

HEALTH/P.E. QUIZ



Test what you know by supplying the correct answer for each question below.

1. What are the three main components of total fitness?

- A Physical activity, nutrition, and emotional well-being
- B How fast you run a mile, how many sit-ups you can do, and how many push-ups you can do
- C Strength, aerobics, and flexibility
- D Your age, your height, and your weight

2. How much daily exercise does the U.S. Department of Health and Human Services recommend for children and teens?

- A 30 minutes
- B 45 minutes
- C 60 minutes
- D 90 minutes

3. How is cardiorespiratory fitness measured?

- A By the ability of the heart, lungs, and blood to deliver oxygen to the body during exercise
- B By the ability of the heart, lungs, and blood to process CO₂
- C By how fast you can run a mile
- D By how much you sweat during exercise

4. What are the characteristics of foods that are energy dense?

- A Low in calories but high in nutrients
- B Low in calories but high in fat
- C High in calories but low in nutrients
- D High in calories and nutrients

5. Which of these is NOT a food group included on the food plate?

- A Protein
- B Dairy
- C Grains
- D Sugars

6. Why doesn't the food plate include exactly how much we should eat from each food group?

- A Because it doesn't matter.
- B Because everyone's energy needs are different.
- C Because some people are vegetarians.
- D Because the amount we should eat from each food group is the same.

7. Which of the following is NOT a characteristic of a healthy relationship?

- A Trust
- B Respect
- C Gossip
- D Compromise

8. How is depression different from just feeling down?

- A When you're depressed you feel sad all the time, not just in certain situations.
- B Depression involves many symptoms and lasts for at least several weeks.
- C When you feel down, being with a friend helps to cheer you up, while depression may require medical treatment.
- D All of the above

9. What are three emotional benefits of physical activity?

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10. What are three steps you can take to prevent obesity?

11. What is meant by the term *energy balance*?

12. How does body composition change during adolescence?

13. Is eating 1,800 calories in candy and milkshakes the same thing as eating 1,800 calories in fruits, vegetables, whole grains, dairy, and lean protein? Why or why not?

14. Would it be healthy to eat a completely fat-free diet? Why or why not?

15. What are some healthy ways to cope with stress?
