

### Nutrition and Fitness Ball Questions and Answers:

1. What is healthier to drink: water or soda? Water
2. How much of your dinner plate should be composed of fruits and vegetables? Half
3. Name a lean protein: Chicken, fish, pork loin, plant protein, turkey, beans/legumes, & lean beef.
4. What is healthier: whole grain bread or white bread? Whole Grain
5. Name one piece of information found on a food label: Ingredients, serving size, vitamins, minerals, calories,
6. Name two beverages you should drink every day? (providing you are not allergic)Milk, Water
7. Name 4 green vegetable: Spinach, Celery, Lettuce, Green Beans, Broccoli, Squash etc.
8. Name 3 orange/red vegetables: Yam, Sweet Potato, Carrots, Tomato, Beets,
9. How many hours each day should you exercise? One Hour
10. What is the maximum amount of daily screen time recommended for kids? Two Hours
11. Name a type of exercise that elevates your heart rate and we should do for 30-60 minutes 3-5X per week: Aerobic: Examples include Running, Soccer, Swimming, Basketball, Mowing the Lawn, Raking Leaves
12. What is something you should do for your muscles after you have exercised? Stretching, Flexibility, Rest
13. Beverages like Gatorade and Kool Aide add calories to our diet. What is a better choice? Water
14. A push up, a bicep curl, or a leg press are all examples of what type of exercise? Strength
15. What gives our bodies fuel to live? Food
16. How many hours of sleep should you have each night? 9-10 hours
17. Why is it important to brush your teeth? Prevent cavities, prevent illness, maintain appearance,
18. What is the minimum amount of fruit and veggies you should eat each day? 5 servings minimum.