



Quiz Answer Key

1. True or false: One in three youth ages 2 to 19 are overweight or obese. (T) F
2. Draw and label the four sections of the divided plate: *plate with four quarters labeled protein, starch, vegetable, vegetable*

3. True or false: Eating food on a smaller plate can help with portion control. (T) F
4. Name three health problems that can be caused by being overweight:
Any three of the following: high blood pressure, high cholesterol, diabetes, sleep apnea, gallstones, arthritis, asthma, hip and knee problems, fatty liver, depression, polycystic ovary syndrome

5. Name two reasons why some teens become overweight:
Any two of the following: genes, eat more calories than they burn, poor food choices and eating patterns, too much screen time, emotional reasons, not enough activity, large food portions

6. A teen is considered overweight when his or her BMI is equal to or greater than the 85 percentile and less than the 95 percentile for age and gender.
7. A teen is considered obese when his or her BMI is 95 percentile or higher for age and gender.
8. Name five things teens can do to reach and maintain a healthy weight:
Exercise, reduce screen time, portion control, eat a variety of foods, eat breakfast

9. Teens should exercise at least 60 minutes a day.
10. Non-educational screen time should be limited to less than 2 hours a day.