Quiz Answer Key

1. Name five healthy activities you can do instead of spending time in front of a TV, computer, or video game screen:
   Any five of the following: dance, play sports, jump rope, hula hoop, play tag, go for walks, skipping, exercise, etc.

2. Draw a picture or write the name of a Go food: chicken without skin, tofu, watermelon, apples, oranges, bell peppers, carrots, whole-grain bread, skim and 1% milk, etc.

3. Draw a picture or write the name of a Whoa food: candy, cookies, chips, soda, hot dogs, bacon, French fries, doughnuts, cream cheese, whole milk, fried chicken, ice cream

4. Name two reasons why people can become overweight:
   Eat more calories from food and drinks than they burn up during activities, too much TV or video games, not enough exercise, poor food choices, eat too much food