

## Rap sheet 3 for Rap point 1

### How healthy are you? Quiz

Have a go at this quiz to assess your nutrition and physical activity levels.

#### Nutrition

- How many serves of fruit do you usually eat in a day, including fresh, canned and dried fruit?  
(a) None (b) One (c) Two or more
- How many servings of salad and vegetables do you usually eat in a day, including raw and cooked vegetables?  
(a) None (b) Between one and three (c) Four or more
- How many snacks, such as chips, chocolate or cake, do you usually eat in a day?  
(a) Three or more a day (b) One to two a day (c) None
- How many sugary drinks do you usually drink in a day, including cordial, fizzy drinks and fruit juice?  
(a) Two or more a day (b) One to two a day (c) None

#### Physical activity

- How much moderate or vigorous exercise (walking, running, kicking a ball, etc) do you usually do in a day (excluding exercise at school)?  
(a) 0–30 minutes (b) 30–60 minutes (c) 60 minutes or more
- Do you ever walk, cycle, skateboard, rollerblade or ride a scooter to school?  
(a) Never (b) Sometimes (c) Mostly
- How frequently do you and your family do things like playing at home, walking, cycling or swimming together?  
(a) Never (b) Once or twice a week or less (c) More than twice a week
- How much time do you usually spend watching TV, playing computer games, reading or doing homework?  
(a) More than 2 hours a day (b) Between 1 and 2 hours a day  
(c) No more than 1 hour a day.

#### Answers – Nutrition

*Mainly As & Bs:* You need to eat more healthy foods and drink water.

*Mainly Cs:* Great, keep up the good work.

#### Answers – Physical activity

*Mainly As & Bs:* You need more physical activity, at least 60 minutes a day

Adapted from [Healthy kids: the big picture: quick quiz – how healthy is my child?](#)