



THIS OR THAT?

MAKING HEALTHY DECISIONS AT RESTAURANTS IS AN IMPORTANT SKILL TO HAVE. TEST YOUR KNOWLEDGE BELOW!
PUT A CHECK NEXT TO THE HEALTHIER FOOD OPTIONS:

1.

WATER

OR

SODA

2.

FRIED CHICKEN

OR

GRILLED CHICKEN

3.

FRENCH FRIES

OR

**SWEET POTATO
FRIES**

4.

**WHOLE WHEAT
PIZZA DOUGH**

OR

**CHEESY WHITE
PIZZA DOUGH**

5.

FRUIT SALAD

OR

POTATO CHIPS