

Name: _____

Date: _____

Show Off Your Nutrition Knowledge!

Please put a check mark or X in front of the ONE best answer. If you are not sure which is correct, make your best guess.

1. A person your age should get at least how many minutes of physical activity (exercise) a day?

☐ 20 Minutes ☐ 40 Minutes ☐ 60 Minutes ☐ 90 Minutes

2. Which is an aerobic exercise, if you do it for at least 30 minutes?

☐ Riding a bicycle ☐ Texting ☐ Playing a video game ☐ Lifting weights

3. People do not need physical activity (exercise) to be healthy when they are what age?

☐ Under 5 years old ☐ Teen years ☐ They always need physical activity ☐ Over 80 years old

4. How often should people go to the doctor?

☐ Only when they are sick ☐ At least once a year for a check-up and when sick
☐ At least once a month for a check-up and when sick

5. What is one of the risks for people who are overweight or obese?

☐ They don't do as well on tests ☐ They might develop diabetes and heart disease
☐ They might get the flu and heart disease ☐ Their hair turns gray sooner

6. How many servings of fruits and vegetables total should a person your age eat each day?

☐ 0-2 servings ☐ 2-4 servings ☐ 5-9 servings ☐ As many as you want

7. Which group of drinks are the healthiest?

☐ Vitamin D (whole) milk and water with artificial fruit sweetener ☐ Water and diet soda
☐ Low-fat milk and water ☐ Low-fat milk and Capri Sun juice

8. Which foods are usually more healthy?

☐ Foods that have had a lot done to prepare them and have more ingredients
☐ Foods that have less done to prepare them and look more like their original form

9. Which meal is healthier?

<input type="checkbox"/> Hamburger	<input type="checkbox"/> Hamburger	<input type="checkbox"/> Cheeseburger	<input type="checkbox"/> Salad with dressing
French Fries	Green beans	French Fries	Green beans
Carrots	Carrots	Carrots	Carrots
An orange	An apple	An orange	An apple

10. Which meal is it alright to skip and still be healthy?

☐ Breakfast ☐ Lunch ☐ Dinner ☐ None