any good attempt at a tag line.

Whole Grains

1. **Q.** What do you call whole grains that have been ground up into a powder? **A.** Flour.
2. **Q.** What color is whole wheat flour?
A. Brown
3. **Q.** Besides wheat, name 2 other types of grains we eat. **A.** Oats, rice, barley, rye, corn and spelt.
4. **Q.** All grains have 3 parts. Can you name two of them? **A.** Bran, germ and endosperm.
5. **Q.** Why do we want to eat whole grain foods more often than highly-processed white flour foods? **A.** Whole grains have vitamins and minerals, and also fiber, which makes us feel full longer and gives us longer-lasting energy.

Beneficial Fats

1. **Q.** T or F: All fats are bad for our bodies.
A. F – Some fats are beneficial.
2. **Q.** Are the fats found in fried food, fast food, candy and processed food usually considered harmful or beneficial? **A.** Harmful.
3. **Q.** What processed fat is added to a lot of packaged foods to make them last longer?
A. Hydrogenated oil or partially hydrogenated oil.
4. **Q.** Name one thing that beneficial fats do for our bodies? **A.** Help us think clearly, feel satisfied longer, give us a longer lasting form of energy and help keep our joints moving smoothly.
5. **Q.** What foods containing a beneficial fat could you have for a snack? **A.** Nuts, seeds, avocado, olives, dairy (cheese), plain yogurt or a fruit smoothie

Label Busters

1. **Q.** If a cereal bar's label says "healthy", what should you read to make sure this is true?
A. The ingredient list.
2. **Q.** Name one of the three red flags we should look for on a food ingredient list.
A. Artificial ingredients, hydrogenated/partially hydrogenated oils, and added sugars (HFCS)
3. **Q.** Name two other words for sugar you might find on a label. **A.** Honey, "ose" words, fruit and juice concentrates, syrup, molasses and high-fructose corn syrup.
4. **Q.** High Fructose Corn Syrup is another word for what? **A.** Sugar
5. **Q.** Can you name two artificial ingredients added to processed food? **A.** Artificial color, artificial sweeteners, artificial flavors.

High-Quality Foods

1. **Q.** What does GrowingGreat call a food that is whole, closest to the source and minimally processed? If a food is whole, closest to the source and unprocessed, it is? **A.** High-Quality food
2. **Q.** A salad with whole fresh vegetables is a HQ or LQ food choice? **A.** High-Quality
3. **Q.** Which of the following foods is the higher-quality choice? Potato chips, French fries, or baked potato with butter **A.** Baked potato with butter
4. **Q.** What does processed mean? **A.** Changing a food, usually by taking something away
5. **Q.** Change this to a higher-quality sandwich: Bologna sandwich on white bread with American cheese. **A.** Any fresh meat like turkey or chicken on whole grain bread, real cheese like cheddar or jack, and vegetables like lettuce or tomato.

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 should 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.** Chicken, fish and steak belong to what fuel group? (P, F or C) **A.** Protein, Animal
5. **Q.** What are 2 things you learned in GG last year? **A.** Accept anything they were taught.