

# Four Food and Physical Activity Facts

## Part 1

On this sheet, please list four facts about yourself that are related to food or physical activity. Three of them should be true. One of them should be false. For example, you might write this list:

1. *I bring a salad everyday for lunch.*
2. *I play tag with my kids for exercise.*
3. *I enjoy taking a walk before breakfast.*
4. *Orange wedges are my favorite dessert.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Part 2

Now, as a group, do the following steps in order, one at a time.

1. List the names of your group members in the spaces provided.
2. Take turns reading your four statements aloud.
3. As people read their four statements, write next to their names the number of the statement you think is false about them and why.
4. Once everyone has shared their statements, pick one person at a time and have the rest of the group members tell which statement is false and why. When everyone has guessed at the false statement, the person who shared the four statements originally can reveal which one was really false.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

Name \_\_\_\_\_

Statement number \_\_\_\_\_ is false because \_\_\_\_\_.

Name \_\_\_\_\_

Statement number \_\_\_\_\_ is false because \_\_\_\_\_.

Name \_\_\_\_\_

Statement number \_\_\_\_\_ is false because \_\_\_\_\_.

Name \_\_\_\_\_

Statement number \_\_\_\_\_ is false because \_\_\_\_\_.

Name \_\_\_\_\_

Statement number \_\_\_\_\_ is false because \_\_\_\_\_.

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