

RATE YOUR PLATE!



You may print this document or keep track of your answers on a piece of paper. Read the following questions about what you eat. Circle the number next to the answer that is most like you. Write the number you circled in the points column. Add up your points and rate your plate! Then write down two ways you can eat healthier. When you are finished, **click the “Back” arrow button on your browser to return to the activities.**

How many...		Points
Times a week do you eat fast food meals or snacks?	1. 4 or more 2. 1-3 3. Less than 1	
Servings of fruit or vegetables do you eat each day?	1. 2 or less 2. 3-4 3. 5 or more	
Regular sodas or glasses of sweet tea do you drink each day?	1. 3 or more 2. 1-2 3. Less than 1	
Times a week do you eat regular snack chips or crackers?	1. 3 or more 2. 1-2 3. Less than 1	
Times a week do you eat desserts and other sweets?	1. 4 or more 2. 2-3 3. 1 or less	
Times do you season your vegetables with margarine butter or lard in a week?	1. A lot 2. Some 3. Very little	
Total Points		

15-18 points: Nutritionist in the works!!!!

11-14 points: GOOD, but there's room for improvement!

10 or fewer: It's a good thing you're at this workshop!

I'm going to:

1.

2.