

100

60

30

10

1. I should get at least _____ minutes of physical activity per day.
2. Draw or write a physical activity I can do...

In PE class

At home

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Physical Activity Worksheet

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At school (but not in PE)

In the community (somewhere other than home or school)

Benchmark A – Healthy Choices

Circle the healthier option for each:



OR



3. Candy Bar

Carrot



OR



4. Soda

Water



OR



5. Burger and Fries

Grilled Chicken Sandwich



OR



6. Apple

Potato Chips

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