

## Healthy Shopping: Video Comprehension- Teacher Version

Listen to the video and answer the questions./Escucha el video y contesta las preguntas.

The link to the video- [https://youtu.be/NVrP3TzX\\_Jo](https://youtu.be/NVrP3TzX_Jo)

1. Which does she NOT mention to include on your shopping list?/¿Cuál no menciona incluir en su lista de las compras?
  - A. snacks
  - B. impulse items**
  - C. meals for the week
2. In which section does she recommend beginning your shopping?/¿En qué sección le recomienda empezar las compras?
  - A. the deli
  - B. the dairy section
  - C. the frozen section
  - D. the produce department**
3. She recommends letting your kids choose a \_\_\_\_ while shopping./Ella le recomienda dejar a sus hijos escoger una \_\_\_\_ mientras hacen las compras.
  - A. few snacks
  - B. salty snack
  - C. healthy snack**
4. She recommends purchasing frozen fruits as a \_\_\_\_\_ option to buying fresh fruit./ Ella recomienda comprar las frutas congeladas como una opción \_\_\_\_\_ de comprar las frescas.
  - A. first
  - B. last
  - C. second**
5. Which type of pre-packaged fruit does she recommend?/ ¿Cuál tipo de fruta preenvasada recomienda ella?
  - A. In juice
  - B. In water**
  - C. With sugar added
6. She recommends rinsing canned vegetables with water before eating./Ella recomienda enjuagar las verduras enlatadas con el agua antes de comerlas.
  - A. True**
  - B. False

7. Which does she NOT recommend?/¿Cuál NO recomienda?
- A. eating eggs and peas
  - B. eating red meat 3-4 times per week**
  - C. eating beans and lentils
  - D. eating lean protein
8. Which statement does she NOT make?/¿Cuál de estas frases no menciona ella?
- A. All milk contains the same amount of Vitamin D.
  - B. She recommends 1% and skim milk as low-fat options.**
  - C. She recommends low-fat dairy products for children under 2.
9. Which percentage of whole grain does she recommend?/¿Cuál porcentaje de grano entero recomienda?
- A. 30%
  - B. 40%
  - C. 50%**
  - D. 60%
10. She recommends a cereal to have.../Ella recomienda que un cereal tenga...
- A. less fiber and more sugar.
  - B. more fiber and less sugar.**
11. How often does she recommend having dessert?/¿Con qué frecuencia recomienda comer el postre?
- A. once a day**
  - B. less than once a day
  - C. no more than twice a day
12. Which does she NOT include as a good option if soda/pop is desired?/¿Cuál NO incluye como una buena opción si desea un refresco?
- A. diet
  - B. zero
  - C. regular sugar**
13. She says to be careful buying items from... (Choose the 2 correct answers)./Ella dice tener cuidado comprando los artículos de...(Escoge las 2 respuestas correctas).
- A. inside aisles
  - B. outside aisles**
  - C. impulse item displays**