**Test**

1. How many hours of sleep should you have?
	1. 8 hours
	2. 11 hours
	3. 7 hours
	4. 10 hours



1. Which is healthier?
	1. Soda
	2. Candy bar
	3. Bananas
	4. Fruit Roll-ups
2. Which is the healthier exercise choice?
	1. Watching television for more than two hours a day
	2. Laying in bed all day
	3. Exercising for at least 30 minutes a day
	4. Playing video games
3. How many fruit servings should you have a day?
	1. 5 servings
	2. 2 servings
	3. 10 servings
	4. 1 servings