



**Comprehension Questions  
for “TV Zaps Children’s Fruits and Vegetables”**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- 1. TV has a direct relationship with your eating habits  
*True or False*
- 2. The recommended serving of fruits and vegetables is 5 servings per day  
*True or False*
- 3. Half of TV commercials students are exposed to are advertising food products  
*True or False*
- 4. Snacking in front of the TV usually cause you to over eat  
*True or False*
- 5. Children spend more time watching TV than any other activity  
*True or False*

6. Do you think that the TV and other media affect you're your eating choices?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. According to the article, how much TV per week does the average child watch?  
Do you think you watch more or less?

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8. It is recommended that children get at LEAST 60 minutes of physical activity a day. What type of physical activities could you do to reach this goal instead of watching television?

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9. What are some creative ways to sneak more fruits and vegetables into your diet?

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