

Pre-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

Nutrition Facts	
Serving Size 5 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	4%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:	

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. 1760mg
 - 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

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

Code: _____

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