



## The OrganWise Guys® Student Assessments of Knowledge **1st 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 First 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 One Objectives</u>	<u>Item Number</u>	<u>Item Answer</u>
• Recognize the need for physical activity	1	B
• Identify nutritious breakfast foods	2	A
• Recognize the need to decrease sedentary behavior	3	A
• Identify foods that are a good source of calcium	4	B
• Explain the need for good oral health	5	B
• Recognize the importance of physical activity	6	A
• Identify the need to avoid harmful tobacco products	7	B
• Recognize classifications of food	8	B
<b>Total Number of Objectives</b>	<b>8</b>	

# The OrganWise Guys Knowledge Assessment

## Grade 1 PREtest

How old are you? \_\_\_\_\_

1. Which activity gets your heart beating fast?



A. taking a nap



B. running at the park

2. Which is a healthy food to eat with breakfast?



A. a banana



B. a chocolate donut

3. Which activity would be a healthy after-school choice?



A. going outside to play



B. watching TV

4. Which food has calcium in it?



A. apple



B. yogurt

TURN PAGE OVER

Grade 1 PREtest (Cont.)

5. Which habit helps your teeth stay healthy?



A. smiling a lot



B. brushing them everyday

6. Which activity helps build strong bones?



A. running and playing outside

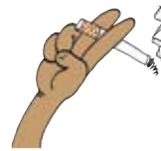


B. reading a book

7. What do you need to stay away from to keep your lungs healthy?



A. smelly flowers



B. cigarette smoke

8. Which food is a vegetable?



A. a pear



B. a carrot

**STOP**

# The OrganWise Guys Knowledge Assessment

## Grade 1 POSTtest

How old are you? \_\_\_\_\_

1. Which activity gets your heart beating fast?



A. taking a nap



B. running at the park

2. Which is a healthy food to eat with breakfast?



A. a banana



B. a chocolate donut

3. Which activity would be a healthy after-school choice?



A. going outside to play



B. watching TV

4. Which food has calcium in it?



A. apple



B. yogurt

TURN PAGE OVER

Grade 1 POSTtest (Cont.)

5. Which habit helps your teeth stay healthy?



A. smiling a lot



B. brushing them everyday

6. Which activity helps build strong bones?



A. running and playing outside



B. reading a book

7. What do you need to stay away from to keep your lungs healthy?



A. smelly flowers



B. cigarette smoke

8. Which food is a vegetable?



A. a pear



B. a carrot

## Grade 1 POSTtest (Cont.)

9. Now that you have met The OrganWise Guys, what do you plan to do?



A. get more exercise



B. sit around the house more

10. Now that you have met Sir Rebrum, what do you plan to do?



A. eat more donuts



B. eat a healthy breakfast every day

11. Now that you have met Calci M. Bone, what do you plan to do?



A. drink more milk



B. drink more soda

12. Now that you have met Windy, what will you NEVER do?



A. I will NEVER smoke cigarettes



B. I will NEVER pick flowers

# STOP