How often do you do each of these things? Circle **only one answer** for each question. There are no right or wrong answers.

1) During the past week, I ate breakfast:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

2) During the past week, I ate different kinds of fruits:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

3) During the past week, I ate healthy snacks like fruit, vegetables, nuts, yogurt, or whole grain crackers:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

4) During the past week, I ate different kinds of vegetables:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

5) During the past week, I chose to drink water instead of drinking soda, sports drinks, or juice:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

6) During the past week, I ate foods from most MyPlate food groups:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

7) During the past week, I did things like run, play sports, dance, walk, or ride my bike:
   a. Every day
   b. Almost every day
   c. Sometimes
   d. Almost never
   e. Never

**Turn the page over for more questions**
Choose the best answer to each question. Circle only one answer for each question.

8) Which is the healthiest drink choice during the day when you are thirsty?
   a. 100% fruit juice
   b. Diet soda
   c. Water
   d. Whole milk
   e. Sports drink

11) Which of these snack choices is the healthiest option?
   a. Hot dog on a bun with fruit punch
   b. Whole grain crackers and fat free milk
   c. Pretzels and 100% fruit juice
   d. Frosted corn flakes with 2% milk

9) What can we tell about food groups when we look at a picture of MyPlate?
   a. The number and names of the food groups
   b. That we can eat whatever we want
   c. The vitamins in each kind of food
   d. That water belongs in the Fruit group

12) To be healthy, how long should children like you be active each day?
   a. 10 minutes
   b. 20 minutes
   c. 30 minutes
   d. 45 minutes
   e. 60 minutes

10) One of these foods is not a dairy food. Which of these foods does not belong in the Dairy group?
    a. Yogurt
    b. White milk
    c. Cheese slices
    d. Eggs

13) How old are you today?
    _______ years old

Thank you for your answers!