Quiz

1. True or false: Overdoing screen time is linked to lower grades and a higher chance of becoming overweight.

2. True or false: Turning off the TV at night is a good way to help you fall asleep.

3. Teens should exercise at least ________ minutes a day.

4. Teens sleep this much each night:
   a) 7 hours
   b) 7½ hours
   c) 8 hours
   d) 8 to 10 hours
   e) 9½ to 10 hours

5. True or false: Participation in team or individual sports is the only way to get healthy exercise.

6. True or false: Walking or biking to school counts as exercise.

7. Exercising causes the body to produce ____________, which are chemicals that can help a person feel more peaceful and happy.

8. True or false: Teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones are more likely to be overweight.

9. True or false: Texting doesn’t count as screen time.

10. You can get better sleep if you:
    a) and your friends agree not to message after a set time
    b) charge your phone away from your bedroom
    c) power down your computer at night
    d) turn off the TV
    e) all of the above