

Healthy Eating and You Evaluation Questions (Before)

1. Potatoes belong to which food group?
 - A. Vegetables and Fruit
 - B. Grain products
 - C. Milk and Alternatives
 - D. Meats and Alternatives

2. At each meal, what is the recommended portion size for grain products (e.g. bannock, rice, pasta)?
 - A. The size of your fist
 - B. The size of 2 fists
 - C. The palm of your hand
 - D. 1 handful

3. How would you balance this meal?



Toast and peanut butter



Apple

- A. Add a yogurt
 - B. Add some bran flakes
 - C. Add a banana
 - D. Add some eggs
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4. Answer the following question using the scale below:
I would feel comfortable explaining Canada's Food Guide to someone in my community
- Disagree 1 2 3 4 5 Agree