



The OrganWise Guys® Student Assessments of Knowledge **Kindergarten**

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 Kindergarten Core Materials. Assessments should be given before starting the program and at the conclusion of the program.

Objective/Item Relationships and Answer Key

<u>Kindergarten Objectives</u>	<u>Item Number</u>	<u>Item Answer</u>
• Explain the need for good oral health	1	B
• Identify nutritious breakfast foods	2	A
• Identify foods that are a healthy snack	3	A
• Recognize the need to decrease sedentary behavior	4	A
• Identify healthy drink choices	5	B
Total Number of Objectives	5	

The OrganWise Guys Knowledge Assessment Kindergarten PREtest

How old are you? _____

1. What should you do every day to keep your teeth healthy?



A. smile



B. brush them

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



A. cereal



B. a cookie

3. Which food is a healthy snack choice?



A. an apple



B. candy bar

4. Which activity would be a healthy choice for your body?



A. going outside to play



B. watching TV

5. Which is a healthier drink choice?



A. soda



B. water

The OrganWise Guys Knowledge Assessment Kindergarten POSTtest

How old are you? _____

1. What should you do every day to keep your teeth healthy?



A. smile



B. brush them

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



A. cereal



B. a cookie

3. Which food is a healthy snack choice?



A. an apple



B. candy bar

4. Which activity would be a healthy choice for your body?



A. going outside to play



B. watching TV

5. Which is a healthier drink choice?



A. soda



B. water