

Activity 107

A Perfect Balance

Directions: Choosing a balanced diet will help you look and feel your best. Read each situation below. Write the letter of the best nutritional choice in the space provided. On the lines at the bottom of the page, explain at least three of your choices.

- _____ 1. You rush home from school to grab a snack before the football game. You
- A. eat a bag of potato chips.
 - B. reach for a fresh apple.
 - C. gulp down a soft drink.
- _____ 2. You like to nibble on a snack while watching television. You usually
- A. crunch on raw vegetables.
 - B. eat corn chips and dip.
 - C. munch on chocolate-covered peanuts.
- _____ 3. Your friend Dave asks you to recommend some low-calorie snacks for him. You suggest
- A. peanuts.
 - B. unbuttered popcorn.
 - C. potato chips.
- _____ 4. You crave a snack before going to bed. You raid the refrigerator and choose
- A. apple pie.
 - B. a cold soft drink.
 - C. leftover chicken.
- _____ 5. It is midmorning, and you get hungry between classes. You pass the vending machine and decide to get some
- A. cream-filled oatmeal cookies.
 - B. barbecued potato chips.
 - C. peanut butter on whole-grain crackers.
