

PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.



Which is the healthiest way to cook vegetables and protein (such as meat or fish)?

- a) steaming
- b) microwaving
- c) frying
- d) both a & b



How much of the average Canadian teen's calories come from beverages?

- a) 2%
- b) 10%
- c) 20%
- d) none, because beverages don't count as calories



Which of these is LEAST likely to be found in fast food?

- a) fat
- b) salt
- c) fibre
- d) sugar



What foods have been shown to reduce the risk of developing many kinds of cancer?

- a) vegetables and fruit
- b) dairy products
- c) meat
- d) protein shakes



How many calories are found in a typical large white chocolate mocha drink?

- a) 100 calories
- b) 250 calories
- c) 400 calories
- d) 550 calories



If you are vegetarian or vegan, which of the following is true?

- a) you will be healthier than non-vegetarians
- b) you will lower the risk of getting cancer
- c) you will not get enough protein and minerals
- d) you will never get cancer



How big is a single serving of meat, such as beef or chicken?

- a) 1 oz—about the size of a matchbox
- b) 3 oz—about the size of a deck of cards
- c) 8 oz—about the size of a paperback book
- d) it doesn't matter as long as you only have one serving



What are some good alternatives to red meat that can add important protein to your diet?

- a) fish
- b) beans and lentils
- c) eggs
- d) all of the above

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Answer

If you chose a) vegetables and fruit, you are right! A diet high in vegetables and fruit reduces the risk of several chronic diseases, including heart disease, diabetes, and cancer.



Answer

If you chose c) fibre, you are right! Fast food typically contains lots of fat, sugar, and salt, which is why you feel hungry again soon after you eat it. Food with fibre helps you to feel full for longer and helps to lower the risk of certain cancers, such as colon cancer.



Answer

If you chose c) 20%, you are right! That's why it's a good idea to choose wisely when it comes to beverages. Did you know one can of pop can have 10 teaspoons of sugar? Water and low-fat milk are good alternative choices.



Answer

If you chose d) both a & b, you are right! Food that has been steamed or cooked in the microwave has less harmful fat than fried food. You can also choose baked, boiled, or stir fried dishes. Just don't smother your food with butter after it is cooked!



Answer

If you chose d) all of the above, you are right! There are many alternatives to red meat that provide protein. You can also find vegetarian versions of hot dogs, hamburgers, and many other foods. Give them a try!



Answer

If you chose b) 3 oz, you are right! Servings of many common foods have become supersized, which is one reason that many people get too much fat and too many calories in their diets. This can lead to weight gain and long-term health problems.



Answer

If you chose b) you will lower the risk of getting cancer, you are right! Vegetarians and vegans have a lower lifetime risk of certain cancers. But even non-vegetarians can lower the risk by eating a diet high in vegetables, fruit, grains, beans, lentils, and tofu.



Answer

If you chose d) 550, you are right! Many coffee drinks with full fat milk, syrup, and whipped cream really pile on the calories and fat. Opt for lower-fat milk and sugar-free syrup instead. Or try black coffee with milk, or enjoy a nice cup of tea!

