

## Pre/Post-Test Questions: Healthy Eating Lesson

1. Why is breakfast the most important meal of the day?
  - a. It keeps you from being late for school.
  - b. It's not the most important meal of the day.
  - c. It fuels you when you haven't eaten for hours because you were sleeping.
  
2. Choose the food that belongs in the Protein food group:
  - a. Yogurt
  - b. Cereal
  - c. Salad dressing
  - d. Nuts
  - e. Celery
  - f. Pineapple