Local Agency/Site Number _____ Date _____

Help Your Child Have a Healthy Weight – Evaluation

PB-000-07

Look at the Bulletin Board and answer the following questions.

1. What is one reason you help your child have a healthy weight?

2. What are two health problems that your child can avoid by being at a healthy weight?

3. How much physical activity per day is recommended for children?

4. True or False? Everyone in the house needs to make the same healthy changes in diet and exercise to stay at a healthy weight.

5. What is one step you will take to help your child have a healthy weight?