Quick Nutrition and Physical Activity Quiz

1. What are the three things you need to know about yourself in order to figure out how many fruits and vegetables you need to eat every day for good health?
   a) Age, gender, weight
   b) Age, gender, physical activity level
   c) Height, weight, physical activity level
   d) Gender, weight, favorite food

2. What is the range of cups of fruits and vegetables adults should eat each day for good health?
   a) 2½ to 5½ cups
   b) 3½ to 6½ cups
   c) 4½ to 7½ cups
   d) Don’t know

3. What is the least amount of moderate-intensity physical activity adults should get each day for good health?
   a) At least 15 minutes
   b) At least 30 minutes
   c) At least 60 minutes
   d) At least 90 minutes
   e) Don’t know

4. Which of these are health benefits of eating different colored fruits and vegetables?
   a) Decreased risk of accidents
   b) Decreased risk of measles
   c) Maintain a healthy heart
   d) Don’t know

5. Which of the following best helps to reduce the risk of chronic diseases?
   a) Eating healthy foods and being physically active
   b) Eating healthy foods
   c) Being physically active
   d) Eating lowfat foods

6. One cupped handful of fruits or vegetables like strawberries or baby carrots is equal to about:
   a) ¼ cup of fruits or vegetables
   b) ½ cup of fruits or vegetables
   c) 1 cup of fruits or vegetables
   d) Don’t know

7. Which of these are health benefits of physical activity?
   a) Achieve and maintain a healthy weight
   b) Reduce risk of high blood pressure
   c) Reduce depression and anxiety
   d) All of the above

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.