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.