PE Quiz – Heart Health

NAME: ____________________________  TEACHER: ____________________________

DIRECTIONS: Log into your Kids Heart Challenge account. Go to “Resources” then “Ideas On How To Be A Healthy Family” to find the answers to the following questions. If you have not registered with KHC, go to heart.org/KidsHeartChallenge, find your school and follow the steps to create an account.

1. Kids who are active, have better ____________________________
   health, physical fitness, ____________________________ function, attention, and
   ____________________________ performance.

2. School age kids and teens (ages 6-17) should try to get at least ____ minutes per day of moderate to vigorous activity.

3. What are the four types of exercise?
   1. ____________________________
   2. ____________________________
   3. ____________________________
   4. ____________________________

4. Where does cholesterol come from?
   __________________________________________________________________________
   __________________________________________________________________________

5. What are the two types of cholesterol?
   Good: ____________________________
   Bad: ____________________________

6. What are Triglycerides?
   __________________________________________________________________________
   __________________________________________________________________________

7. What fraction of U.S. children are overweight?
   __________________________________________________________________________