

Name: _____ Date: _____

Imagine you're grocery shopping and want to fill your bag with healthy food. Circle the healthy foods below. Then, turn this activity upside down to find out how you did!

Buttered Popcorn

Carrots

2% Milk

Cookies

Whole Grain Bread

Brownies

Eggs

Yogurt

Ice Cream

Orange Juice

Pie

A Salty Snack like Cheese & Crackers

Cake

Double Cheeseburger with Mayo

Did you score big with healthy food? Check to see if your choices were “Fair” or “Foul” by turning the activity upside down. Then, remember that small treats are usually okay as long as most of the food you eat is healthy—especially if you stay active 60 minutes a day!

11-14 points: You're an All-Star!

7-10 points: Pretty good player, but need a bit more practice.

3-6 points: Get back in the game by making healthier choices.

Below 0-2: Today, you're benched! You'll do better next time.

Calculate your total score.

For each of these items, add two points: carrots, eggs, orange juice, 2% milk, yogurt, whole grain bread. For each of these items, subtract one point: a salty snack like cheese crackers, ice cream, cake, brownies, cookies, pie, buttered popcorn, double cheeseburger with mayo.