

# Quick Nutrition and Physical Activity Quiz



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Organization/Class: \_\_\_\_\_

- 1. What are the three things you need to know about yourself in order to figure out how many fruits and vegetables you need to eat every day for good health?**
  - a) Age, gender, weight
  - b) Age, gender, physical activity level
  - c) Height, weight, physical activity level
  - d) Gender, weight, favorite food
- 2. What is the range of cups of fruits and vegetables adults should eat each day for good health?**
  - a) 2½ to 5½ cups
  - b) 3½ to 6½ cups
  - c) 4½ to 7½ cups
  - d) Don't know
- 3. What is the least amount of moderate-intensity physical activity adults should get each day for good health?**
  - a) At least 15 minutes
  - b) At least 30 minutes
  - c) At least 60 minutes
  - d) At least 90 minutes
  - e) Don't know
- 4. Which of these are health benefits of eating different colored fruits and vegetables?**
  - a) Decreased risk of accidents
  - b) Decreased risk of measles
  - c) Maintain a healthy heart
  - d) Don't know
- 5. Which of the following best helps to reduce the risk of chronic diseases?**
  - a) Eating healthy foods and being physically active
  - b) Eating healthy foods
  - c) Being physically active
  - d) Eating lowfat foods
- 6. One cupped handful of fruits or vegetables like strawberries or baby carrots is equal to about:**
  - a) ¼ cup of fruits or vegetables
  - b) ½ cup of fruits or vegetables
  - c) 1 cup of fruits or vegetables
  - d) Don't know
- 7. Which of these are health benefits of physical activity?**
  - a) Achieve and maintain a healthy weight
  - b) Reduce risk of high blood pressure
  - c) Reduce depression and anxiety
  - d) All of the above