Lesson 5: Quiz 1 - Food Journal

Directions: Answer the following questions about your eating habits.

1. Do you think you eat a lot of junk food? In the space below, make a list of foods you eat that you consider junk food.

Answer:
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2. Now make a list of foods you eat that you consider healthy and nutritional.

Answer:

3. What kind of food do you think you eat most?
Answer: