



## The OrganWise Guys® Student Assessments of Knowledge **4th Grade**

Purpose of Student Assessments:

To provide a tool for demonstrating students' mastery of important concepts and skills related to physical activity, nutrition, and general health and safety habits addressed in The OrganWise Guys Fourth Grade Core Materials. Assessments should be given before starting the program and at the conclusion of the program.

### Objective/Item Relationships and Answer Key

<u>Grade Four Objectives</u>	<u>Item #</u>	<u>Answer</u>
• Understand nutritional needs of the body	1	C
• Recognize food preparation choices that support good health	2	B
• Recognize importance of physical activity	3	B
• Recognize food choices that support good health	4	B
• Identify foods that are a good source of calcium	5	D
• Recognize food choices that are a good source of fiber	6	D
• Understand the need for several servings of fruits/veggies daily	7	B
• Recognize drink choices that support good health	8	D
<b>Total Number of Objectives</b>	<b>8</b>	



# The OrganWise Guys Knowledge Assessment Grade 4 PREtest

Student ID Number \_\_\_\_\_

Today's Date \_\_\_\_\_

1. Lean meats are a good source of:
- A. Carbohydrates
  - B. Fiber
  - C. Protein
  - D. Vitamin C

2. An example of a healthy, low-fat menu item would be:
- A. A fried chicken sandwich
  - B. A grilled chicken sandwich
  - C. A buttered roll
  - D. A regular hamburger

3. Which activity below is not considered physical activity:
- A. riding a bike
  - B. using the computer
  - C. swimming
  - D. Taking a walk

4. Which of the following should you limit your intake of:
- A. Fruits
  - B. Oils
  - C. Vegetables
  - D. Yogurt

5. Your bones need plenty of calcium-rich foods, such as:
- A. Yogurt
  - B. Low-fat ice cream
  - C. Low-fat cheese
  - D. All of the above

6. An example of a high-fiber menu item would be:
- A. French fries
  - B. A milk shake
  - C. A hot dog
  - D. A whole grain roll

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Grade 4 PREtest (cont.)

7. It's best if you only eat one kind of vegetable every day?

- A. True
- B. False

8. An example of a healthy drink choice is:

- A. Low-fat milk
- B. Calcium-fortified orange juice
- C. Water
- D. All of the above

**STOP**



# The OrganWise Guys Knowledge Assessment Grade 4 POSTtest

Student ID Number \_\_\_\_\_

Today's Date \_\_\_\_\_

1. Lean meats are a good source of:

- A. Carbohydrates
- B. Fiber
- C. Protein
- D. Vitamin C

2. An example of a healthy, low-fat menu item would be:

- A. A fried chicken sandwich
- B. A grilled chicken sandwich
- C. A buttered roll
- D. A regular hamburger

3. Which activity below is not considered physical activity:

- A. riding a bike
- B. using the computer
- C. swimming
- D. Taking a walk

4. Which of the following should you limit your intake of:

- A. Fruits
- B. Oils
- C. Vegetables
- D. Yogurt

5. Your bones need plenty of calcium-rich foods, such as:

- A. Yogurt
- B. Low-fat ice cream
- C. Low-fat cheese
- D. All of the above

6. An example of a high-fiber menu item would be:

- A. French fries
- B. A milk shake
- C. A hot dog
- D. A whole grain roll

**TURN PAGE OVER**

Grade 4 POSTtest (cont.)

7. It's best if you only eat one kind of vegetable every day.

- A. True
- B. False

8. An example of a healthy drink choice is:

- A. Low-fat milk
- B. Calcium-fortified orange juice
- C. Water
- D. All of the above

Now that I have read *Pepto's Place*, I plan to make the following change in my daily eating habits:

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**STOP**