
Can you answer these healthy habits questions?

1. How many servings of fruits or vegetables should you eat each day?
Answer: Five
2. How many minutes of exercise or activity do you need each day?
Answer: 30 minutes (It would be ok to have more) 😊
3. Your screen time (TV, computer, video games, texting) should be less than _____ hours each day.
Answer: Two hours
4. What will keep your bones strong and healthy?
Answer: OJ, Milk, yogurt and cheese
5. List 2 good sources of protein?
Answer: Chicken, turkey, fish, quinoa, beans, and nuts
6. True or False? It is ok to eat sweets/candy every day?
Answer: Can be either True or False – it is ok to have small amounts of sweets if the rest of your diet is healthy and balanced
7. Demonstrate how to cover your cough:
Answer: Demo (Did you use your elbow?)
8. List 3 times when should you wash your hands.
Answer: After using the bathroom, before eating and when they are dirty
9. When should you apply sunscreen?
Answer: Before going outside
10. What will help keep you safe when riding a bike, skateboard or scooter?
Answer: A helmet and knee pads; grown up supervision

11. True or False? Should you talk with people you don't know on the internet?
Answer: No

12. Who should give you medicine if you need it?
Answer: A parent or legal guardian

13. Name three caregivers you might find at a hospital
Answer: Nurse, doctor, surgeon

14. Should you eat or drink something if you don't know what it is?
Answer: No

15. Name three things that you might go to the hospital for?
Answer: Dehydration, surgery or broken bone

16. What is a stethoscope used for?
Answer: To listen to your heart rate, lung sounds and tummy/abdomen

17. What is an otoscope?
Answer: A special light that allows the doctor to see inside your ear

18. What are some things you can do to stay healthy?
Answer: Get the necessary vaccinations; wash your hands often, rest when you are sick and always use safety when outdoors

