



Name: _____ Date: _____

Teacher/School: _____ Grade: _____

DC Eat Smart/Move More Program Pre and Post Assessment - Grades K - 2nd

1. Circle the drink that helps your body grow.



Low-Fat or Fat-Free Milk



Soda



2. Circle the activity that you should do everyday to help your body grow.



Physical Activity/Exercise



Playing Video Games



3. Circle the foods you should eat everyday to help your body grow strong.



Chips & Cookies



Fresh Fruits & Vegetables



4. Circle the activity that you should do everyday to use energy.



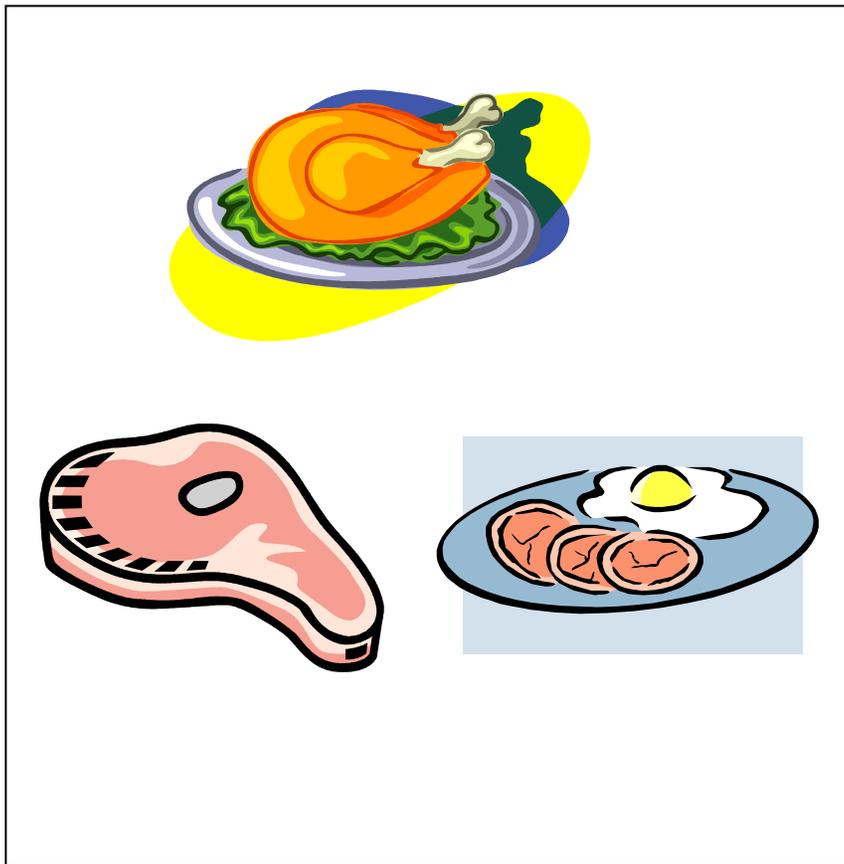
Playing at the playground



Playing video games



5. Circle the box that has the whole grains.



A



B

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