Quiz Answer Key

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