



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List 3 activities that count as exercise.

2. True or false: Kids should spend no more than 2 hours a day in front of a TV, computer, smartphone, or video game.

3. Which of the following is a muscle?

- a. bone
- b. tendon
- c. heart
- d. lung

4. True or false: Kids need 1 hour of exercise or activity every day, but it doesn't have to be all at once.

5. _____ means that your body doesn't have enough water in it to keep it working right.

6. True or false: You have to lift weights to be strong.

7. Most kids are pretty _____, which means they can bend and stretch their bodies without much trouble.

8. List 2 things you can do to be a fit kid.
