

Health Problems Series
Obesity

Name:

Date:

## Quiz

- 1. Fill in the blank: Kids and teens should exercise at least \_\_\_\_\_ minutes a day.
- 2. Fill in the blank: Kids and teens should spend less than \_\_\_\_\_ hours a day watching a TV, playing video games, or using a smartphone, tablet, or computer (not counting time spent on schoolwork and educational activities).
- 3. True or false: Eating food on a smaller plate can help with portion control.
- 4. Underline three health problems that can be caused by being overweight:
  - a) High blood pressure
  - b) Scurvy
  - c) Diabetes
  - d) Schistosomiasis
  - e) Depression
  - f) Scoliosis
- 5. Name three things kids and teens can do to reach and maintain a healthy weight: