

# 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.)**

# HEALTHY PROGRAM



# 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