

ScrubbaDubbaVeggieThinkerCising (K-2nd Grade)

Instructions: Please circle the best answer. No one will know how you answered these questions.

- 1. I am in... Kindergarten 1st Grade 2nd Grade
- 2. How many times should you sing the alphabet when washing your hands? 1 time 2 times
- 3. How many times should you floss your teeth in a day? 1 time 2 times
- 4. For healthy kidneys, what color should your pee be?



- 5. Which one is healthier?



- 6. What major body system do the muscles work with? Digestive System Bones
- 7. How long should you be physically active each day? 20 minutes 60 minutes
- 8. If you were to play after school tomorrow, which of these activities would be physically active?



- 9. If your friend is in a bad mood, what do you do? Ask them what's wrong Ignore them
- 10. When is it okay to take medicine? Always Only when an adult is around

