



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz Answer Key

1. List 3 activities that count as exercise.

*(Any three activities that get kids moving)*

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2. True or false: Kids should spend no more than 2 hours a day in front of a TV, computer, smartphone, or video game.

3. Which of the following is a muscle?

- a. bone
- b. tendon
- c. heart
- d. lung

4. True or false: Kids need 1 hour of exercise or activity every day, but it doesn't have to be all at once.

5. Dehydration means that your body doesn't have enough water in it to keep it working right.

6. True or false: You have to lift weights to be strong.

7. Most kids are pretty flexible, which means they can bend and stretch their bodies without much trouble.

8. List 2 things you can do to be a fit kid.

*any 2 of the following: eat a variety of foods, especially fruits and vegetables; drink water and milk most often; listen to your body when it tells you that it's full; limit screen time; be active*

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