



Name: _____

Date: _____

Quiz

1. True or false: Watching TV or playing video games for a long time isn't good for your body.

2. Being physically active or exercising every day:
 - a) makes your body stronger
 - b) makes you feel good
 - c) can help you stay a healthy weight
 - d) all of the above

3. Which one of these counts as exercise?
 - a) Watching a football game on TV
 - b) Walking or riding a bike to school
 - c) Playing a basketball video game

4. True or false: Kids who spend lots of time in front of TV, video, and computer screens are more likely to be overweight.

5. Which one of these does **not** count as exercise?
 - a) playing tag
 - b) jumping rope
 - c) using a remote control
 - d) dancing