
K-2 Nutrition

Pre-Assessment

Section 1: Please select the correct answer for each of the following questions:

1. At least how many servings of fruits and vegetables should we try to have each day?
 - a. 1
 - b. 10
 - c. 5
 - d. 3
2. A serving size is about the size of your:
 - a. Nose
 - b. Fist
 - c. Ear
 - d. Head
3. Red fruits and vegetables are good for your:
 - a. Heart and stomach
 - b. Soccer game
 - c. Hearing
 - d. Making your brother or sister go away
4. Examples of whole foods are:
 - a. Potato chips
 - b. Apples
 - c. Pizza
 - d. Ice cream
5. Examples of processed foods are:
 - a. Bananas
 - b. Potatoes
 - c. Cherries
 - d. Hot Dog
6. Whole foods cost less money than processed foods
 - a. True
 - b. False



K-2 Nutrition

Post-Assessment

Section 1: Please select the correct answer for each of the following questions:

1. At least how many servings of fruits and vegetables should we try to have each day?
 - a. 1
 - b. 10
 - c. 5
 - d. 3
2. A serving size is about the size of your:
 - a. Nose
 - b. Fist
 - c. Ear
 - d. Head
3. Red fruits and vegetables are good for your:
 - a. Heart and stomach
 - b. Soccer game
 - c. Hearing
 - d. Making your brother or sister go away
4. Examples of whole foods are:
 - a. Potato chips
 - b. Apples
 - c. Pizza
 - d. Ice cream
5. Examples of processed foods are:
 - a. Bananas
 - b. Potatoes
 - c. Cherries
 - d. Hot dog
6. Whole foods cost less money than processed foods
 - a. True
 - b. False

