

Healthy Eating and Active Living Check-In

Time: 15 min. 6 questions.

Instructions

Read each question carefully. Circle, write, or count your answer. Ask your teacher if you need help reading a word.

Questions

1. Which of these can be a factor that changes how much you move? (1 mark)

- A) Peers
- B) Shoe size
- C) Favourite ice cream flavour
- D) Colour of your bike

([Knowledge](#))

2. Name one cue your body gives you when you are hungry. (1 mark)

Answer: _____

([Knowledge](#), [Understanding](#))

3. True or false: Snowshoeing and kayaking are physical activities you can do on the land. (1 mark)

([Knowledge](#))

4. If you drink 2 cups of water in the morning and 3 cups of water in the afternoon, how many cups of water did you drink in total? (1 mark)

Answer: _____

([Knowledge](#))

5. What do food guidelines help you do? (1 mark)

- A) Choose a variety of foods your body needs
- B) Pick a favourite toy
- C) Decide what game to play
- D) Choose new shoes

([Knowledge](#), [Understanding](#))

6. Name one thing you can do to get your body ready before physical activity. (1 mark)

([Knowledge](#), [Skills](#))

Curriculum coverage

Question	Outcome alias(es)
1	Knowledge
2	Knowledge, Understanding
3	Knowledge
4	Knowledge

5	Knowledge, Understanding
6	Knowledge, Skills

Answer key

1. A) Peers. Peers are one of the factors listed that can influence physical activity.
2. Any one of: stomach growling, low energy, or irritability. These are hunger cues your body gives you.
3. True. Snowshoeing and kayaking are both listed as land-based physical activities.
4. 5 cups. Adding 2 cups plus 3 cups equals 5 cups of water in total.
5. A) Choose a variety of foods your body needs. Food guidelines give information about the range of foods a body needs.
6. Any one of: eat well, drink water, warm up, stretch, wear appropriate clothing, use proper equipment, or wear proper footwear. These are ways to prepare your body before physical activity.