What is the best way to stay healthy?

Eat healthy foods.
Exercise for at least one hour a day.
Drink at least 5 glasses of water a day.

All of the above.
HEALTHY PROGRAM
What does the first S stand for in All-STARS Problem Solving?

STOP. Identify the problem.

State the problem.

Suggest an alternative.

Study the problem.
HEALTHY PROGRAM
How many teaspoons of fat are in a large order of french fries?

- 3 teaspoons
- 4 teaspoons
- 6 teaspoons
- 8 teaspoons
HEALTHY PROGRAM
How many “junk food” commercials are typically shown during one hour of television?

About nine food commercials are shown in one hour of television. More than five of these show foods with a lot of fat or sugar.
HEALTHY PROGRAM
True or False?
Being active makes your hair look better.

FALSE
HEALTHY PROGRAM
Which disease does the HEALTHY program hope to prevent?

- Heart disease
- Type 2 diabetes
- Asthma
HEALTHY PROGRAM
State two of the questions on the HEALTHY hand diagram.

Is the food …
Made with little or no fat?
Served with no topping or with nonfat or low fat toppings?
A small or medium size?
Made with little or no added sugar?
A fruit or vegetable?
HEALTHY PROGRAM
Name two things on a Nutrition Facts label you can look at to help you make a healthy choice.

Total calories, Total fat, Serving size (There are many possible answers.)
How much physical activity a day do you need to be healthy?

15 minutes
30 minutes
**1 hour**
4 hours
HEALTHY PROGRAM
True or False?

A pedometer counts the number of steps you take.

TRUE
HEALTHY PROGRAM
True or False?
It is possible to find healthy fast food options.

TRUE
HEALTHY PROGRAM
State two different places on school grounds where you can get water.

A drinking fountain and a vending machine (Answers may vary.)
HEALTHY PROGRAM
How long do you have to jump rope to burn off one small cookie?

About 15 minutes of jumping rope will burn that cookie.
HEALTHY PROGRAM
Which activity burns more calories? Riding a bike or playing soccer?

Playing soccer
HEALTHY PROGRAM
True or False?

It takes 10 hours of walking to use 900 calories (the number of calories in a 16-ounce container of Nachos with cheese).

FALSE (4 ½ hours)
HEALTHY PROGRAM