

# Answer Key

## Eat Smart. Play Hard. Review 1

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)