Quiz

1. Fill in the blank: Kids and teens should exercise at least ______ minutes a day.

2. Fill in the blank: Kids and teens should spend less than ______ hours a day watching a TV, playing video games, or using a smartphone, tablet, or computer (not counting time spent on schoolwork and educational activities).

3. True or false: Eating food on a smaller plate can help with portion control.

4. Underline three health problems that can be caused by being overweight:
   a) High blood pressure
   b) Scurvy
   c) Diabetes
   d) Schistosomiasis
   e) Depression
   f) Scoliosis

5. Name three things kids and teens can do to reach and maintain a healthy weight: