



Name: _____

Date: _____

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:
