



Comprehension Question Answers
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 causes 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?

22 hours per week

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?

Students' answers may vary. Encourage them to list activities that they enjoy and could include in a healthy lifestyle such as basketball, dancing, football and soccer. Students may choose to do more than one activity but reinforce the fact that they should be participating in physical activity for at least 60 minutes on a daily basis.

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

Add fruit to your cereal; make a fruit smoothie; cut up carrots and celery and eat with low fat salad dressing as a dip with your lunch or for a snack; add vegetables as a topping to your pizza; make a salad or fruit salad; add lettuce, onion and tomato to your sandwich.