

Snack Quiz

Activity 1

Examine your snacking habits by answering the following questions.

1. Do your snacks fit into one of these groups: meat and bean, fruits, vegetables, grains and milk?
2. Do you avoid snacks within one hour before a meal?
3. Do you have a written snack plan?
4. At this moment, do you have a bowl of fresh fruits or a container of cut vegetables available in your refrigerator?
5. Do you snack when you are hungry?

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