**Sample Participant Questionnaire for kids programs**

**Know-It-All Quiz**

Are you a know-it-all? Answer the following questions to see...

**Food Safety**

1. You should always wash your hands for at least…
   1. 5 seconds
   2. 10 seconds
   3. 20 seconds
   4. 1 minute
2. Counters and cutting boards should be cleaned with:
   1. A dry cloth
   2. Boiling water
   3. Soap and water
   4. Bleach
3. When cutting chicken and vegetables at the same time, it is important to:
   1. Use different knives and cutting boards
   2. Make sure the food stays below 4°C
   3. Use different knives ONLY
   4. You should never make them together
4. What is the “Danger Zone”?
   1. 0°C – 20°C
   2. 40°C – 90°C
   3. 10°C – 1000°C
   4. 4°C – 60°C
5. To make sure meat is cooked all the way through, you should:
   1. Taste it
   2. Use a food thermometer
   3. Cut it open to make sure it is cooked inside
   4. Use a fork to poke it
6. When packaging leftovers to be refrigerated, it is best to:
   1. Leave the food out for 3 hours to cool, then refrigerate
   2. Separate into smaller amounts for quicker cooling
   3. Pack in containers with both raw and cooked food
   4. It doesn’t matter

**Canada’s Food Guide**

1. What are the 4 Food Groups of Canada’s Food Guide?
   1. Fruit, Vegetables, Meat, & Dairy
   2. Milk, Bread, Vegetables, & Fruit Juice
   3. Vegetables & Fruit, Grain Products, Milk & Alternatives,

& Meat & Alternatives

* 1. There are actually 5 Food Groups

1. Which of the following is **NOT** a benefit of healthy eating?
   1. Lower risk of chronic disease (diabetes, cancer, heart disease, etc.)
   2. Little energy
   3. Stronger muscles and bones
   4. Feeling good
2. You should eat make at least \_\_\_\_\_ of your Grain Products whole grain each day.
   1. One
   2. Two
   3. Half
   4. All
3. You should eat at least one \_\_\_\_\_\_\_\_\_\_ and one \_\_\_\_\_\_\_\_\_\_\_ vegetable each day.
   1. Purple, dark green
   2. Large, small
   3. Yellow, orange
   4. Dark green, orange
4. An example of an ‘everyday food’ would be:
   1. An oatmeal cookie
   2. Soda
   3. Spaghetti and meatballs
   4. A fast-food cheeseburger
5. An example of a ‘sometimes food’ would be:
   1. Cheese slice
   2. Peanut butter sandwich
   3. An apple
   4. French fries
6. Which of the following is ONE serving from Canada’s Food Guide?
   1. 1 cup of strawberries
   2. 1 bagel
   3. 1 cup of milk
   4. 1 egg
7. Match the following foods with the Food Group they belong in.
   1. Yogurt Vegetables & Fruit
   2. Baby carrots Grain Products
   3. Rice Milk & Alternatives
   4. Kidney beans Meat & Alternatives

**Physical Activity**

1. Which of the following is **NOT** a benefit of physical activity?
   1. Strengthens the heart
   2. Promotes healthy growth and development
   3. Increases stress
   4. Increases relaxation
2. You should increase time you are currently physically active by \_\_\_\_\_\_\_\_ minutes **more** per day.
   1. 5
   2. 15
   3. 30
   4. 60
3. What are the three types of physical activity you should combine for best results?
   1. Endurance, strength, flexibility
   2. Strength, movement, walking
   3. Walking, jogging, running
   4. Sedentary, moderate, vigorous
4. A great way to get active is…
   1. To play sports you don’t like
   2. Reduce “non active” time
   3. Increase “non active” time
   4. Exhaust yourself
5. Which of the following is **NOT** considered a physical activity?
   1. Raking leaves
   2. Dancing to music
   3. Cleaning the house
   4. Playing video games