

Pre/Post-Test Questions: Activity Pyramid Lesson

1. What is the best reason physical activity is good for your body?
 - a. You look cool doing it.
 - b. It makes your heart healthy and muscles stronger.
 - c. You can eat anything you want.

2. Why is it best to cut down on sedentary activities?
 - a. Too much sitting around makes bones and muscles weak.
 - b. They make you short.
 - c. They are bad for the planet.

3. What are healthy physical activities you could do instead of watching TV:
 - a. Talking on the phone or playing videogames
 - b. Using the computer or doing push-ups
 - c. Walking a dog or jumping rope

4. How much time should you spend doing physical activities every day?
 - a. 60 minutes
 - b. 180 minutes
 - c. 30 minutes
 - d. 0 minutes