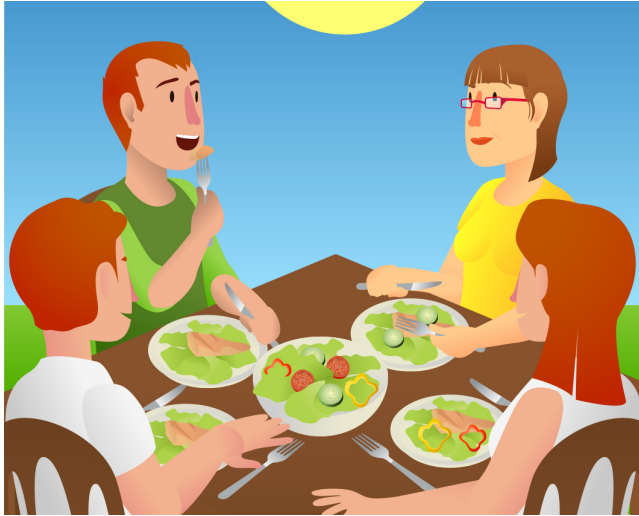


Kids Eat Right!



Are you a master of eating right? Take this quiz to find out!

1. True or false: Breakfast is a very important meal.
2. Which of the following foods doesn't belong with the others?
 - A. Apples
 - B. Bananas
 - C. Grape Juice
 - D. Strawberries

Why not?

3. Approximately how many servings of fruits and vegetables should an active kid get every day?
 - A. 0 to 2
 - B. 1.5 to 3
 - C. 3 to 4.5
 - D. 3.5 to 5

Answers:

1. True! If you're running late in the morning, you still need to have breakfast. Balance whole grains with some fruit or vegetables and perhaps a little protein for a quick and healthy start to your day.
2. B. Grape Juice. All the other foods are whole fruits. Juice doesn't have nearly as much fiber as regular fruit, which means that you miss out on many of its health benefits. Plus, when you drink juice instead of eating fruit, you will get hungry again much more quickly.
3. D. 3.5 to 5. It sounds like a lot, but getting enough fruits and vegetables can be fun. After all, it's really important to eat enough fruits and vegetables every day. They are full of fiber and nutrients, which will help you stay healthy and have the energy you need to have fun.

So, what do you think? Are you a master of eating right?

