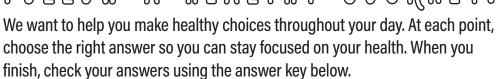
FOLLOW A HEALTHY JOURNEY!





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



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

D; BED TIME: A, D

FAST: A, B; EXERCISE: D;

WAKE UP: A, C; BREAK-

Answer Key: SLEEP: C;



