

ID: _____

Date: ____ / ____ / ____



In the know

Please put an X in the TRUE column, if the sentence is TRUE.

Please put an X in the FALSE column, if the sentence is FALSE.

	TRUE	FALSE
1. It's important to find healthy ways to reduce stress.		
2. Using your senses to make observations keeps you from staying safe and healthy.		
3. Food with iron helps your body to fight germs.		
4. Eating too much junk food can make your tummy ache.		
5. When you are thirsty, it is healthy to drink soda instead of water.		
6. Playing many video games or watching a lot of TV is good for your health.		
7. Knowing the serving size can help us decide how much we want to eat.		
8. Brushing your teeth does not protect them from the acids in food.		
9. Elementary school kids only need 6 hours of sleep for good brain health.		
10. Your brain is a muscle that needs exercise.		
11. Fresh fruit but not dried fruit are full of fiber.		
12. Naming and knowing our emotions can help us feel better.		
13. Working with friends is important for our health and happiness.		