



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: One in three youth ages 2 to 19 are overweight or obese. T F
2. Draw and label the four sections of the divided plate:

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

4. Name three health problems that can be caused by being overweight:

5. Name two reasons why some teens become overweight:

6. A teen is considered overweight when his or her BMI is equal to or greater than the _____ percentile and less than the _____ percentile for age and gender.

7. A teen is considered obese when his or her BMI is _____ percentile or higher for age and gender.

8. Name five things teens can do to reach and maintain a healthy weight:

9. Teens should exercise at least _____ minutes a day.

10. Non-educational screen time should be limited to less than _____ hours a day.