

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.