1. A calorie is a unit of _______.  
   a. fat  
   b. sugar  
   c. carbohydrate  
   d. energy  
   e. I don’t know  

2. An average person requires a total of _______ calories a day.  
   a. 1000  
   b. 1500  
   c. 2000  
   d. 2500  
   e. I don’t know  

3. A pound of fat is equal to _______ extra calories.  
   a. 1500  
   b. 2000  
   c. 3500  
   d. 5000  
   e. I don’t know  

4. A 20-ounce regular soda has HOW MANY servings?  
   a. Two and one half  
   b. Two  
   c. One and a half  
   d. One  
   e. I don’t know  

5. How many calories are in a McDonald’s Big Mac hamburger?  
   a. 230  
   b. 340  
   c. 420  
   d. 590  
   e. I don’t know  

6. True or False (circle one)  
   12 ounces of regular Sprite has the same calories as 12 ounces of regular Dr. Pepper.  

7. One gram of fat contains how many calories?  
   a. 4  
   b. 7  
   c. 9  
   d. 12  
   e. I don’t know  

8. A serving of juice is:  
   a. 4 ounces  
   b. 8 ounces  
   c. 12 ounces  
   d. 16 ounces  
   e. I don’t know  

9. The average person (child or adult) should try to take how many steps in a normal day?  
   a. 2000  
   b. 5000  
   c. 10,000  
   d. 15,000  
   e. I don’t know  

10. Which of the following is the best fat-burning activity?  
    a. swimming  
    b. running  
    c. walking briskly  
    d. weight lifting  
    e. I don’t know  

11. The average child spends _______ hours per day listening to music, watching TV, and playing video games, even though he or she should limit these activities to 2 hours per day.  
    a. 4 hours  
    b. 6 hours  
    c. 8 hours  
    d. 10 hours  
    e. I don’t know  

Answers:  
1. d  2. c  3. c  4. a  5. d  6. false  7. c  8. a  9. c  10. c  11. a