



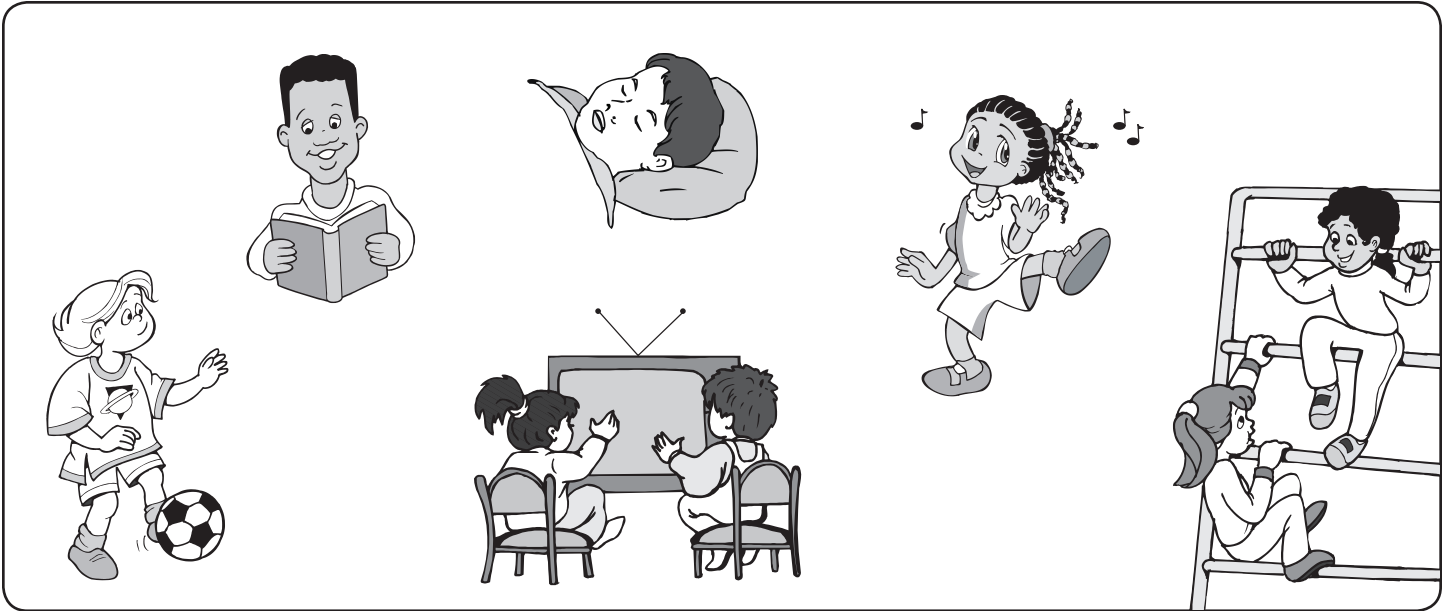
Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions:

**Part I:** Everything you do uses energy. Some activities use more energy than others. Draw a circle around the activities that use lots of energy. Draw a square around the activities that use less energy.



**Part II:** When you eat, you refuel your body's energy. Healthy foods give your body more energy and nutrients. Draw a circle around the healthy snacks you could eat or drink.

