



Name: _____

Date: _____

Quiz

1. Fill in the blank: Kids and teens should exercise at least _____ minutes a day.
2. Fill in the blank: Kids and teens should spend less than _____ hours a day watching a TV, playing video games, or using a smartphone, tablet, or computer (not counting time spent on schoolwork and educational activities).
3. True or false: Eating food on a smaller plate can help with portion control.
4. Underline three health problems that can be caused by being overweight:
 - a) High blood pressure
 - b) Scurvy
 - c) Diabetes
 - d) Schistosomiasis
 - e) Depression
 - f) Scoliosis
5. Name three things kids and teens can do to reach and maintain a healthy weight: