Pre Training Quiz: Getting Your Community Involved in Healthy Eating

Please either circle your answer or write your answer in the space provided. If you do not know the answer, it is okay to leave it blank.

1. Can healthy foods be affordable?

YES NO

1. Junk foods are put at eye-level in the grocery store to make shoppers want to buy them.

TRUE FALSE

1. What is something you can do that will help you choose healthy foods while grocery shopping?

Answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 15% DV (Daily Value) for a nutrient (example fat or protein) is considered a lot when label reading.

TRUE FALSE

1. An inexpensive, healthy alternative for fresh meat is:
   1. Deli ham
   2. Dried or canned beans
   3. Canned vegetables
   4. Whole wheat bread