

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?

Milk. Kids now drink more pop than milk.

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

Canada's Food Guide.

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

Instant Noodles. Sign-out a Fat Kit from M&C.

Name a local website to find more health tips.

www.movingandchoosing.com



Tips Quiz—Cardio Kick

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

2 cups of milk.

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

Healthy lunch.

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

1/3 more food.

Name a healthy grab and go snack?

Keep cut up veggies in the fridge.

What is a great way to meet friends?

Being active outside.

How long does it take to feel full?

20min—slow down and enjoy!

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

Get active during commercials.

Tips Quiz—Chair Yoga

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

6hrs. Afterschool and weekends are critical times.

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

Punch or cocktail...must say 100% juice.

What is the best beverage to consume to conquer thirst?

Water!

How much sugar is in an extra large fountain pop?

52 tsps. Sign out a Liquid Candy Display Kit from M&C.

T or F

- Breakfast eaters do poorly in school. **F**
- Chocolate milk is as good as white milk. **T** Great for after activity-right combo of Protein, Carbs and Fluid.
- Active kids = Active parents. **T** How can you get your parents active? (*brainstorm ideas*)

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Tips Quiz—Standing Yoga

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

More than enough for an entire days worth.

T of F

- Lean muscle mass burns extra calories/day.

T. 50 extra calories/day.

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

Omega 3's.

Energy drinks contain unhealthy levels of what?

Sugar & Caffeine. Sign-out the new Energy Drink Display from M&C.

1 can of cola = how much sugar?

9tsp. Sign-out a Liquid Candy Kit from M&C.



Tips Quiz—Hip Hop 1

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

90min. 60min of moderate activity + 30min of vigorous activity. Check out Canada's Guide to Physical Activity to find out how to build up your time.

Small bag of chips contains how much fat? *7 tsp. Sign-out a Fat kit from M&C.* What are some healthy snacks you could have instead?

Cheese or raspberries (brainstorm other ideas)

Jazz up your breakfast with this meal idea.

Fruit Smoothie.

List some items for your activity bag?

Frisbee, balls, hackysack, mini-sticks, etc (Brainstorm ideas based on your likes).

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

Walk to school.

Tips Quiz—Hip Hop 2

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

*Winter—build snowman
Fall-Rake and play in leaves
Spring-Walk, bike ride
Summer-swimming
(Brainstorm other ideas)*

Is it okay to have treats?

*Yes, in moderation.
(Careful with education on obesity. Focus nutrition and active living education to benefit overall health not weight focused.)*

How many hours of sleep do kids need?

10hrs to be happy, healthy and doing their best.

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

6-8 glasses/day. Tip: 8 gulps/glass.