



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

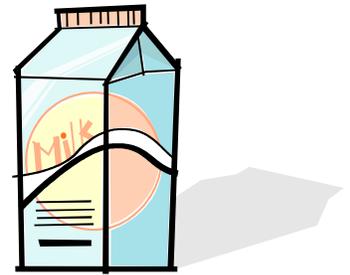
2. What amount of fruits and vegetables do kids need to eat every day?
 - a. 1 cup of fruit and 1 cup of vegetables
 - b. 1 $\frac{1}{2}$ cups of fruit and 2 $\frac{1}{2}$ cups of vegetables
 - c. 2 cups of fruit and 2 cups of vegetables
 - d. 2 $\frac{1}{2}$ cups of fruit and 1 cup of vegetables

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

