

PURE FOOD KIDS: A RECIPE FOR HEALTHFUL EATING

Name: _____

Date: _____

Food Knowledge Quiz

- Ingredients on a food label are listed (circle the correct answer):
 - Randomly – in no special order
 - In order of least amount to greatest amount
 - In order of greatest amount to least amount
 - Don't know
- What is a calorie? (circle the correct answer)
 - A measurement of fat
 - A measurement of energy
 - A vitamin
 - Don't know
- If you are an 11 year old boy, you need about how many calories a day? (circle the correct answer)
 - 1000 calories
 - 3500 calories
 - 2500 calories
 - Depends on your activity level
 - Don't know
- Draw a line between the food additive on the left to the category on the right to which it belongs.

High Fructose Corn Syrup	Preservative
Monosodium Glutamate	Sweetener
FD & C Red #40	Flavor Enhancer
BHA/BHT	Food Coloring



*Flagship Program – educating kids on the benefits of pure, all-natural foods
1% of ALL Beecher's sales go to support the Flagship Program.*