

FOLLOW A HEALTHY JOURNEY!

We want to help you make healthy choices throughout your day. At each point, choose the right answer so you can stay focused on your health. When you finish, check your answers using the answer key below.



SLEEP

How many hours of sleep do you need so you can get good grades?

- a. 4 to 6 hours
- b. 2 to 3 hours
- c. 9 to 12 hours
- d. 5 to 7 hours

WAKE UP BREAKFAST

After you wake up, which of these activities can help you get the right start to your day?

- a. Wash your hands
- b. Watch TV
- c. Brush your teeth
- d. Check your email

SNACKS

What healthy after-school snacks would you suggest?

- a. Cookies
- b. An apple
- c. Popcorn with light salt
- d. Ice cream

EXERCISE

You want strong muscles and bones. How much physical activity should you get daily?

- a. 10 minutes
- b. 30 minutes
- c. 20 minutes
- d. 60 minutes or 1 hour

BREAKFAST

You are hungry for breakfast. What should you eat?

- a. Glass of low-fat milk
- b. Slice of whole wheat toast
- c. Candy bar
- d. Sweetened cereal

DINNER

What are healthy dinner options for you and your family?

- a. Grilled Chicken
- b. Fried Chicken
- c. Pizza
- d. Baked fish

BED TIME

What should you do before you go to bed?

- a. Wash your face
- b. Call your best friend
- c. Eat more salsa
- d. Turn off your computer

Answer Key: SLEEP: C;
WAKE UP: A, C; BREAK-
FAST: A, B; EXERCISE: D;
SNACKS: B, C; DINNER: A,
D; BED TIME: A, D