

Name: _____

Date: _____

Eat Smart. Play Hard. Review 2

1. When a child participates in just one sport it is called _____.
2. Leather, suede, and canvas shoes are more _____ than shoes made out of synthetic materials.
3. One 12 oz. can of soda pop can have up to _____ calories.
4. What proteins in breastmilk help prevent babies from getting sick by fighting bacterial and viral infections?
 - a. **Hemoglobin**
 - b. **Keratin**
 - c. **Immunoglobulins**
 - d. **Collagen**
5. Fresh lamb cooked well-done would have an internal temperature of _____ degrees F.
6. Shared mealtimes with family members have many benefits including which of the following?
 - a. **Children have larger vocabularies and better communication skills**
 - b. **Children will make more nutritious food choices**
 - c. **Children are less likely to develop an eating disorder**
 - d. **All of the above**
7. What is the recommended serving size for peanut butter?
 - a. **1 tablespoon**
 - b. **1 teaspoon**
 - c. **2 tablespoons**
 - d. **3 ounces**
8. Egg dishes should be cooked until they reach an internal temperature of _____ degrees F.
9. Children are _____ likely to eat foods if they help prepare them in the kitchen.
10. What percentage of injuries in middle school and high school athletes are caused by overuse and overtraining?
 - a. **75%**
 - b. **10%**
 - c. **35%**
 - d. **50%**
11. Tweens, ages 8 to 12, spend an average of _____ hours a day using screen based media.
12. Babies can start drinking whole cow's milk at _____ months of age.
13. If you completely avoid unhealthy foods, you are _____ likely to develop healthful eating habits overall.
14. The Women, Infants, and Children (WIC) program serves children of what age?
 - a. **Only infants**
 - b. **4-6 years old**
 - c. **5 years old and younger**
 - d. **8 years old and younger**
15. Incorporating _____ into the kitchen can help it become a multipurpose, user friendly space for the family.