



I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me (My Gospel Standards).

Test Your Health IQ



Heavenly Father has blessed you with a body, and He wants you to treat it well. Take this quiz to see how well you are taking care of your body!

1. You and a friend are deciding what to do one afternoon. Which do you choose?

- a. Watch TV.
- b. Go do something active outside.



2. You're reading an exciting book before bed, but it's getting late. What do you do?

- a. Put the book away and go to sleep.
- b. Keep reading. Just a few more chapters!



3. Someone at school offers you pills and says they taste like candy. What do you do?

- a. Say no.
- b. Take the pills.

4. Vegetables with dinner—again? You want dessert instead. What do you do?

- a. Try the vegetables. You might like them!
- b. Start with dessert. You can eat vegetables when you're older.



5. Bad scenes from a movie are going through your head. What do you do?

- a. Keep thinking about the movie.
- b. Sing a Primary song, read a book, or play a game.

Did you pick these answers?

- 1. **b. Go do something active outside.** One way to take care of your body is by exercising. Exercising gives you energy, and it can be fun! Try jumping, skipping, dancing, or kicking a ball.
- 2. **a. Put the book away and go to sleep.** It might be hard to put the book down, but you need your sleep. Did you know you grow in your sleep? Your body needs rest to recharge for the next day.
- 3. **a. Say no.** Don't take pills or other drugs from someone who is not your parent or doctor. They can be dangerous and harmful to your body. If a person offers them to you, leave quickly and tell an adult immediately.

4. **a. Try the vegetables. You might like them!** Mom is right. Vegetables are good for your growing body. Give them a try! If you don't like them, talk to your parent about finding other healthy foods you can eat.

5. **b. Sing a Primary song, read a book, or play a game.** Having bad thoughts doesn't mean you're a bad person. But sometimes it's hard to get those thoughts out of your head. Focusing on something good will help push them out.

If you picked other answers, make a goal to take good care of your body. When you have a choice to make, choose to do what is best for a healthy body and a clean mind. Remember, your body is a blessing from God!