Quiz

Instructions: Answer each question (can be oral or written).

1. Name five healthy activities you can do instead of spending time in front of a TV, computer, or video game screen:
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

2. Draw a picture or write the name of a Go food: ____________________________________________________

3. Draw a picture or write the name of a Whoa food: ____________________________________________________

4. Name two reasons why people can become overweight:
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________