1. Circle the plate that is the healthiest meal.

- Ice Cream
- Fried Chicken
- Corn
- Fish
- Berries
- Celery Sticks

2. A good activity for an active lifestyle is:

- Watching TV
- Cycling
3. How much water should you drink a day?
   a. 
   b. 
   c. 

4. What is the best choice for a snack?
   a. Apple
   b. Candy

5. It is best to be active:
   a. Once a week
   b. Twice a week
   c. Every day