



Name: _____

Date: _____

Quiz Answer Key

1. List 3 activities that count as exercise.

Exercise is any activity that gets kids moving (such as sports, dancing, push-ups, rollerblading).

2. True or false: Kids should spend no more than 3 hours a day in front of a TV, computer, or video game. false

3. When you exercise, your body releases a chemical called endorphins.

4. Which of the following is a muscle?

- a. bone
- b. tendon
- c. heart
- d. lung

5. Sweat is also known as perspiration.

6. Your body works best when its temperature is _____ degrees Fahrenheit.

- a. 100.1
- b. 98.6
- c. 99.4
- d. 97.5

7. Dehydration means that your body doesn't have enough water in it to keep it working right.

8. You have _____ muscles in your body.

- a. more than 1000
- b. more than 900
- c. more than 800
- d. more than 600

9. Most kids are pretty flexible, which means they can bend and stretch their bodies without much trouble.

10. List 3 things you can do to be a fit kid.

any of the following: eat a variety of foods, especially fruits and vegetables; drink water and milk most often; listen to your body when it tells you that it's full; limit screen time; be active
