Activity 1
Healthy vs. Unhealthy Lifestyles
Pre/Post Test

1. Circle the **healthy** food.

![Apple](image)

![Ice Cream](image)

2. What is a good way to **eat like the RAINBOW**? (Circle your answer.)

   a. Eat broccoli **ONLY**
   b. Eat veggies of **ALL** different colors
   c. Eat spinach **ONLY**
   d. Eat buckets of salad

3. Circle the choice of fruit you should eat **MORE** of.

![Orange Juice](image)

![Orange Slices](image)

4. Circle the **unhealthy** activity.

![Sitting](image)

![Running](image)