



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



## Healthy Habits

**Ages 9-12**

### Health 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 at least \_\_\_\_ minutes of physical activity each day?
  - a. 45
  - b. 30
  - c. 60
2. Peanut butter and jelly sandwich is a member of which two food groups?
  - a. Grains and Meat and Beans
  - b. Vegetable and Milk
  - c. None of the above
3. It is OK to snack if you are not really hungry.
  - a. True
  - b. False
4. A good breakfast should include foods from two or more food groups. Which of the following does?
  - a. Toast with butter and strawberry jelly
  - b. Low fat yogurt and a bran muffin
  - c. Scrambled eggs and ham
  - d. All of the above
5. Foods from the vegetable group give you lots of vitamins and \_\_\_\_\_.
  - a. Minerals
  - b. Energy
  - c. Carbohydrates

6. A way to improve your eating habits is to think about why you eat the kinds of foods you eat.
- a. True
  - b. False
7. Skipping meals, eating the same food over and over again and getting too full all the time isn't good for you.
- a. True
  - b. False
8. \_\_\_\_\_ is a mineral that helps protect your teeth from getting cavities.
- a. Fluoride
  - b. Iron
  - c. Vitamin D
9. It is important to drink enough fluids so your body stays well hydrated, especially in hot weather or if you are playing hard or exercising.
- a. True
  - b. False
10. Washing your hands often, especially before eating or handling food, is important to help fight disease (or keep from getting sick).
- a. True
  - b. False