

## Apply What You Learned: Eating Healthy on the Run

### Part A:

- 1. Busy lifestyles tend to create an eating environment that is not conducive to good health. All the following things will help you make better choices when busy EXCEPT:**
  - a. Have quick and easy food at home
  - b. Cook in advance
  - c. Plan ahead when eating out
  - d. Run into the grocery store after work without a list
  
- 2. Which of the following is the LEAST healthy option?**
  - a. Oatmeal, ½ a banana, and 1% milk
  - b. Lite breakfast sandwich, berries, and skim milk
  - c. 2 hard-boiled eggs, 1 biscuit, 3 slices bacon, and whole milk
  - d. Multi-grain cereal, sliced fruit, and 1% milk
  
- 3. Which is NOT a healthy eating guideline?**
  - a. Eat every 5 - 6 hours
  - b. Follow the plate method to ensure balanced meals and correct serving sizes
  - c. Have a snack if going more than 5 hours between meals
  - d. Ensure adequate fiber intake
  
- 4. Which is not a quick healthy lunch option?**
  - a. Have portioned out leftovers from the night before
  - b. Purchase a quick lunch from the vending machine
  - c. Food left at work including tuna packets, cheese sticks, whole grain crackers, and raw vegetables
  - d. Purchase a chef salad with light dressing, fruit, and whole grain crackers from the work cafeteria
  
- 5. TRUE or FALSE: It takes too much time to plan healthy meals.**
  - a. True
  - b. False

Part B:

**List 2 things that have been beneficial to you from this lesson.**

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