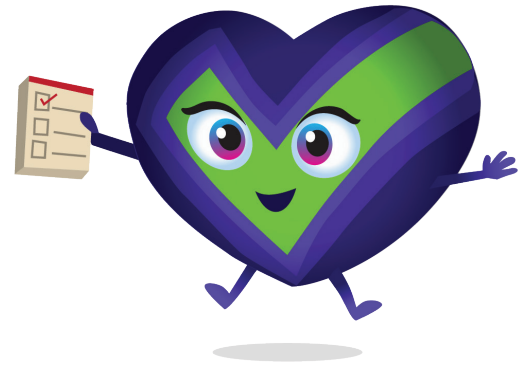


PE Quiz – Heart Health

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. _____ 3. _____
2. _____ 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? _____
