

Name: _____

Date: _____

Eat Smart. Play Hard. Review 1

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.