

# 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



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