

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