



CHOOSE SENSIBLY

Worksheet

Lesson 2

Eat Healthy, Stay Fit

Please help us evaluate this lesson.

After reading the Choose Sensibly lesson, answer the items below.

1. What mini goal(s) have you decided to work on?

2. Name one of your favorite foods that is high in saturated fat. Choose a lower fat food that you would be willing to eat instead:
High-fat food _____ lower fat food _____

3. List one way you can cut down on the amount of sugar in your meals.

4. I can cut down on the sodium I eat by _____

Mini goal Update:

Please tell us how you are doing on your mini goals from previous lessons.

For more information:

Check the item you want to receive:

- Using Less
- Rethink Your Drink

I have a question, please call me at this number: _____

Name: _____ Date: _____

Thanks for your help. Fold this sheet and it's ready to mail.



▲ FOLD HERE FIRST ▲

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▼ FOLD HERE LAST AND SEAL WITH TAPE. DO NOT STAPLE ▼