



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List three things you can do to be a fit kid:

2. _____ exercise is a kind of activity that requires oxygen.
3. If you eat more calories than your body needs, it may be stored as excess _____.
4. Sweat leaves your skin through tiny holes called _____.
5. List two activities that can build strong muscles:
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6. True or false: Exercise helps keep your heart healthy.
7. True or false: Exercise strengthens muscles.
8. True or false: Exercise makes you flexible.
9. True or false: Exercise makes you feel good.
10. True or false: Kids shouldn't exercise or be active every day.