

## Eating on the Run-Post Test

1. Busy lifestyles have a tendency to create an eating environment that is not conducive to good health. All of the following are things that one may do when life gets busy to help one to eat healthy except.
  - a) Have food on hand at home that one may prepare that would be quick and easy.
  - b) Cook in advance and have food available for those nights that a quick meal is needed.
  - c) Plan ahead when eating out on what you will eat and how much you will eat.
  - d) Get a 6 in tuna salad sandwich with chips.
  
2. A quick easy breakfast that would be healthy except:
  - a) Oatmeal/fruit/fat-free milk
  - b) Jimmy Dean Lite Sausage sandwich/fat-free milk
  - c) 3 Hard, boiled eggs/biscuit/3 slices bacon/whole milk
  - d) Multiple grain cheerios with sliced fruit and fat-free milk
  
3. All of the following are Healthy Eating Guidelines whether eating out or at home except:
  - a) Eat every 5 - 6 hours
  - b) Follow the plate method to help with having appropriate portion size of foods and to ensure balanced meals
  - c) Have a snack if going greater than 5 hours or more between meals
  - d) Ensure adequate fiber
  
4. All of the following would be ways to have a quick healthy lunch except:
  - a) Make up a plate from leftovers from the prior evening meal to have for lunch
  - b) Going to the vending machine to purchase a quick lunch.
  - c) Have food available such as package of flavored tuna/low fat cheese stick/whole grain crackers and individual packaged vegetables.
  - d) Get a chef salad and add a piece of fruit and some whole grain crackers to the meal.
  
5. It takes too much time to plan for healthy meals.

TRUE or FALSE