

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:

- a. arteries and veins
- b. bones
- c. muscles
- d. skin

13. What do red blood cells transport?

- a. water and food
- b. oxygen and carbon dioxide
- c. nerve signals
- d. none of the above

14. The heart and blood vessels make up which body system?

- A. Skeletal System
- B. Digestive System
- C. Circulatory System
- D. Nervous System

15. What prevents heart disease?

- a. balancing nutritious foods
- b. regular physical activity
- c. not smoking or drinking alcohol
- d. all of the above

16. What is the recommended daily amount of exercise for children and teenagers?

- a. 30 minutes
- b. 45 minutes
- c. 60 minutes
- d. 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?

- A. safety—to prevent injury
- B. sportsmanship—working together
- C. competition—to win
- D. skill development

20. Why is energy balance important?

- A. to maintain a healthy weight
- B. to support an active lifestyle
- C. to prevent disease
- D. all of the above

21. Why is the apple the healthier snack?

- A. It tastes better.
- B. It's lower in calories and fat and has more vitamins.
- C. It provides more protein.
- D. The apple is not the healthier snack.

Nutrition Facts
Serving Size 1 cup, quartered or chopped

Amount Per Serving		% Daily Value*	
Calories	65	Calories from Fat	2
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

Apple

Nutrition Facts
Serving Size 1 oz (28g)

Amount Per Serving		% Daily Value*	
Calories	116	Calories from Fat	65
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

Beef Jerky





22. Match the serving sizes to the game pieces about the same size.

_____ 1 cup

_____ ¼ cup

_____ 3 ounces

_____ 1 ounce

- A.  4 dice
- B.  deck of cards
- C.  baseball
- D.  golf ball

23. What is the difference between a portion and a serving of food?

- A. The types of food are different.
- B. A portion is the amount of food desired, but a serving is what the body actual needs.
- C. Portions are healthier.
- D. 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?

- A. It improves performance.
- B. You get along better with classmates.
- C. It decreases concentration and focus.
- D. It doesn't impact ability in the classroom.