

Questions for Menu Planning Telehealth Presentation

1. Meal planning is helpful because
 - a) It saves you time
 - b) It helps you stay on track with healthy eating
 - c) It saves you money
 - d) All of the above

2. Which of the following would a balanced, healthy snack?
 - a) Bag of chips
 - b) A piece of whole wheat toast with peanut butter
 - c) Mr. Noodles
 - d) Crackers

3. If you planned your meals and there weren't enough fruits and vegetables to meet Canada's Food Guide what would you do?
 - a) Ignore it. It's good enough.
 - b) Add another vegetable for supper
 - c) Plan a snack that has vegetables or fruit
 - d) Any of the above
 - e) b or c

4. I would feel comfortable teaching others in my community to plan healthy menus.

Disagree 1 2 3 4 5 Agree