

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

YOUR TEACHER'S E-MAIL: \_\_\_\_\_

## Top 10 Foods for Teens

**Directions:** After reading “Top 10 Foods for Teens” on pages 17-19 of this issue of *Choices*, answer the questions below.

- 1. Which of the following best describes how having a low-fat dairy snack instead of a soda will help you?**
  - Ⓐ Help you lose weight
  - Ⓑ Strengthen your bones
  - Ⓒ Add to your omega-3s
  - Ⓓ Give you energy
- 2. How can you best give your body omega-3s, which help improve brain function and mood?**
  - Ⓐ Exercising regularly
  - Ⓑ Getting enough sleep
  - Ⓒ Drinking green tea
  - Ⓓ Eating fish
- 3. Which of the following foods helps protect against cancer?**
  - Ⓐ Peanut butter
  - Ⓑ Greek yogurt
  - Ⓒ Avocados
  - Ⓓ Leafy greens
- 4. What do carbs provide to your body?**
  - Ⓐ Energy
  - Ⓑ Sleep
  - Ⓒ Cancer-fighting cells
  - Ⓓ Calcium
- 5. Beans help lower your risk of both**
  - Ⓐ obesity and diabetes.
  - Ⓑ heart disease and cancer.
  - Ⓒ obesity and cancer.
  - Ⓓ heart disease and diabetes.

**DIRECTIONS:** Write your answers in the text box below each question. Use complete sentences.

- 6. What benefit does eating mangoes have compared with other fruits?**

*More questions on next page*

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## Top 10 Foods for Teens

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**7. What can teens eat to help protect themselves against developing heart disease?**

**8. Why is Greek yogurt better than regular yogurt?**

**9. When shopping for bread and pasta, what should you look for on the label?**

**10. Rather than iceberg lettuce, what greens could you use to make your salad more nutritious?**

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