PROCEDURE

1. Gather children in a circle - approximately 8-10 youth per circle.
2. Tell them you will be playing a game to learn more about healthy eating and healthy activities.
3. Instruct youth to toss the ball and tell you what number their right thumb lands on the ball.
4. Read, or have an older youth read, the corresponding question.
5. Have youth toss the ball to the next person until all 18 questions have been reviewed and all youth have participated at least once.

REFLECT: Ask Youth

1. What new words or ideas did you learn today?
2. Which of these things do you find hardest to achieve? And which do you find the easiest?
3. Who has an idea to help others make healthy choices?

APPLY: Ask Youth

1. As a result of doing this activity, what healthy activity will you commit to doing?
2. How will you share this information with others?

APPLICATION IDEAS MIGHT INCLUDE:

- Drink water instead of soda
- Play outside each day
- Watch less TV
- Eat healthy snacks
- Share with my family

Thank you for participating in this fun activity!
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.
   Pork loin, plant protein, turkey, beans/legumes, and 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 (provided you are not allergic).
   Milk, water

7. Name 4 green vegetables.
   Spinach, celery, lettuce, green beans, broccoli, squash, etc.

8. Name 3 orange/red vegetables.
   Yam, sweet potato, carrots, tomatoes, beets

9. How many hours each day should you exercise?
   1 hour

10. What is the maximum amount of daily screen time recommended for kids?
    2 hours

11. Name a type of exercise that elevates your heart rate and should be done for 30-60 minutes 3 to 5 times per week.
    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 Aid 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?
    To prevent cavities, prevent illness, and maintain appearance.

18. What is the minimum amount of fruit and vegetables you should eat each day?
    5 servings