

# Finding Your Balance quiz

Take this quiz to test your level of fitness on the basics of energy balance – see how much you already know and where you can learn more.



Please circle the answer to each of the following questions. When you are finished, turn in your quiz and you will receive a special brochure that lists the correct answers and provides valuable tips and information.

**Gender:** Male Female

**Age:** 5-9 (years) 10-19 20-29 30-39 40-49 50-59 60+

**Country:** \_\_\_\_\_

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**Which beverage should you choose to drink most often?**

**A.** Fruit juice **B.** Water **C.** Sports drink **D.** Soda pop

**How often should you eat fruits and/or vegetables?**

**A.** One portion per week **B.** One portion per day  
**C.** Only when you like them **D.** Several portions each day

**True or False:** I need to give up my favorite foods to achieve a healthy weight.

**True or False:** Skipping meals is the best way to lose weight.

**True or False:** If I choose low-fat foods, I can eat as much as I want.

**True or False:** Foods rich in protein, such as beef, chicken and fish, can help maintain body tissues such as muscle.

**True or False:** Energy balance is eating about the same number of calories from food and drinks that you burn off through exercise and daily activity.

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**Which of the following is the most widely played sport across the globe?**

**A.** Soccer/Football **B.** Basketball **C.** Volleyball **D.** Skiing

**Regular physical activity helps me:**

**A.** Keep my heart healthy **B.** Manage my weight  
**C.** Feel more energetic **D.** All of the above

**Writing down what I eat and what I do can:**

**A.** Help me lose weight **B.** Help me understand my activity habits **C.** Keep me motivated **D.** All of the above

**True or False:** To get health benefits from physical activity, I have to do it all at once. Exercising for 10 minutes several times a day doesn't count.

**True or False:** Walking is one of the easiest and most effective ways to be more physically active.

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