



BOYS & GIRLS CLUBS
OF GREATER SANTA ROSA



Healthy Habits

Ages 6-8

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. How many minutes of physical activity (e.g. moving your body by running, jumping or dancing) should you get each day?

- a. 20 minutes
- b. 30 minutes
- c. 60 minutes

2. Chicken belongs in which pyramid food group?

- a. Meat and Beans
- b. Grains
- c. Vegetable

3. Breakfast_____.

- a. Helps give your body energy
- b. Helps get your brain going
- c. All of the above

4. Snacking on foods such as carrots and other vegetables does not give your body the nutrients it needs.

- a. True
- b. False

5. Fruits and vegetables give you vitamins and minerals.

- a. True
- b. False

6. A portion is the amount of a food you decide to eat.

- a. True
- b. False

7. Walking, running and playing sports help make your bones strong.

- a. True
- b. False

8. The best way to keep your teeth healthy is to _____.

- a. brush and floss
- b. see dentist regularly
- c. all of the above

9. A good time to eat is when _____.

- a. you are bored
- b. you are hungry
- c. you see a food commercial

10. It is important to drink enough fluids so your body stays well hydrated, especially in hot weather or if you are playing hard on exercising.

- a. True
- b. False