

WHEN I EAT OUT.....

TRUE or FALSE?

Instructions: For each statement, write "True" or "False" on the line provided.



When I eat out....

I always get a vegetable. _____

I get fruit instead of fries. _____

I drink water or low-fat milk instead of soda or lemonade. _____

I ask my parents to help me make healthy choices. _____

I usually skip dessert. _____

WHAT IS YOUR SCORE?

For every true answer give yourself 2 points. For every false answer give yourself 0 points.

0-2= I need to find out about what is healthy when I eat out/

4-6= I am a healthy eater some of the time

8-10= I am a healthy eater most of the time.

Remember: When you eat out try to drink water, low fat milk or 100% fruit juice.

You can substitute some fruit or a salad for French fries.

Talk with your parents about what is healthy on the menu so that you can make a .
good food choice!