

Move It! (K-2nd) Post Test

Identifier:

Question	Circle the Best Answer				
1. How old are you?	4	5	6	7	8
2. What food group are apples and bananas a part of?	Fruit	Vegetables	Protein		
3. What food group are nuts and meat a part of?	Vegetables	Dairy	Protein		
4. Which food group gives us fiber?	Dairy	Protein	Grains		
5. Which food group helps up keep our teeth and bones strong?	Fruit	Dairy	Grains		
6. Is it important for your health to exercise every day?	Yes	No			
7. How many times per year should you visit a dentist?	0 times	1 time	2 times		
8. What are three ways to keep your mouth healthy? (Write in your answers.)	1. _____ _____	2. _____ _____	3. _____ _____		