



NOW THAT WE'VE TAKEN  
OUR ADVENTURE THROUGH FITROPOLIS  
AND WE'VE MET THE SUPER CENTEAM 5-  
LET'S SEE WHAT WE LEARNED!

SCORE  
YOURSELF  
HERE!

\_\_\_\_\_ (YOUR NAME)

1. HOW MANY HEALTHY MEALS A DAY IS IT BEST TO EAT?

CORRECT INCORRECT

1 2 3 4 5

2. CIRCLE THREE FOODS THAT WOULD BE THE MOST HEALTHY SNACKS.



3. CIRCLE THREE OF THE HEALTHIEST DRINKS.



4. WHEN YOU DINE AT A FAST FOOD RESTAURANT, IS IT BETTER TO EAT ...



5. CIRCLE THREE THINGS YOU CAN USE TO EXERCISE:



HOW MANY OF YOUR ANSWERS WERE CORRECT?  
\_\_\_\_\_ OUT OF 5 POSSIBLE