	[illegible]	Never	1-3 times a week	4-6 times a week	Once a day	More than once a day
1	Eat vegetables					
2	Eat fruits					
3	Eat/Drink dairy products					
4	Eat grains					
5	Eat sweets & snacks					
6	Drink water					

How many glasses of water should you drink a day?

a) [illegible]
b) [illegible]
c) [illegible]
d) [illegible]

Match the following:

1. Broccoli
2. Margarine
3. Pasta
4. Peanuts
5. Cottage Cheese

____ is a fruit
____ is a dairy product
____ is a grain product
____ is a vegetable
____ is a meat & beans product

Directions: define the following terms:

1. Body mass index

____

2. Obesity

____

Write down 2 advantages and 2 disadvantages of body mass index result.

Advantage:

____