



TeamstersCare Wellness Program Video Quiz

Name: _____

Member's last four digits of SS # _____

Phone number: _____

E-mail address: _____

Date completed: _____

Eating for Wellness: Balance your Plate with MyPlate (Please circle one answer)

- 1) Healthy eating is considered eating for optimal health and energy. **True False**
- 2) The secret to lifelong health is to form a healthy daily eating plan and not a diet. **True False**
- 3) Fruits and vegetables are the only food groups to focus on when creating a healthy eating plan. **True False**
- 4) 8-12 cups of water a day is what adults should consume on average. **True False**
- 5) Reading food labels when grocery shopping will not help me. **True False**

After watching the video, answer the questions above, print the quiz and submit to TeamstersCare by e-mailing to wellness@teamsterscare.com or faxing to: **617-241-8168.**