



## Quiz Answer Key

1. Name five healthy activities you can do instead of spending time in front of a TV, computer, or video game screen:  
*Any five of the following: dance, play sports, jump rope, hula hoop, play tag, go for walks, skipping, exercise, etc.*  
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2. Draw a picture or write the name of a **Go** food: *chicken without skin, tofu, watermelon, apples, oranges, bell peppers, carrots, whole-grain bread, skim and 1% milk, etc.*  
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3. Draw a picture or write the name of a **Whoa** food: *candy, cookies, chips, soda, hot dogs, bacon, French fries, doughnuts, cream cheese, whole milk, fried chicken, ice cream*  
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4. Name two reasons why people can become overweight:  
*Eat more calories from food and drinks than they burn up during activities, too much TV or video games, not enough exercise, poor food choices, eat too much food*  
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