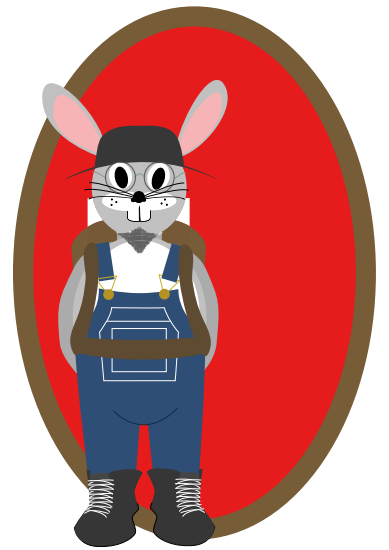


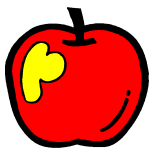
Activity 1

Healthy vs. Unhealthy Lifestyles

Pre/Post Test



1. Circle the healthy food.



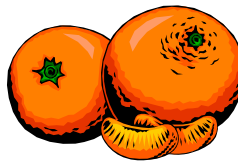
2. What is a good way to eat like the RAINBOW?
(Circle your answer.)

- a. Eat broccoli ONLY
- b. Eat veggies of ALL different colors
- c. Eat spinach ONLY
- d. Eat buckets of salad

3. Circle the choice of fruit you should eat MORE of.



Orange Juice



Orange Slices

4. Circle the unhealthy activity.



