

What is your favorite meal to eat with your family?

What choice will help you PowerUp your body the most?

- A. Skipping breakfast
- B. Eating breakfast

You need to get a daily dose of calcium to keep your teeth and bones strong. Which of these foods packs the most calcium?

- A. Tuna sandwich
- B. Grapes
- C. Orange slurpee
- D. Broccoli

Which way to spend your afternoon will help you PowerUp the most?

- A. Watching TV
- B. Playing computer games
- C. Playing outside with your friends

How often should you play or exercise each week?

- A. Once a week for one hour
- B. Three times a week for 30 minutes at a time
- C. Five days a week for two hours at a time
- D. Every day for one hour

Which of the following foods is a fruit, NOT a vegetable?

- A. Tomato
- B. Corn
- C. Potato