

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *54321+10: Countdown to Your Health for Kids*, answer the following questions.

Next to the numbers listed below, write what the number represents from the 54321+10 countdown.

5 –

4 –

3 –

2 –

1 –

10 –

Answer the questions below.

1. My favorite fruits are...

2. My favorite vegetables are...

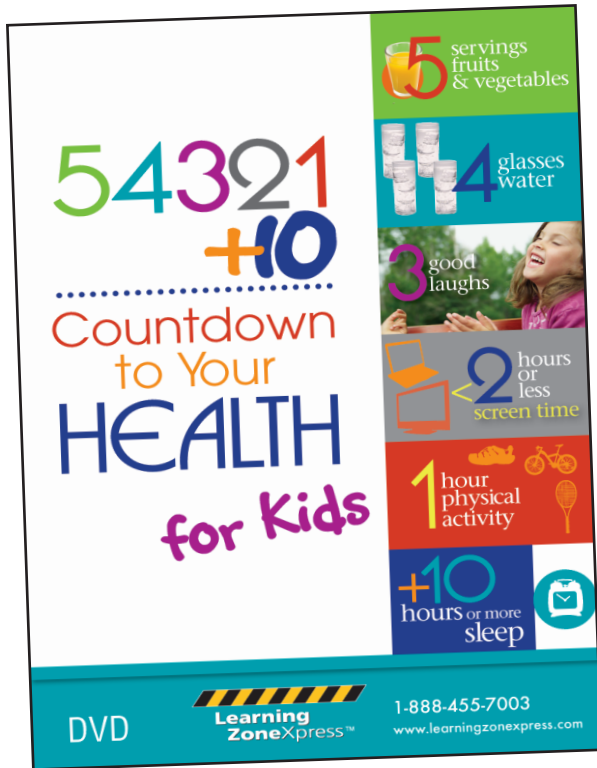
3. I like to drink water when...

4. When I am with my friends, we like to...

5. Instead of watching TV or playing on the computer, I like to...

6. My favorite ways to move my body are...

7. I go to sleep at _____ and I wake up at _____.



ANSWER KEY

Review:

After watching *54321+10: Countdown to Your Health for Kids*, answer the following questions.

Next to the numbers listed below, write what the number represents from the 54321+10 countdown.

5 – *Fruits and vegetables*

4 – *Glasses of water*

3 – *Laughs with friends*

2 – *Hours or less screen time*

1 – *Hour of physical activity*

10 – *Hours or more sleep*

Answer the questions below. **Answers will vary.**

1. My favorite fruits are...

2. My favorite vegetables are...

3. I like to drink water when...

4. When I am with my friends, we like to...

5. Instead of watching TV or playing on the computer, I like to...

6. My favorite ways to move my body are...

7. I go to sleep at _____ and I wake up at _____.