

Healthy Eating and Active Living Check-In

Time: 15 min. 6 questions.

Instructions

Read each question and answer it the best you can. You can draw, write words, or circle your answer. Ask your teacher if a word is tricky.

Questions

1. Which of these can affect whether you get to be active?

- A) Your peers (friends)
- B) Your family
- C) The cost of a program
- D) All of these

[\(Details\)](#)

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

[\(Details\)](#)

3. True or false: Nature walks and hiking are activities you can enjoy your whole life.

[\(Details\)](#)

4. Your class list shows three thirst cues: dry mouth, low energy, and headache. How many thirst cues are on the list?

[\(Details\)](#)

5. Food can help bring people together. Which of these can food help create?

- A) Community
- B) Celebration
- C) Tradition
- D) All of these

[\(Details\)](#)

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

[\(Details\)](#)

Curriculum coverage

Question	Outcome alias
1	Details
2	Details
3	Details
4	Details
5	Details

6	Details
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Answer key

1. D) All of these. Peers, family, and cost of programs are all listed as factors that influence physical activity ([Details](#)).
2. Any one of: stomach growling, low energy, or irritability. These are the hunger cues named in the source ([Details](#)).
3. True. Land-based activities like nature walks and hiking can be enjoyed across a lifetime ([Details](#)).
4. 3. The three thirst cues listed are dry mouth, low energy, and headache ([Details](#)).
5. D) All of these. Food can foster community, connection, family, tradition, and celebration ([Details](#)).
6. Any one of: eating and drinking well, doing a warm-up, or wearing the right clothing, footwear, or equipment. These are the preparation actions named in the source ([Details](#)).