Put these beverages in order by the amount of sugar they contain from most to least: sport drink, water, fruit drink, soda.

Answer:
fruit drink, soda, sport drink, water
What does the word dehydrated mean?

Answer:

not having enough water (by the time you feel thirsty, you are already dehydrated)
Water & You

300
How many glasses of water should you drink each day?

Answer:

five or strive for 5
Name three health benefits of water.

Answers include:

- brings blood and nutrients to body, helps body function better
- replaces losses in sweat, cools the body
- makes up most of body
- gets rid of waste products as urine
- makes you more alert (blood to the brain)
- makes food taste better (spit helps dissolve food and makes taste buds work better)
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%).

Answer:

C. two-thirds or 66%
How is the amount of energy from food measured?

Answer:
in calories
Let’s Be Active
How long should you be active each day?

Answer: at least one hour
Let’s Be Active

300
When you exercise more intensely which two of these go up? 
A. heart rate, B. breathing rate, C. brain size, D. height.

Answer:

A. and B. or heart rate and breathing rate
Let’s Be Active

400
Name three health benefits of being active.

Answers include:

increase fitness, get stronger, burn calories, make a healthy heart, sleep better, be more alert, help prevent diabetes, get strong bones, feel better
Let’s Be Active

500
What is the nutrient that is found in chicken, beef, beans, and egg whites that is used to build muscle?

Answer: protein
A lot of this is found in fried chicken and other fried foods.

Answer:

fat or extra calories, either are acceptable
Why are baked chips a better choice than regular chips?

Answer:

have less fat or are not fried, either are acceptable
Let’s Eat Healthy

300
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

Answer:

apple, granola bar, peanut butter sandwich, large order of fries
What is found in higher amounts in brightly colored fruits and vegetables?

Answer:

nutrients, vitamins, health promoting chemicals, all are acceptable
How many calories should be in a healthier snack?

Answer:

200 calories or less
If you eat more calories than your body needs, how is the extra energy stored?

Answer: body fat
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.

Answer:

B. time spent in physical activity in school
Let’s Be Balanced

300
Put these three activities in order by the number of calories they use from lowest to highest: walking, vigorous hiking, swimming laps

Answer:

walking, swimming, hiking
Let’s Be Balanced

400
Name three general ways your body uses calories.

Answers include:

staying alive, growth, movement or physical activities, “sitting” activities, and energy
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?

**Answers include:**

*stimulus, cue or trigger*
The HEALTHY Program
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.

Answer:

A. the NIH
What do the letters in FLASH stand for?

Answer:

Fun Learning Activities for Student Health
The HEALTHY Program

300
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.

Answer:

E. all of the above
Name three things you frequently see advertised that are not considered “healthy” choices.

Answers include:

*fast food, candy, and soda*

(acceptable to give specific types or names of fast food, soda, or candy)
The HEALTHY Program

500
Name two additional states or major cities where there are HEALTHY schools.

Answers include (excluding your own site):
Oregon; California; Philadelphia or Pittsburgh, Pennsylvania; Houston or San Antonio, Texas; and North Carolina, either state or city names are acceptable.