



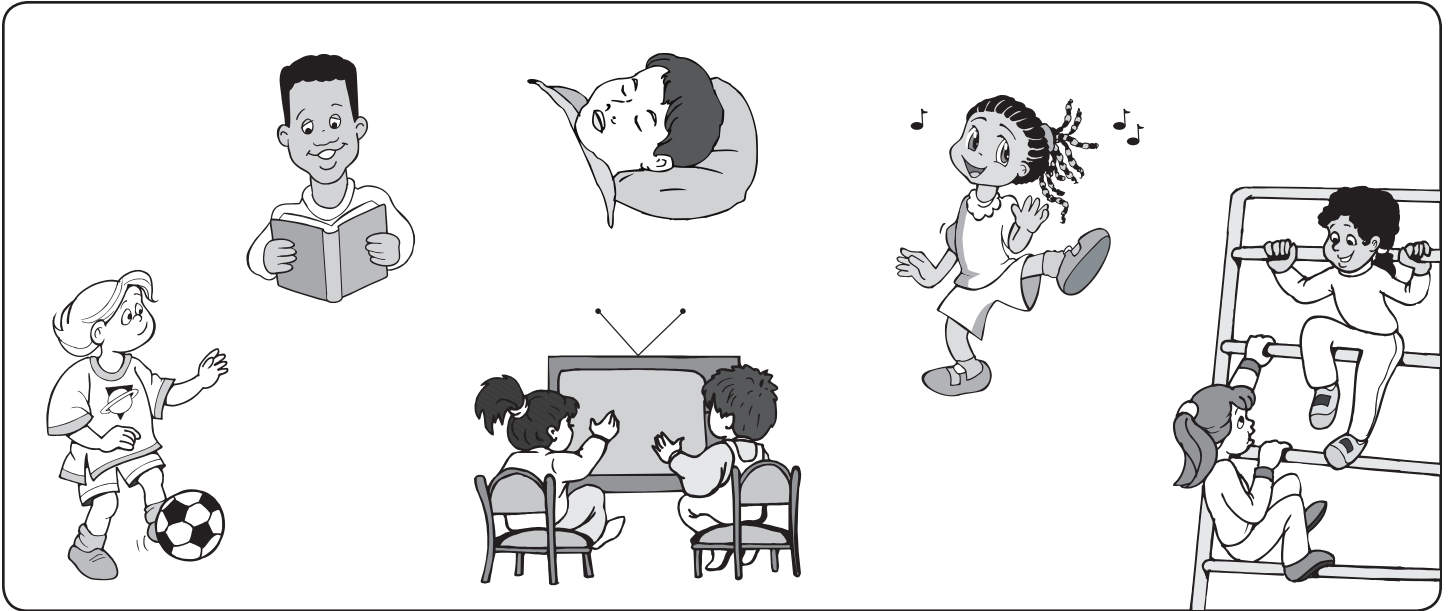
Name: _____

Date: _____

Quiz

Instructions:

Part I: Everything you do uses energy. Some activities use more energy than others. Draw a circle around the activities that use lots of energy. Draw a square around the activities that use less energy.



Part II: When you eat, you refuel your body's energy. Healthy foods give your body more energy and nutrients. Draw a circle around the healthy snacks you could eat or drink.

