

## **Cafeteria Line Messages**

### **Physical Activity versus Sedentary Behavior, Grade 7**

#### **Message Pair #1**

QUESTION Welcome back!  
How much water did you drink each day during the summer?

ANSWER If you said 5 glasses a day, you're on the right track.

#### **Message Pair #2**

QUESTION Which foods make you feel refreshed when you are exercising and it's hot outside?

ANSWER Fruits like grapes, watermelon, and oranges have a lot of water that can quench your thirst.

#### **Message Pair #3**

QUESTION Are you busy and on the go in the morning?

ANSWER Don't forget to eat breakfast to jump start your day!

#### **Message Pair #4**

QUESTION What is the best thing to drink when you go out to eat, to the mall, or to the movies?

ANSWER Save your money for shopping and drink some water. It's good for you, and You can always carry bottled water from home.

#### **Message Pair #5**

QUESTION Which healthy snacks can you fill your backpacks with that will stay fresh and taste great?

ANSWER Dried fruit, whole grain dry cereal, low fat granola bars, and water are always the perfect fit!

#### **Message Pair #6**

QUESTION Sport drinks! Who needs them?

ANSWER Not you! Remember, drink sport drinks only if you play hard for more than 2 hours straight.

#### **Message Pair #7**

QUESTION Chocolate chip cookies taste great but are packed with calories. How long do you have to jump rope to burn off one small cookie?

ANSWER ...About 15 minutes of jumping rope will burn that cookie. That's 900 seconds!

#### **Message Pair #8**

QUESTION Got milk?

ANSWER You should!  
Moooooove over soda! Nonfat and 1% milk the best choices.

#### **Message Pair #9**

QUESTION True or False?  
It's okay to eat desserts, like cake or cookies, once in a while.

ANSWER True. Enjoy these treats every now and then, and on special occasions.

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#### **Message Pair #10**

- QUESTION True or False?  
Some professional athletes promote eating whole grains, fruits, and vegetables.
- ANSWER True. Snacks like whole grains, fruits, and vegetables are always winners.

#### **Message Pair #11**

- QUESTION How many “junk food” commercials do you see, on average, when you watch one hour of television?
- ANSWER 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.  
Neville, Thomas, Bauman. Health Promotion International, 2005.

#### **Message Pair #12**

- QUESTION Mmmmm...pizza. Before you grab the next slice, how long will it take you to burn off the calories in one extra slice of cheese pizza?
- ANSWER Break out the sweatband, a piece of healthy pizza is good for lunch but it can take about one hour of brisk walking after school to burn off the calories in one extra piece of cheese pizza.

#### **Message Pair #13**

- QUESTION Why is it important for middle school students to choose daily snacks with protein?
- ANSWER Protein will help fill you up and build strong bones and muscles. Yogurt, sliced turkey, tuna fish, non fat or 1% milk, and beef jerky are good sources of protein.

#### **Message Pair #14**

- QUESTION How many steps do you take when you walk one mile?
- ANSWER Check it out on your pedometer! One mile equals about 2,000 steps.

#### **Message Pair #15**

- QUESTION What is the healthier after school snack choice: French fries or a sliced apple with peanut butter?
- ANSWER Forget the fries! Apple slices spread with a spoonful of peanut butter are higher in protein, lower in fat, and taste delicious.