

Food Fury Quiz 2 Categories – Answer Key

Directions

Circle the correct answer for each question below to fill in the blank.

1. Go Foods are low / high in sugar.
2. Whoa Foods are low / **high** in fat.
3. Slow foods can be eaten all the time / **some of the time**.
4. Go Foods are low / **high** in nutrients and vitamins.
5. Slow foods have some / lots of sugar.
6. Slow foods can / cannot be eaten every day.
7. Go foods should / should not be eaten every day.
8. Whoa foods are low / **high** in sugar.
9. Whoa foods are needed / **not needed** for a healthy diet.
10. Go foods are needed / not needed for a health diet.
11. Fried foods are a Go / Slow / **Whoa** food.
12. Canned fruit in heavy syrup is a Go / Slow / **Whoa** food.
13. Wheat breads are a **Go** / Slow / Whoa food.
14. Dairy products that are high in fat and sugar are a Go / Slow / **Whoa** food.
15. Low fat meats are a Go / **Slow** / Whoa food.
16. Canned fruit in water or juice is a **Go** / Slow / Whoa food.
17. Canned fruit in lite syrup is a Go / **Slow** / Whoa food.
18. Skim milk or fat free milk is a **Go** / Slow / Whoa food.
19. 2% milk is a Go / **Slow** / Whoa food.
20. Meats high in sodium are a Go / Slow / **Whoa** food.

