



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 classification of food	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 for handwashing	5	B
• Recognize the importance of physical activity	6	A
• Recognize what constitutes a healthy snack	7	A
• Recognize classifications of food	8	B
Total Number of Objectives	8	



The OrganWise Guys Knowledge Assessment Grade 1 PREtest

Student ID Number _____

Today's Date _____

1. Which food is a fruit?



A. broccoli



B. strawberry

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

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Grade 1 PREtest (Cont.)

5. Which habit helps to stop the spreading of germs?



A. smiling a lot



B. washing your hands

6. Which activity helps build strong bones?



A. running and playing outside



B. reading a book

7. Which of the following is a healthy snack choice?



A. wheat crackers



B. potato chips

8. Which food is a vegetable?



A. a pear



B. a carrot

STOP



The OrganWise Guys Knowledge Assessment Grade 1 POSTtest

Student ID Number _____

Today's Date _____

1. Which food is a fruit?



A. broccoli



B. strawberry

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 to stop the spreading of germs?



A. smiling a lot



B. washing your hands

6. Which activity helps build strong bones?



A. running and playing outside



B. reading a book

7. Which of the following is a healthy snack choice?



A. wheat crackers



B. potato chips

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

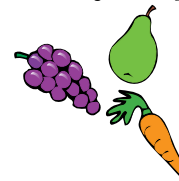


B. drink more soda

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



A. eat more candy



B. Eat more fruits and veggies

STOP