Directions: Choose what you think is the best answer for each of the questions below. When you’re finished, check your answers against the answer key at the bottom. Have fun!

1. Physical activity is good for your heart, can help you feel less stressed and even help you sleep better. How much physical activity should kids ages 6-17 get each day?
   A. 15 minutes    B. 30 minutes    C. 1 hour

2. Vegetables are packed with nutrition to give your body a healthy boost. How many cups of vegetables do kids ages 4-13 need to eat each day?
   A. ½ Cup    B. 1 - 2 ½ Cups    C. 3 – 4 Cups

3. Too much sugar isn’t just bad for your teeth, it’s bad for your heart too. Soda is a big source of sugar and most Americans are drinking too much of it. How much soda do most Americans drink in one year?
   A. 10 gallons    B. 45 gallons    C. 100 gallons

4. The human heart beats about 72 times per minute. When you’re sitting down your blood takes 30 seconds to travel from your heart to your big toe and back again. How long does it take when you’re exercising?
   A. 10 seconds    B. 20 seconds    C. 30 seconds

5. Sleep is important and gives your body and brain time to rest and recharge. How much sleep should kids ages 5-10 get each night?
   A. 6-8 hours    B. 9-10 hours    C. 10-12 hours
PE Quiz: Heart Health!

Answer Key

1. C, 1 hour
2. B, 1-2 1/2 Cups
3. B, 45 gallons
4. A, 10 seconds
5. C, 10-12 hours