

## Brain Gain Quiz 3

### Application – Answer Key

#### Directions

Applying what you've learned from Brain Gain and other Playnormous games, circle the best answer for each of the new questions below.

1. Tomato and cucumber salad with no dressing is an example of a
  - a. Fruit
  - b. Non-Fruit
  - c. Vegetable**
  - d. Non-Vegetable
2. Roller skating is a(n)
  - a. Aerobic Activity**
  - b. Strength Activity
  - c. Sedentary Activity
3. Italian Cherry Soda is made of
  - a. All Juice
  - b. Some Juice
  - c. No Juice**
4. Lifting groceries is a(n)
  - a. Aerobic Activity
  - b. Strength Activity**
  - c. Sedentary Activity
5. Cool Blue Sport Drink is made of
  - a. All Juice
  - b. Some Juice
  - c. No Juice**
6. Citrus Punch 100% Juice is made of
  - a. All Juice**
  - b. Some Juice
  - c. No Juice
7. Chocolate dipped strawberries are an example of a
  - a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable



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8. Apricot Nectar is made of
- a. All Juice
  - b. Some Juice**
  - c. No Juice
9. Abdominal curls are a(n)
- a. Aerobic Activity
  - b. Strength Activity**
  - c. Sedentary Activity
10. Pinto beans are an example of a
- a. Fruit
  - b. Non-Fruit
  - c. Vegetable**
  - d. Non-Vegetable
11. Fruit salad in lemon juice is an example of a
- a. Fruit**
  - b. Non-Fruit
  - c. Vegetable
  - d. Non-Vegetable
12. Apple Cinnamon Flavored Tea is made of
- a. All Juice
  - b. Some Juice
  - c. No Juice**
13. Jumping jacks are a(n)
- a. Aerobic Activity**
  - b. Strength Activity
  - c. Sedentary Activity
14. Banana pudding is an example of a
- a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable
15. Canned pineapple in heavy syrup is an example of a
- a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable



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16. Eating dinner is a(n)
- a. Aerobic Activity
  - b. Strength Activity
  - c. Sedentary Activity**
17. Watermelon bubble gum an example of a
- a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable
18. Apple pie with low fat whipped topping is an example of a
- a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable
19. Reading a magazine is a(n)
- a. Aerobic Activity
  - b. Strength Activity
  - c. Sedentary Activity**
20. Orange cream-filled popsicle is an example of a
- a. Fruit
  - b. Non-Fruit**
  - c. Vegetable
  - d. Non-Vegetable

