Post-Test

1. How many fruits/vegetables should you have a day?
   a. 3-4 servings
   b. 10-15 servings
   c. 5-9 servings
   d. It doesn’t matter

2. What part of “my plate” does peanut butter fit into?
   a. dairy
   b. grains
   c. protein
   d. vegetables

3. Circle all the grains below that are whole grains?
   a. popcorn
   b. white bread
   c. white rice
   d. brown rice

Refer food label for Questions 4-6

4. What is the serving size of this food product?
   a. 5 g
   b. 5 oz
   c. 4 oz
   d. 3 oz

5. How much sodium is in one serving?
   a. 1760 mg
   b. 2200 mg
   c. 440 mg
   d. 840 mg

6. If there were 2 servings per container to this label, how many calories from fat would there be?
   a. 40
   b. 60
   c. 100
   d. 120

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7. Why is exercise important?
   a. fun
   b. Does not burn calories
   c. helps you stay healthy
   d. it makes you gain weight

8. What is not an activity that counts as physical activity?
   a. walking with my family after dinner
   b. climbing stairs
   c. taking the bus to school
   d. playing a video game

9. What is the recommended amount of physical activity/exercise for children per day?
   a. 60 minutes
   b. 30 minutes
   c. 15 minutes
   d. none

10. Which is a healthy snack?
    a. Cheese chips because it has cheese in it
    b. donut because it has flour in it
    c. apple slices because they are a fruit
    d. ice cream because it has milk in it

11. Which of the following is a healthy snack?
    a. cookies
    b. French fries
    c. pretzels
    d. candy

12. You are at a corner store and are hungry and want a snack. Which of the following is a healthier snack?
    a. nuts
    b. potato chips
    c. ice cream cone
    d. chocolate candy

13. Is it better to start with a small goal or a large goal?
    a. small
    b. large

14. Only make a goal for yourself when you believe that you can do it.
    a. true
    b. false
15. What is a goal of the Muevete USA program/
   a. learn about healthy eating and exercise
   b. learn about the planets
   c. learn to play videos better
   d. learn to read faster