

Moving & Choosing Daily Physical Activity-DVD Healthy Eating/Active Living Tips Quiz

Tips Quiz—Boot Camp

What beverage did your grandparents drink more of as kids that kids now drink less of?

What Canadian publication can give you tips and ideas of healthy foods to eat?

What kid friendly lunch food, eaten everyday for 4 months, accumulates the amount of fat equivalent to the size of a football?

Name a local website to find more health tips.



Tips Quiz—Cardio Kick

How many cups of this each day will give you strong bones and teeth?

What can you pack for school so you are ready for the second half of your day?

How much more food do you think we eat when we are watching television while eating?

Name a healthy grab and go snack?

What is a great way to meet friends?

How long does it take to feel full?

What can you do while watching TV to make yourself healthy?

Tips Quiz—Chair Yoga

What is the average amount of time kids spend on screen time/day?

How do you know if a beverage is pretending to be juice or if it is the real deal?

What is the best beverage to consume to conquer thirst?

How much sugar is in an extra large fountain pop?

T or F

- Breakfast eaters do poorly in school.
- Chocolate milk is as good as white milk.
- Active kids = Active parents. How can you get your parents active?

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Tips Quiz—Standing Yoga

How many calories are in a large tub of buttered popcorn and large pop?

T or F

- Lean muscle mass burns extra calories/day.

Fish is high in this, which is healthy for your heart.

Energy drinks contain unhealthy levels of what?

1 can of cola = how much sugar?



Tips Quiz—Hip Hop 1

How many minutes of activity do kids need to be healthy?

Small bag of chips contains how much fat? What are some healthy snacks you could have instead?

Jazz up your breakfast with this meal idea.

List some items for your activity bag?

This before school activity is great exercise and time with friends or family?

Tips Quiz—Hip Hop 2

Name some ways to be active outdoors in all types of weather.

Is it okay to have treats?

How many hours of sleep do kids need?

How many glasses of water do you need to stay hydrated?