Pre/Post Test

Decide whether the following statements are true or false.

1. **TRUE or FALSE**: It’s better to skip breakfast altogether than to have something like a peanut butter and jelly sandwich in the morning.

2. **TRUE or FALSE**: The average teen consumes over 90 pounds of sugar a year.

3. **TRUE or FALSE**: Exercising daily means getting to the gym and lifting weights.

4. **TRUE or FALSE**: New health guidelines suggest that people should get at least 60 minutes of physical activity each day.

5. **TRUE or FALSE**: Falling asleep while watching television increases the quality of your sleep.

6. **TRUE or FALSE**: Getting enough sleep can help you maintain a healthy body weight.

7. **TRUE or FALSE**: It’s possible to become addicted after trying a drug for the very first time.

8. **TRUE or FALSE**: Developing a healthy habit takes practice and perseverance.

9. **TRUE or FALSE**: It’s healthiest to avoid breads that list whole grains among their ingredients.

10. **TRUE or FALSE**: Studies show that skipping breakfast can help you lose weight.

*The Answer Key for this activity appears on the next page.*
Answer Key

1. **TRUE or FALSE:** It’s better to skip breakfast altogether than to have something like a peanut butter and jelly sandwich in the morning.  
   **FALSE**

2. **TRUE or FALSE:** The average teen consumes over 90 pounds of sugar a year.  
   **TRUE**

3. **TRUE or FALSE:** Exercising daily means getting to the gym and lifting weights.  
   **FALSE**

4. **TRUE or FALSE:** New health guidelines suggest that people should get at least 60 minutes of physical activity each day.  
   **TRUE**

5. **TRUE or FALSE:** Falling asleep while watching television increases the quality of your sleep.  
   **FALSE**

6. **TRUE or FALSE:** Getting enough sleep can help you maintain a healthy body weight.  
   **TRUE**

7. **TRUE or FALSE:** It’s possible to become addicted after trying a drug for the very first time.  
   **TRUE**

8. **TRUE or FALSE:** Developing a healthy habit takes practice and perseverance.  
   **TRUE**

9. **TRUE or FALSE:** It’s healthiest to avoid breads that list whole grains among their ingredients.  
   **FALSE**

10. **TRUE or FALSE:** Studies show that skipping breakfast can help you lose weight.  
    **FALSE**