

# Move It! (3<sup>rd</sup>-5<sup>th</sup>) Post Test

## Identifier:

Question	Circle the Best Answer			
1. How old are you?	8	9	10	11
2. What food group are spinach and asparagus a part of?	Fruit	Vegetables	Protein	
3. What food group are nuts and beans a part of?	Vegetables	Dairy	Protein	
4. Which food group gives us fiber?	Dairy	Protein	Grains	
5. Which nutrient helps up keep our teeth and bones strong?	Protein	Calcium	Fiber	
6. Is it important for your health to exercise every day?	Yes		No	
7. How many times per year should you visit a dentist?	0 times	1 time	2 times	
8. What are three ways to keep your mouth healthy? (Write in your answers.)	1. _____ _____	2. _____ _____	3. _____ _____	