



**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?

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?

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