



**Just Be It!**  
**Healthy and Fit**  
Pre / Post Survey  
2013-2014

Name (first & last) \_\_\_\_\_

School \_\_\_\_\_ Teacher \_\_\_\_\_

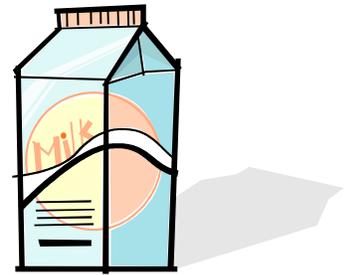
Date \_\_\_\_\_

Circle the one correct answer.

1. What is My Plate?
  - a. A guide to eating at a restaurant
  - b. A guide that people can use to choose nutritious foods
  - c. A guide to understand diseases
  - d. A guide to understand how much TV kids should watch
  
2. What amount of fruits and vegetables do kids need to eat every day?
  - a. 1 cup of fruit and 1 cup of vegetables
  - b. 1  $\frac{1}{2}$  cups of fruit and 2  $\frac{1}{2}$  cups of vegetables
  - c. 2 cups of fruit and 2 cups of vegetables
  - d. 2  $\frac{1}{2}$  cups of fruit and 1 cup of vegetables
  
3. How much exercise should kids your age try to get every day?
  - a. 30 minutes
  - b. 45 minutes
  - c. 60 minutes
  - d. 90 minutes
  
4. In order to follow good food safety habits, how long should you wash your hands?
  - a. 10 seconds
  - b. 20 seconds
  - c. 45 seconds
  - d. 60 seconds



5. A healthy snack would be which one of these?
- a. Potato chips
  - b. Calcium
  - c. Vegetables and low-fat dip
  - d. Fruit Loops cereal



6. If you set a goal for your own health, what would it look like?
- a. Try to finish your homework every night
  - b. Try to eat good foods and get enough exercise every day
  - c. Try to remember the names of all vegetables
  - d. Try to be nice to your brother or sister
7. Why is eating in front of the TV not a good food habit?
- a. You can make a mess from dropping food on the floor.
  - b. You might not pay attention to the program you are watching.
  - c. You do not pay attention to the amount of food you eat.
  - d. The commercials make you hungry.

8. Which of these is 1 serving of whole grains?
- a.  $\frac{1}{2}$  slice of whole wheat bread
  - b. 1 slice whole wheat bread
  - c. 2 slices of whole wheat bread
  - d. 1 slice of white bread



9. Which of these is a type of aerobic exercise?
- a. Touching your toes
  - b. Wall push
  - c. Jumping rope
  - d. Lifting weights

10. If you super size your order when you eat out, what does it do?
- a. Adds more good nutrients to your food
  - b. Adds more fat and sodium to your food
  - c. Adds more calcium to your food
  - d. Adds more variety to your food



11. Which of these do you see on a Nutrition Facts label?
- Web site
  - Price of the food
  - Picture of the food
  - Serving size

12. Which of the following are dark green vegetables?
- Broccoli and Spinach
  - Broccoli and Celery
  - Celery and Cucumbers
  - Cucumbers and Spinach



13. How does regular exercise help kids feel better?
- It gives kids more money.
  - It gives kids more time to watch TV.
  - It gives kids more energy.
  - It gives kids more time to read books.

14. Which 1 of these is a nutrient needed for energy?
- Calcium
  - Zinc
  - Carbohydrates
  - Potassium

15. How many servings from the dairy group should you eat or drink each day?
- 2
  - 2 and 1/2
  - 3
  - 4

16. A good way to get protein is to eat:
- Bananas
  - Whole wheat bread
  - Mashed potatoes
  - Baked chicken

