Nutrition/Physical Activity Questions

1. What is the most important drink for our health? Water
2. What are some healthy fruits? Bananas, oranges, blueberries, apples, avocados, watermelon, grapes,
3. What are some healthy vegetables? Broccoli, cauliflower, spinach, sweet potatoes, carrots, green peas, tomatoes,
4. What size of meat is considered a serving? 3-4 ounces, size of a deck of cards
5. What are the 5 food groups? Fruits, Vegetables, Bread and Whole Grains, Fat free or low fat Milk, and Meat
6. Water makes up what percentage of the body? Two-thirds
7. What does water do for the body? Water helps the body digest food and carries nutrients to body tissues.
8. What are some healthy forms of protein from food that comes from plant and animal sources? Meat and fish, eggs, dairy products, seeds and nuts, and legumes like beans and lentils.
9. What is one of the best things people can do to improve their health? Regular physical activity
10. Why is physical activity important? Physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.
11. Physical activity can benefit what? Brain health
12. What causes someone to gain weight? Consuming more calories through eating and drinking than the amount of calories that they are burning.
13. What amount of physical activity is recommended? 150 minutes a week of moderate physical activity which equals 30minutes a day for 5 days a week.
14. What is the MyPlate Plan? MyPlate Plan shows your food group targets-what and how much to eat within your calorie allowance.
15. Your individual food plan should be based on? Age, Sec, Height, Weight, and Physical activity level
16. What should be taken into consideration when eating comfort foods? Eat less often in smaller amounts, and lower-calorie version.
17. What is one of the health benefits to regular physical activity? Reduced risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
18. How to lose weight? Increase physical activity and decrease the calories you eat.
19. What is the BMI for someone that is overweight? BMI of 25 or higher.
20. What is the BMI for someone that is obese? BMI of 30 or higher.
21. What is the BMI for someone that has a healthy weight? BMI of 18.5-24.9.
22. How can I tell if a food is a healthy food? Read the food label