

PREASSESSMENT CONVENIENCE FOOD QUIZ

Directions: Place an X next to the convenience foods used regularly by individuals in your family as they prepare meals. Then, record the number of Xs at the bottom.

- ___ frozen tater tots
- ___ Lunchables
- ___ canned fruit cocktail
- ___ individual box of juice/punch
- ___ boxed au gratin or scalloped potatoes
- ___ instant hot cocoa
- ___ canned soup
- ___ instant or flavored rice from package
- ___ canned or frozen Oriental foods
- ___ stuffing mix from a box
- ___ noodles in a foam cup
- ___ pasta w/sauce from a package
- ___ canned chili
- ___ Hamburger Helper
- ___ bottled simmer sauce for chicken
- ___ boxed macaroni and cheese
- ___ canned stew
- ___ Spaghetti O's
- ___ instant breakfast drink
- ___ packaged salad dressing mix
- ___ frozen hash browns
- ___ frozen burritos
- ___ granola bars
- ___ packaged cookies
- ___ meat/vegetable pie
- ___ frozen pizza
- ___ frozen waffles
- ___ frozen egg rolls
- ___ TV dinner
- ___ frozen cheese cake or pie
- ___ Budget Gourmet
- ___ Healthy Choice
- ___ Lean Cuisine
- ___ Stouffer's frozen dinner
- ___ frozen broccoli and cheese
- ___ cookies from packaged dough
- ___ individual cups of pudding

Record the number of Xs