



**BOYS & GIRLS CLUBS**  
OF GREATER SANTA ROSA



**Healthy Habits**  
**Ages 13-18**  
**Fitness and Nutrition Survey**

Your Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Club: \_\_\_\_\_ Boys & Girls Clubs of Greater Santa Rosa Site: \_\_\_\_\_ Score: \_\_\_\_\_

(Number correct out of 10)

**Please Circle Your Answer**

1. You should get a minimum of \_\_\_\_\_ minutes of physical activity each day?
  - a. 30
  - b. 20
  - c. 60
  
2. It is better to cook at home because it is easier to include fruits, whole grains and high calcium foods like milk.
  - a. True
  - b. False
  
3. Gaining too much weight for you body size can lead to \_\_\_\_\_.
  - a. diabetes
  - b. high blood pressure
  - c. heart problems
  - d. all of the above
  
4. Drinking enough fluids everyday is important to helping your body get the water it needs.
  - a. True
  - b. False
  
5. Snacks are \_\_\_\_\_.
  - a. food and drink that you eat between each meal
  - b. keep you from getting hungry
  - c. not meant to be eaten in place of meals
  - d. all of the above

6. \_\_\_\_\_ are important nutrients for strong bones.
- Fruits
  - Calcium, vitamin D and phosphorous
  - Vegetables
7. It is important to eat lots of different color fruits and vegetables.
- True
  - False
8. Your eating and \_\_\_\_\_ activity habits have a huge impact on the health of your body.
- physical
  - mental
  - social
9. Advertising is designed to encourage you to buy products.
- True
  - False
10. To reduce fat and calories or improve the nutritional value, the next time you eat away from home you could \_\_\_\_\_.
- choose green salads or fruit to go with your meal
  - opt for low fat milk or no calorie/low calorie drinks
  - buy smaller sizes of sandwiches and fries
  - all of the above