



Name: _____

Date: _____

Quiz

1. True or false: How much time kids and teens spend watching screens can affect their grades and even their weight.
2. True or false: Falling asleep with the TV on at night is not a healthy habit.
3. According to the experts, kids and teens should exercise at least:
 - a) 60 seconds every day
 - b) 60 minutes every day
 - c) 60 hours each week
 - d) once every 60 days
4. When you exercise, your brain releases chemicals that can make you feel happier. These chemicals are called:
 - a) endorphins
 - b) bile
 - c) electrolytes
 - d) plasma
5. True or false: Kids and teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones or are more likely to be overweight.

Extra credit:

7. True or false: Texting doesn't count as screen time.
8. True or false: Walking or biking to school counts as exercise.