Lunch Questions

1. Planning ahead is important for incorporating healthy foods into
   A. Meals at home
   B. Meals away from home
   C. All of the above

2. You should plan for variety in each meal as well as throughout the week.
   A. True
   B. False

3. When eating out, you should look for foods that are . . .
   A. Fried
   B. Cooked in creamy sauces
   C. Roasted

4. Eating smaller portion sizes allows you to enjoy favorite restaurant foods while continuing to eat healthy.
   A. True
   B. False

5. You should try to incorporate foods from only two different food groups in your lunch.
   A. True
   B. False
Lunch
Answers

1. Planning ahead is important for incorporating healthy foods into

   C. All of the above

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5. You should try to incorporate foods from only two different food groups in your lunch.

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