



The OrganWise Guys® Student Assessments of Knowledge **3rd 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 Third 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 Three Objectives</u>	<u>Item Number</u>	<u>Item Answer</u>
• Recognize food choices that are high in fat	1	D
• Identify healthy food choices for desert	2	A
• Identify foods that are heart healthy	3	B
• Recognize the need for daily habits that promote health	4	C
• Recognize food choices that support good health	5	B
• Identify daily habits that lead to good health	6	D
• Recognize information contained in MyPyramid categories	7	B
• Recognize food choices that are a good source of fiber	8	D
 Total Number of Objectives	 8	



The OrganWise Guys Knowledge Assessment Grade 3 PREtest

Student ID Number _____

Today's Date _____

1. Which types of foods below are unhealthy?

- A. Nuts
- B. Fruits
- C. Vegetables
- D. Fried Foods

2. Which item below is not a good choice for dessert?

- A. Cake and ice cream
- B. Fruit salad
- C. low-fat yogurt
- D. frozen low-fat yogurt

3. Which food below is heart healthy?

- A. French Fries
- B. Baked fish
- C. Hot dog
- D. Fried chicken

4. Which habit below helps prevent spreading of germs?

- A. Brushing your teeth
- B. Getting regular exercise
- C. Washing your hands
- D. Eating breakfast

5. An example of a low-fat food is:

- A. Fried Chicken
- B. An apple
- C. Butter
- D. French fries

6. Which of the following activities is good for your heart?

- A. Swimming
- B. Playing sports
- C. Dancing
- D. All of the above

TURN PAGE OVER

Grade 3 PREtest (cont.)

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

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

8. An example of a high-fiber food item would be:

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

STOP



The OrganWise Guys Knowledge Assessment Grade 3 POSTtest

Student ID Number _____

Today's Date _____

1. Which types of foods below are unhealthy?
- A. Nuts
 - B. Fruits
 - C. Vegetables
 - D. Fried Foods

2. Which item below is not a good choice for dessert?
- A. Cake and icecream
 - B. Fruit salad
 - C. low-fat yogurt
 - D. frozen low-fat yogurt

3. Which food below is heart healthy?
- A. French Fries
 - B. Baked fish
 - C. Hot dog
 - D. Fried chicken

4. Which habit below helps prevent spreading of germs?
- A. Brushing your teeth
 - B. Getting regular exercise
 - C. Washing your hands
 - D. eating breakfast

5. An example of a low-fat food is:
- A. Fried Chicken
 - B. An apple
 - C. Butter
 - D. French fries

6. Which of the following activities is good for your heart?
- A. Swimming
 - B. Playing sports
 - C. Dancing
 - D. All of the above

TURN PAGE OVER

Grade 3 POSTtest (cont.)

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

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

Now that I have read *The Healthy Heart Challenge*, I plan to do the following to keep my brain and heart healthy:

STOP