

Answer Key

Eat Smart. Play Hard. Review 2

1. When a child participates in just one sport it is called **sport specialization.** (Page 15)
2. Leather, suede, and canvas shoes are more **breathable** than shoes made out of synthetic materials. (Page 9)
3. One 12 oz. can of soda pop can have up to **170** calories. (Page 10)
4. What proteins in breastmilk help prevent babies from getting sick by fighting bacterial and viral infections? (Page 21)
 - a. Hemoglobin
 - b. Keratin
 - c. **Immunoglobulins**
 - d. Collagen
5. Fresh lamb cooked well-done would have an internal temperature of **170** degrees F. (Page 23)
6. Shared mealtimes with family members have many benefits including which of the following? (Page 7)
 - 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? (Page 23)
 - 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 **160** degrees F. (Page 23)
9. Children are **more** likely to eat foods if they help prepare them in the kitchen. (Page 10)
10. What percentage of injuries in middle school and high school athletes are caused by overuse and overtraining? (Page 15)
 - a. **75%**
 - b. 10%
 - c. **35%**
 - d. **50%**
11. Tweens, ages 8 to 12, spend an average of **4.5** hours a day using screen based media. (Page 18)
12. Babies can start drinking whole cow's milk at **12** months of age. (Page 21)
13. If you completely avoid unhealthy foods, you are **less** likely to develop healthful eating habits overall. (Page 16)
14. The Women, Infants, and Children (WIC) program serves children of what age? (Page 32)
 - a. Only infants
 - b. 4-6 years old
 - c. **5 years old and younger**
 - d. 8 years old and younger
15. Incorporating **technology** into the kitchen can help it become a multipurpose, user friendly space for the family. (Page 13)