

25. Which is an event that may cause eustress?

- A. divorce
- B. death in the family
- C. moving
- D. a big game

26. How can a positive attitude impact stress?

- A. It keeps a person calm & in control.
- B. It keeps one looking at what's ahead so he or she can reach goals.
- C. It helps one find solutions rather than dwelling on negative thoughts.
- D. all of the above

27. Which is a healthy way to manage stress?

- A. play video games
- B. watch TV
- C. be physically active
- D. eat a candy bar

28. Which is an appropriate I-message to use if someone borrows something from you without asking first?

- A. I hate you.
- B. I get frustrated when you borrow things without asking because then I can't find them when I need them. I wish you would ask me first in the future.
- C. I think you should give it back.
- D. I don't think that was very nice.

29. S.M.A.R.T. and F.I.T.T. goals answer four basic questions. Which of the following is NOT one of the four?

- A. What will you do?
- B. How hard?
- C. How much or how often?
- D. How long or until when?
- E. In what areas are you strong?

30. Match each element of a S.M.A.R.T. goal with its definition.

- | | |
|------------------|--|
| _____ Specific | A. it could be real-life for you |
| _____ Measurable | B. the date the goal will be reached |
| _____ Attainable | C. what you plan to do |
| _____ Realistic | D. it's humanly possible |
| _____ Time-bound | E. how often and how long you plan to do it each day |

31. Which part of the following S.M.A.R.T. goal is **specific**?

GOAL: I will eat 2 fruits and 3 vegetables everyday for two weeks.

- A. fruits and vegetables
- B. 2 and 3
- C. everyday
- D. two weeks

Student Post-Survey

School/Year: _____

Directions: Circle only one.

1. What grade are you in?

- a. 3rd
- b. 4th
- c. 5th
- d. 6th

2. Are you a Girl or a Boy?

- a. Girl
- b. Boy

3. Do you get free meals at school?

- a. Yes
- b. No

4. Please tell us your race. (optional)

- a. American Indian/Alaska Native
- b. Asian
- c. Native Hawaiian or Other Pacific Islander
- d. Hispanic or Latino
- e. Black or African American
- f. White
- g. More than one race

Directions: Circle only one answer for each.

5. I participate in physical activity outside of school time.	0-1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
6. I eat fruits and/or vegetables.	0-1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
7. I eat junk food and/or drink soda pop.	0-1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
8. I think about my health.	0-1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
9. I talk with my family or friends about healthy choices.	0-1 day a week	2-3 days a week	4-5 days a week	6-7 days a week

Directions: Circle only one answer for each.

10. I like learning about the human body.	not much	sometimes	often
11. I like to learn about nutritious foods and fun physical activities that can help me live a long, healthy life.	not much	sometimes	often



Directions: Circle or fill in the correct answer(s) for each question.

12. The heart pumps blood through structures called:
- arteries and veins
 - bones
 - muscles
 - skin
13. What do red blood cells transport?
- water and food
 - oxygen and carbon dioxide
 - nerve signals
 - none of the above
14. The heart and blood vessels make up which body system?
- Skeletal System
 - Digestive System
 - Circulatory System
 - Nervous System
15. What prevents heart disease?
- balancing nutritious foods
 - regular physical activity
 - not smoking or drinking alcohol
 - all of the above
16. What is the recommended daily amount of exercise for children and teenagers?
- 30 minutes
 - 45 minutes
 - 60 minutes
 - 90 minutes
17. Match each element of the F.I.T.T. Principle with its definition.
- | | |
|-----------------|--|
| _____ Frequency | A. which activities you select |
| _____ Intensity | B. how often you do the activity each week |
| _____ Time | C. how long you spend on an activity per session |
| _____ Type | D. how hard you work at the activity per session |
18. Match each Component of Health-Related Fitness with its definition.
- | | |
|-----------------------------------|--|
| _____ cardiorespiratory endurance | A. less resistance, more repetitions |
| _____ muscular strength | B. more resistance, less repetitions |
| _____ muscular endurance | C. the ability to move joints through a full range of motion |
| _____ flexibility | D. the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous activity |

19. During a game involving chasing and dodging, why is it important to run facing forward and tag with bent arms and wrists?
- safety—to prevent injury
 - sportsmanship—working together
 - competition—to win
 - skill development
20. Why is energy balance important?
- to maintain a healthy weight
 - to support an active lifestyle
 - to prevent disease
 - all of the above

21. Why is the apple the healthier snack?
- It tastes better.
 - It's lower in calories and fat and has more vitamins.
 - It provides more protein.
 - The apple is not the healthier snack.

Apple

Nutrition Facts	
Serving Size 1 cup, quartered or chopped	
Amount Per Serving	
Calories 65	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 0g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Beef Jerky

Nutrition Facts	
Serving Size 1 oz (28g)	
Amount Per Serving	
Calories 116	Calories from Fat 65
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 14mg	5%
Sodium 625mg	26%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	2%
Sugars 3g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

22. Match the serving sizes to the game pieces about the same size.
- | | |
|----------------|--|
| _____ 1 cup | A.  4 dice |
| _____ ¼ cup | B.  deck of cards |
| _____ 3 ounces | C.  baseball |
| _____ 1 ounce | D.  golf ball |
23. What is the difference between a portion and a serving of food?
- The types of food are different.
 - A portion is the amount of food desired, but a serving is what the body actual needs.
 - Portions are healthier.
 - Nothing, they are the same.
24. How could eating a king size candy bar and drinking a large pop impact a student's ability in the classroom?
- It improves performance.
 - You get along better with classmates.
 - It decreases concentration and focus.
 - It doesn't impact ability in the classroom.