

Shape Your Future Quiz



EASY

How much moderate to vigorous physical activity do kids need each day?

- a. 15 min.
- b. 30 min.
- c. 45 min.
- d. 60 min.

Answer: d

How much moderate to vigorous physical activity do adults need each day?

- a. 15 min.
- b. 30 min.
- c. 45 min.
- d. 60 min.

Answer: b

Name 3 purple fruits and/or vegetables (Name 5 for a bonus point).

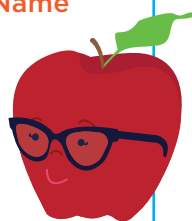
- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Answer: plum, grape, eggplant, cabbage, blackberries

Name 3 red fruits and/or vegetables (Name 5 for a bonus point).

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Answer: apple, cherry, cranberry, tomato, strawberry



True or False: Nuts provide a good source of fat and contain no cholesterol.

- a. True
- b. False

Answer: a

How much of your plate should be filled with fruits and veggies?

- a. 1/3
- b. 1/2
- c. 3/4
- d. 1/8



Answer: b

MEDIUM

What are the benefits of drinking water?

- a. Helps prevent headaches and fatigue
- b. Quenches thirst
- c. Hydrates your body and brain
- d. All of the above



Answer: d

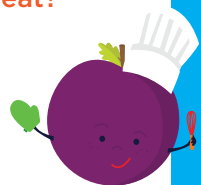
When eating grains, how much should be whole grain?

- a. 1/4 should be whole grain
- b. 1/2 should be whole grain
- c. 1/8 should be whole grain
- d. 1/6 should be whole grain

Answer: b

Which is NOT a safe way to defrost meat?

- a. In the microwave
- b. In the refrigerator
- c. Leave out at room temperature
- d. Run under cold water



Answer: c

What is lycopene, an antioxidant, primarily found in?

- a. Potatoes
- b. Tomatoes
- c. Apples
- d. Celery

Answer: b

How much aerobic physical activity should adults get each week?

- a. 2 hours and 30 min of moderate physical activity
- b. 1 hour and 15 minutes of vigorous physical activity
- c. 50 min of vigorous physical activity
- d. None of the above
- e. a or b



Answer: a, b, or e

Which of the following is NOT a tree nut?

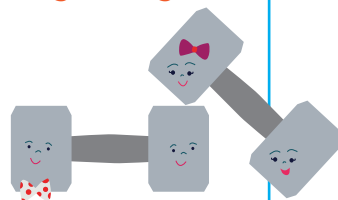
- a. Cashew
- b. Almond
- c. Macadamia nut
- d. Peanut

Answer: d

HARD

How often should adults do strengthening activities?

- a. One day a week
- b. Two days a week
- c. Once a month
- d. Twice a month



Answer: b

What is the maximum amount of sodium an average individual (person with normal blood pressure) should consume per day?

- a. Less than 2,300 milligrams a day
- b. Less than 4,600 milligrams a day
- c. Less than 1,000 milligrams a day
- d. Less than 3,300 milligrams a day

Answer: a

How many ounces of cooked seafood should you consume each week?

- a. 4 ounces
- b. 6 ounces
- c. 8 ounces
- d. 12 ounces

Answer: c

How much dairy is recommended for adult men and women a day?

- a. 1 cup a day
- b. 1/2 cup a day
- c. 2 cups a day
- d. 3 cups a day



Answer: d

At what temperature should poultry be cooked to before eating?

- a. 165 °F
- b. 195 °F
- c. 135 °F
- d. 125 °F

Answer: a

At what temperature should you keep your refrigerator to ensure food safety?

- a. 50 °F
- b. 60 °F
- c. 20 °F
- d. 40 °F



Answer: d

A healthy non-smoker must be exposed to secondhand smoke for what amount of time before experiencing negative health effects?

- a. 5 min
- b. 30 min
- c. 3 hours
- d. 8 hours

Answer: a

