



Name: _____

Date: _____

Quiz

1. True or false: Overdoing screen time is linked to lower grades and a higher chance of becoming overweight.
2. True or false: Turning off the TV at night is a good way to help you fall asleep.
3. Teens should exercise at least _____ minutes a day.
4. Teens sleep this much each night:
 - a) 7 hours
 - b) 7½ hours
 - c) 8 hours
 - d) 8 to 10 hours
 - e) 9½ to 10 hours
5. True or false: Participation in team or individual sports is the only way to get healthy exercise.
6. True or false: Walking or biking to school counts as exercise.
7. Exercising causes the body to produce _____, which are chemicals that can help a person feel more peaceful and happy.
8. True or false: Teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones are more likely to be overweight.
9. True or false: Texting doesn't count as screen time.
10. You can get better sleep if you:
 - a) and your friends agree not to message after a set time
 - b) charge your phone away from your bedroom
 - c) power down your computer at night
 - d) turn off the TV
 - e) all of the above