

Food Label Quiz (Optional)

To see how much your students learn as a result of the *Nutrition Detectives*[™] program, you are welcome to use the before-and-after (pre/post) Food Label Quiz posted on the website www.davidkatzmd.com and available on newer editions of the *Nutrition Detectives*[™] DVD.

The Food Label Quiz tests nutrition label literacy based on knowledge gained from the program's "5 Clues." The quiz has 10 questions. Each question asks the students to compare 2 sets of Nutrition Facts panels and ingredient lists, and to decide which choice in each set is better (more healthful). An answer sheet is provided.

How to Administer the Food Label Quiz:

- Print off and photocopy both versions of the quiz ("pre" and "post").
- Before teaching the program, give each student a copy of the "pre" quiz.
- After teaching the program, give each student a copy of the "post" quiz.
- Use the answer sheet to assess changes in their knowledge of how to use food labels to make healthful choices.
- NOTE: The top of each quiz includes a place to write ID codes for students and schools. These are optional, in case you need to protect the confidentiality of students taking the test and/or are studying the program's effectiveness in multiple schools. In lieu of student names and school names, you can assign student IDs and school codes that will be used consistently on both the "pre" and "post" tests.