



Quiz Answer Key

1. List three things you can do to be a fit kid:
Any three of the following: eat a variety of foods, especially fruits and vegetables; drink lots of water; listen to your body and pay attention to when your stomach feels full; limit screen time; be active
2. Aerobic 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 fat.
4. Sweat leaves your skin through tiny holes called pores.
5. List two activities that can build strong muscles:
Any two physical activities
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.