

WIN Kids Assessment

Name _____

Date _____

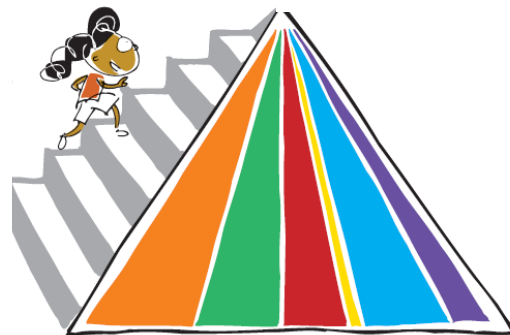
1. What physical activity have humans been doing for over 3 million years?
a) biking b) roller skating
c) skiing d) walking
2. Taking a walk, even a short walk, can help boost energy and make you feel more awake.
a) true b) false

3. Which of these is NOT part of a healthy eating plan?
a) choosing a variety of different foods to eat
b) eating when hungry and stopping when full
c) skipping a lot of meals
d) eating about 3 meals and 2 snacks a day



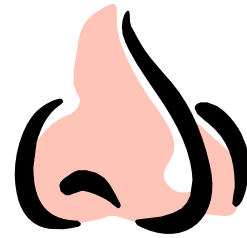
4. Write the name of one food found in each food group from MyPyramid.

Milk Group _____
Grain Group _____
Meat Group _____
Fruit Group _____
Vegetable Group _____



5. Super-sized servings encourage us to eat more than we need.
a) true b) false
6. Most serving sizes have become smaller over the past 50 years.
a) true b) false
7. What are the original fast foods?
a) Big Mac and fries
b) Fish swimming in a stream
c) Fruits and vegetables
d) Pizza and a pop

8. What nutrients are provided by fruits and vegetables?
 a) Vitamin C b) Fiber
 c) Vitamin A d) all of the above
9. When we slow down and use all our senses to enjoy food, we often
 a) eat more food b) eat less food
10. The combined effect of taste and smell when eating is called,
 a) flavor b) taste
 c) eating d) sense



11. Foods taste the same to everyone.
 a) true b) false
12. What are the primary tastes we sense?
 a) salty, sweet, sour, bitter
 b) yuck, yum, ok, not bad
 c) salty, sweet, sugary, sour
 d) salty, sugary, thick, thin

13. An average 12-ounce can of soda pop (soft drink) has how many sugar cubes?
 a) 2-4 sugar cubes b) 5 sugar cubes
 c) 10-12 sugar cubes d) more than 20 sugar cubes

14. Drinking soda pop (soft drinks) and other sweetened beverages is a health concern because:
 a) often times you drink them instead of more healthy drinks like milk or water
 b) it's easy to drink too much
 c) the sugars in them can cause tooth decay
 d) all of the above

15. What food is NOT a good source of calcium



a) yogurt



b) cheddar cheese



c) canned sardines with bones



d) margarine

16. Calcium is best known for helping you have:
 a) strong bones and teeth b) healthy skin
 c) good eye sight d) good hearing

17. Most Americans get plenty of fiber.

- a) true b) false

18. Which of the foods below is NOT of good source of fiber?



a) orange



b) chili with beans



c) apple juice



d) bran-flake cereal

19. Everyone needs some fat in their diet?

- a) true b) false

20. Which item is a low-fat choice that has lots of nutrients?

- a) potato chips b) fresh apple
c) French fries d) candy bar

21. Certain products can make you look instantly attractive and perfect.

- a) true b) false

22. Advertisers want you to believe that if you buy their product you will be more beautiful, popular or successful.

- a) true b) false

23. Where do we get our attitudes about body shape and size?

- a) television b) friends
c) toys d) all of the above

24. One way that TV and magazines make models look “perfect” is to change their photographs electronically.

- a) true b) false



25. How does physical activity help your body?

- a) better balance b) more strength
c) more flexibility d) all of the above

26. Cleaning barns and sledding are types of physical activity. .

- a) true b) false