

	Water & You	Let's Be Active	Let's Eat Healthy	Let's Be Balanced	The HEALTHY Program
100	Put these beverages in order by the amount of sugar they contain from most to least: sport drink, water, fruit drink, soda.	How is the amount of energy from food measured?	A lot of this is found in fried chicken and other fried foods.	If you eat more calories than your body needs, how is the extra energy stored?	The HEALTHY program was sponsored or paid for by which one of these? A. the National Institutes of Health (NIH), B. MTV, or C. Nike sports.
200	What does the word dehydrated mean?	How long should you be active each day?	Why are baked chips a better choice than regular chips?	Which of these have gone down over the last 20 years? A. portion size, B. time spent in physical activity in school, C. time spent watching television, D. obesity.	What do the letters in FLASH stand for?
300	How many glasses of water should you drink each day?	When you exercise more intensely which two of these go up? A. heart rate, B. breathing rate, C. brain size, D. height.	Put these four foods in order by the number of calories they contain from lowest to highest: large order of fries, apple, granola bar, peanut butter sandwich	Put these three activities in order by the number of calories they use from lowest to highest: walking, vigorous hiking, swimming laps	Which of these are goals of the HEALTHY program? Name all that are true. A. prevent type 2 diabetes, B. prevent obesity, C. help kids eat healthier, D. help kids be more active, E. all of the above.
400	Name three health benefits of water.	Name three health benefits of being active.	What is found in higher amounts in brightly colored fruits and vegetables?	Name three general ways your body uses calories.	Name three things you frequently see advertised that are not considered "healthy" choices.
500	What percentage or fraction of your body is water? A. one fourth (25%), B. one-half (50%), C. two-thirds (66%), D. nine-tenths (90%).	What is the nutrient that is found in chicken, beef, beans, and egg whites that is used to build muscle?	How many calories should be in a healthier snack?	What is the term for something that makes us behave in certain ways, for example, the bell that the scientist Pavlov used with his dogs?	Name two additional states or major cities where there are HEALTHY schools.