Fit for Life Test

Circle the best answer.

1. A good activity for an active lifestyle is:
   a. Listening to music
   b. Playing computer games
   c. Riding a bike
   d. Watching TV

2. Which selection is the healthiest choice for a snack?
   a. An apple
   b. A glass of juice
   c. A candy bar
   d. A soda

3. It is best to be active:
   a. 1 time a week
   b. 2 times a week
   c. 5 times a week
   d. Everyday
4. How much water should you drink a day?
   a. 1 glass
   b. 2 glasses
   c. More than 4 glasses
5. Weight management balances:
   a. What you weigh with what you eat.
   b. What you eat with what you do not eat.
   c. What you eat with your activity.
6. Walking or doing household chores is not as good an activity for a healthy, active life as sports activities.
   a. True
   b. False

<table>
<thead>
<tr>
<th>Food</th>
<th>Total Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>9</td>
</tr>
<tr>
<td>Quarter-pound hamburger</td>
<td>18</td>
</tr>
<tr>
<td>Fried fish filet sandwich</td>
<td>18</td>
</tr>
<tr>
<td>Fried chicken</td>
<td>23</td>
</tr>
<tr>
<td>Chicken nuggets (10 pieces)</td>
<td>24</td>
</tr>
<tr>
<td>Beef soft taco without cheese</td>
<td>8</td>
</tr>
<tr>
<td>Bean Burrito, no cheese</td>
<td>8</td>
</tr>
<tr>
<td>Taco salad with ground beef, no cheese</td>
<td>39</td>
</tr>
</tbody>
</table>

Circle the food with less fat:
7. Taco salad  OR  Beef soft taco
8. Bean burrito OR  Fried fish filet sandwich
9. Fried chicken OR  Hamburger
10. Circle the plate with a properly balanced meal.