1. When a child participates in multiple sports it is called ________ ________.

2. A typical candy bar has approximately _______ calories.

3. While breastfeeding, how many cups of water should a woman drink per day so that her body has enough water to make milk?
   a. 9   b. 12   c. 15   d. 18

4. Ground beef should be cooked to an internal temperature of _______ degrees F.

5. Students who regularly eat meals with their families earn _______ grades in school.

6. What is the recommended serving size for meat and poultry?
   a. 1 ounce  b. 3 ounces  c. 4 ounces  d. 6 ounces

7. Leftovers and casseroles should be reheated until they reach an internal temperature of _______ degrees F.

8. How many times does a new food have to be offered to a child before they will eat it?
   a. 1-2   b. 3-4   c. 10-15   d. 20

9. Teens, ages 13 to 18, spend an average of _______ hours a day using screen based media.

10. Which of these tips for buying athletic shoes for children is not correct?
    a. Shop at a store that is able to measure the child’s foot
    b. Allow time to walk around in the shoes before buying
    c. Shop early in the morning when the child’s feet are at their largest
    d. Communicate with the child and ask how the shoes feel on their feet

11. Breast milk is the only food or drink a baby needs for the first _______ months of life.

12. _______ _______ is when you make negative comments to others about your body.

13. Which of the following will help turn your kitchen into more of a multipurpose space?
    a. Organization stations and family calendars
    b. Charging stations for phones and media players
    c. Removing your kitchen island
    d. Both A and B

14. Before you begin preparing food, you should wash your hands for at least _______ seconds.

15. The media presents individuals and thoughts on body image in a/an _______ way.