

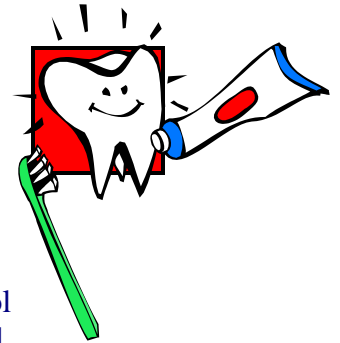
Questionnaire on Healthy Living

Let's see what you know about Healthy Living by answering the following questions. Once you complete the questionnaire, compare your answers with a partner or other friends to figure out what the correct answer is.

Question 1:

A healthy number of fruit and vegetable servings to have every day is:

- a) 2-3
- b) 6-10
- c) 12-16
- d) 35-40



Question 2:

For a healthy start to a great day, you should...

- a) Roll out of bed, brush your teeth, go to school
- b) Roll out of bed, eat a balanced breakfast, brush your teeth, go to school
- c) Roll out of bed, have some potato chips, brush your teeth, go to school

Question 3:

Eating lean protein such as fish, chicken, turkey, or lean beef is a great way to help build...

- a) A skyscraper
- b) An airplane
- c) A mountain
- d) Muscle

Question 4:

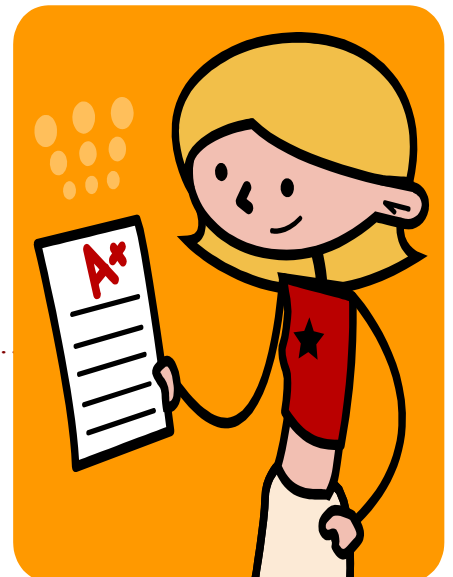
The one thing that no person, animal or tree can live without is...

- a) Water
- b) Money
- c) A computer
- d) Music

Question 5:

Eating a healthy, balanced diet every day is a great way to help you...

- a) Run better
- b) Think better
- c) Feel better
- d) All of the above



COURTESY OF THE BRAVE PROJECT

Adapted from:

U.S. Department of Health & Human Services. (2003). *Small step kids: Small step challenge*. Retrieved December 20, 2006, from <http://www.smallstep.gov/kids/index>

ANSWERS: 1; b. 2; b. 3; d 4; a. 5; d