



Name: _____

Date: _____

Quiz

1. True or false: Kids should try to spend no more than 2 hours a day watching TV, playing video games, or using a smartphone, tablet, or computer, not counting time spent on school work and educational activities.
2. True or false: Eating things like chips, cookies, and ice cream instead of fruits and vegetables every day is OK as long as you don't eat too much.
3. Underline the things kids can do to stay at a healthy weight.
 - a) be active, exercise, or play sports every day
 - b) drink lots of fruit-flavored soda
 - c) walk or bike to school
 - d) watch an exercise DVD
 - e) eat a healthy diet every day
 - f) play sports video games
 - g) spend less time with TVs, computers, and video games
4. Body mass index (BMI) uses a person's height and weight to estimate:
 - a) reading level
 - b) body fat
 - c) pants size
 - d) intelligence
5. True or false: People come in all different shapes and sizes, and the best weight for you is one that is right for your individual body type and size.