QUIZ FOR KIDS
What’s the better choice?

1. Which is the better choice for your dinner side?
   a. French fries
   b. Fruit or veggie salad

2. Which is the better choice for your sandwich topping?
   a. Avocado
   b. Mayonnaise

3. Which is the better choice for a morning snack?
   a. Berries
   b. Cheese crackers

4. Which is the better choice for an afternoon snack?
   a. Gummy snacks
   b. Carrots with light ranch dip

5. Which is the better choice for a lunch side?
   a. Celery and hummus
   b. Chips

6. Which is the better choice for a sweet, creamy drink?
   a. Milkshake
   b. Fruit smoothie

7. Which is the better choice to eat on the go?
   a. Candy or chocolate bar
   b. Granola bar

8. Which is the better choice when you’re thirsty?
   a. Water
   b. Soda