



Passport to Nutrition: Choose Well



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Easy Steps To Selecting Healthy Packaged Food

When selecting a packaged food, look for products that have ____ grams of fiber per ____ calories.

Exhibit 2: Where's All That Sugar Hiding?

List foods would you like to minimize in order to reduce the amount of sugar you are consuming:

Exhibit 3: Salt And Sodium

List foods would you like to minimize in order to reduce the amount of salt you are consuming:

Exhibit 4: Replace Salt With Herbs And Spices For Flavor

Dried herbs are recommended for uncooked dishes such as salads and salsas.

True or False

Exhibit 5: Easy Steps To Shop For Healthy Ingredients

The healthiest foods are found around the perimeter of the store.

True or False