

1. Match the following

- | | |
|----------------------------------|---|
| (1.1.) _____ Calcium | a. If you don't get enough of this mineral, you may feel tired. |
| (1.2.) _____ Iron | b. This will give you a quick boost of energy, but it won't last. |
| (1.3.) _____ Sugar | c. Eating plenty of these will help give you nice skin. |
| (1.4.) _____ Fat | d. This has the most calories per gram. |
| (1.5.) _____ Fruits & Vegetables | e. Dairy products are a good source of this mineral. |

2. Match each type of activity with the corresponding examples:

- | | |
|----------------------------------|------------|
| (2.1.) _____ Aerobic activity | a. squats |
| (2.2.) _____ Lifestyle activity | b. jogging |
| (2.3.) _____ Strength activity | c. yoga |
| (2.4.) _____ Stretching activity | d. bowling |



3. When choosing a pizza topping, which do you choose?

- a. hamburger or sausage
- b. pepperoni or salami
- c. canadian bacon, chicken, or vegetables
- d. bacon

4. Which type of drink do you usually get when eating out?

- a. regular cola like Pepsi/Coke/Dr. Pepper
- b. regular lemon-lime soda like 7-Up/Sprite/Mountain Dew
- c. diet soda, juice, milk, or water

5. Which cereal do you eat the most often?

- a. a colorful sweetened cereal (such as Froot Loops or Captain Crunch)
- b. an unsweetened cereal (such as Kix, Cheerios, or Kashi)
- c. an unsweetened cereal, with sugar you have added yourself (such as Rice Krispies, plain shredded wheat, or corn flakes)

Use the food label to answer the following questions

6. What is the serving size for this food?

- a. 114 grams b. 4 per container c. 90 calories d. 13 grams

7. Is this a low sugar food?

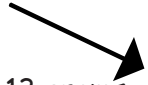
- a. yes b. no

8. How many calories are in **two** servings of this food?

- a. 90 b. 60 c. 180 d. 360

9. How many grams of saturated fat are in this food?

- a. 5 b. 3 c. 0 d. 300



Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

10. Which type of exercise makes your muscles toned?
a. aerobic b. lifestyle c. strength d. stretching

11. Eating breakfast in the morning will help you to do better in school.
a. true b. false

12. Watching television burns about as many calories as sleeping.
a. true b. false



13. How many days last week did you do flexibility / stretching exercises, such as toe touching, knee bending, leg stretching, or yoga?

0 1 2 3 4 5 6 7

14. How many days last week did you do exercises that strengthen or tone your muscles, such as push-ups, sit-ups, lunges, squats, triceps dips, or weight lifting?

0 1 2 3 4 5 6 7

15. How many days last week did you participate in lifestyle activities such as walking, scootering or bicycling to school, taking the stairs, low-intensity games like bowling or ping pong, walking a pet, house work, or yard work?

0 1 2 3 4 5 6 7

16. How many days last week did you participate in sports/physical activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, jogging, swimming laps, tennis, fast bicycling, dancing, aerobics, skate boarding, or similar aerobic activities?

0 1 2 3 4 5 6 7



17a. Did you meet your eating goal? yes / no

17b. Did you **try** to meet your eating goal? yes / no

17c. What was it? _____

18a. Did you meet your fitness goal? yes / no

18b. Did you **try** to meet your fitness goal? yes / no

18c. What was it? _____

19. Do you feel you could set another goal for eating or fitness and achieve it?

1. Definitely not 2. Probably not 3. Yes, probably 4. Definitely