



It's Rally Time! - Commit To Be Fit Quiz



- 1) How many minutes a day should you be active?
 - a. 15 minutes
 - b. 24 minutes
 - c. 60 minutes
 - d. 45 minutes

- 2) Before doing a physical activity what is the first thing you should do?
 - a. Drink 2 glasses of sports drink
 - b. Stretch
 - c. Eat dinner
 - d. Put on socks

- 3) List 3 nutritional food items.
 - a.
 - b.
 - c.

- 4) Finish the sentence. The happier you are the _____.
 - a. more money you will have in your pocket.
 - b. better clothes you will get to wear.
 - c. smellier you will be.
 - d. healthier you will be.

- 5) List 3 physical activities.
 - a.
 - b.
 - c.

- 6) If someone offers you drugs, what do you say?
 - a. Yes please.
 - b. No!
 - c. Maybe.
 - d. Ok!

7) What can smoking do to your health?

- a. Give you cancer.
- b. Make your lungs black.
- c. Cause you to have asthma.
- d. All of the above.

8) What did Rally want to be when he grew up?

- a. Swimsuit Model
- b. Batman
- c. Police Officer
- d. Soldier

9) List 3 non-healthy food items

- a.
- b.
- c.

10) How do you plan on being healthy in 2014?

Your Name

Grade

Teacher