1. When a child participates in multiple sports it is called **sport diversification**. (Page 15)

2. A typical candy bar has approximately **250 calories**. (Page 10)

3. While breastfeeding, how many cups of water should a woman drink per day so that her body has enough water to make milk? (Page 21)
   a. 9   b. 12   c. 15   d. 18

4. Ground beef should be cooked to an internal temperature of **160 degrees F**. (Page 23)

5. Students who regularly eat meals with their families earn **higher** grades in school. (Page 7)

6. What is the recommended serving size for meat and poultry? (Page 23)
   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 **165 degrees F**. (Page 23)

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

9. Teens, ages 13 to 18, spend an average of **6.5 hours** a day using screen based media. (Page 18)

10. Which of these tips for buying athletic shoes for children is **not** correct? (Page 9)
    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 **6** months of life. (Page 21)

12. **Fat Talk** is when you make negative comments to others about your body. (Page 17)

13. Which of the following will help turn your kitchen into more of a multipurpose space? (Page 13)
    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 **20** seconds. (Page 23)

15. The media presents individuals and thoughts on body image in a/an **unrealistic** way. (Page 17)