



## The OrganWise Guys® Student Assessments of Knowledge **2nd 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 Second 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 Two Objectives</u>	<u>Item Number</u>	<u>Item Answer</u>
• Recognize proper safety practices for meal time	1	B
• Identify nutritious breakfast foods	2	B
• Identify characteristics of healthy foods	3	A
• Identify foods that are considered healthy snacks	4	B
• Recognize safe good source of food for bone health	5	B
• Recognize the need to decrease sedentary behavior	6	A
• Identify beverages that are a good source of hydration	7	B
• Recognize foods that are high in fiber	8	A
<b>Total Number of Objectives</b>	<b>8</b>	



# The OrganWise Guys Knowledge Assessment Grade 2 PREtest

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

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

1. For food safety, which activity should you do before each meal ?



A. exercise



B. wash hands with  
soap and water

2. Which is a healthier choice for breakfast?



A. donuts



B. whole grain cereal  
with low-fat milk

3. Which color is broccoli?



A. GREEN

B. YELLOW

4. Which of the following is a healthy snack?



A. potato chips



B. grapes and strawberries

TURN PAGE OVER

Grade 2 PREtest (Cont.)

5. Which group of food gives you strong bones?



A. pretzels and crackers



B. yogurt and milk

6. Which of the following is exercise?



A. swimming



B. sitting around

7. After a game of soccer, which would be a better drink choice?



A. soda



B. water

8. Which of the following is a high-fiber food?



A. raisin bran cereal



B. candy bar

**STOP**



# The OrganWise Guys Knowledge Assessment Grade 2 POSTtest

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

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

1. For food safety, which activity should you do before each meal ?



A. exercise



B. wash hands with  
soap and water

2. Which is a healthier choice for breakfast?



A. donuts



B. whole grain cereal  
with low-fat milk

3. Which color is broccoli?



A. GREEN

B. YELLOW

4. Which of the following is a healthy snack?



A. potato chips



B. grapes and strawberries

TURN PAGE OVER

Grade 2 POSTtest (Cont.)

5. Which group of food gives you strong bones?



A. pretzels and crackers



B. yogurt and milk

6. Which of the following is exercise?



A. swimming



B. sitting around

7. After a game of soccer, which would be a better drink choice?



A. soda



B. water

8. Which of the following is a high-fiber food?



A. raisin bran cereal



B. candy bar

Grade 2 POSTtest (Cont.)

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



A. eat breakfast every day



B. eat lots of cake

10. Now that you have met Madame Muscle, what do you plan to do?



A. watch others play



B. be physically active every day

11. Now that you have met Peri Stolic and The Kidney Brothers, what do you plan to do.



A. eat more fruits and vegetables



B. eat more donuts

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



A. drink more milk



B. drink more soda

**STOP**