



Tick **ONE** answer for each of the questions below.

1. How much physical activity do you think children should be do to stay healthy?

At least 15 minutes

At least 30 minutes

At least 60 minutes

2. People who watch TV all day are sometimes called 'Couch potatoes'! For children to stay healthy, how much time can they spend each day, doing things like watching TV and playing computer games?

Less than 2 hours

Less than 6 hours

Less than 4 hours

3. What do you think the 'Eatwell Plate' shows us?

How to eat lots of food

A healthy balanced diet

What not to eat

4. Which of these food groups do you think we should only eat occasionally?

Bread , rice, potatoes,  
pasta and other starchy  
foods

Meat, fish, eggs, beans  
and other non-dairy  
sources of protein

Foods and drinks high  
in fat and/or sugar

5. If you were trying to reduce the amount of TV you watched, what would be a healthy alternative?

Play on a computer

Play outdoors

Surf the internet

6. Some snacks are healthy and can be eaten every day, other snacks should only be eaten occasionally ('sometimes' snacks). Which of these is an everyday snack?

Chocolate bar

Crisps

Piece of fruit

7. How many portions of fruit or veg do you think you should aim to eat everyday to stay healthy?

1

5

3

8. What is the main reason it is important to eat a healthy balanced breakfast to start the day?

So you have lots of energy to last until lunchtime

To help you wake up

To keep your parents happy

9. Which of these ways of getting to school does **NOT** involve physical activity?

Cycling

Walking

Travelling by car

**Thank you!**

