



# 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