





























Tour de Health Game Cards

<p><i>Keep Moving</i> Stretching is part of a safe workout. (1 point)</p>  <p>True False</p>	<p><i>Freeze the Screen</i> If I get enough exercise, it doesn't matter how much I watch TV or play video games. (1 point)</p>  <p>True False</p>
<p><i>Keep Moving</i> Exercising with a group of friends is a fun way to stay active. (1 point)</p>  <p>True False</p>	<p><i>Freeze the Screen</i> What do kids spend the most time doing each year? (2 points)</p>  <ol style="list-style-type: none"> 1) Going to school 2) Watching TV and playing video games 3) Playing sports 4) Doing homework
<p><i>Keep Moving</i> The first thing you should do before exercising hard is (2 points)</p>  <ol style="list-style-type: none"> 1) Warm up 2) Eat a huge meal 3) Just sit around 4) Drink a sports drink or energy drink 	<p><i>Freeze the Screen</i> What's the most time I should spend watching television per day? (1 point)</p>  <ol style="list-style-type: none"> 1) 4-5 hours 2) 3-4 hours 3) 2-3 hours 4) 1-2 hours
<p><i>Keep Moving</i> How much exercise should you get each week? (3 points)</p>  <ol style="list-style-type: none"> 1) About 1 hour 2) About 3 hours 3) About 5 hours 4) About 7 hours (or more) 	<p><i>Freeze the Screen</i> What types of food are most often advertised on television? (1 point)</p>  <ol style="list-style-type: none"> 1) Fruits and vegetables 2) Foods made with healthy fat 3) Fast food and junk food 4) Whole grains









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).

<p><i>Keep Moving</i> Which best describes what regular exercise does for you? (1 point)</p>  <ol style="list-style-type: none"> 1) It makes you healthier. 2) It helps you feel better about yourself. 3) It gives you more energy. 4) It does all of the above. 	<p><i>Freeze the Screen</i> TV time is a great time to stretch and work on my flexibility. (1 point)</p>  <p>True False</p>
<p><i>Keep Moving</i> Exercise helps build strong bones. (1 point)</p>  <p>True False</p>	<p><i>Freeze the Screen</i> What types of food do most kids eat while watching TV? (1 point)</p>  <ol style="list-style-type: none"> 1) Fruits and vegetables 2) Chips, sugary drinks, and other unhealthy snacks 3) Nuts 4) Whole grains
<p><i>Keep Moving</i> Exercising regularly will make me feel tired all the time. (1 point)</p>  <p>True False</p>	<p><i>Freeze the Screen</i> The kids on TV ads for fast food and unhealthy snacks always look fit and healthy and active. Why is this? (3 points)</p>  <ol style="list-style-type: none"> 1) Fast food makes you healthy. 2) Advertisers want you to think that those foods will make you fit, healthy, and active. 3) There's no particular reason why advertisers choose these kids for their ads.
<p><i>Keep Moving</i> If I get thirsty while playing or exercising, what is the best thing for me to drink? (2 points)</p>  <ol style="list-style-type: none"> 1) Energy drink 2) Water 3) Soda 4) Sports drink 	<p><i>Freeze the Screen</i> What are some other things you could do instead of playing video games or watching TV? (1 point)</p>  <ol style="list-style-type: none"> 1) Ride bikes with my friends 2) Play in the sprinkler 3) Write a poem 4) All the above
<p><i>Keep Moving</i> To be fit, what should you work on? (2 points)</p>  <ol style="list-style-type: none"> 1) Cardiorespiratory endurance 2) Muscular strength 3) Flexibility 4) All of the above 	<p><i>Freeze the Screen</i> Most of the food ads on TV try to get me to buy foods that aren't good for me. (1 point)</p>  <p>True False</p>









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<p><i>Keep Moving</i> Lifting weights is the best way to keep my heart healthy. (1 point)</p>  <p>True False</p>	<p><i>Freeze the Screen</i> If you watch 2 hours of TV a day starting when you are very young, how many years will you have spent watching TV by the time you're 65? (3 points)</p>  <p>1) about 1 yr. 2) about 2 yr. 3) about 3 yr. 4) about 5 yr.</p>
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> One stalk of cooked broccoli has more vitamin C than one tomato has. (2 points)</p>  <p>True False</p>	<p><i>Get Whole Grains and Sack the Sugar</i> Which of these foods does <i>not</i> contain whole grain? (2 points)</p>  <p>1) Tabouleh (bulgur salad) 2) Granola 3) Quinoa pilaf 4) White bread</p>
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Frozen fruits and vegetables are <i>not</i> as good for you as fresh vegetables are. (1 point)</p>  <p>True False</p>	<p><i>Get Whole Grains and Sack the Sugar</i> Which would be the healthiest snack choice? (2 points)</p>  <p>1) Doritos 2) Pretzels made with white flour 3) Sugar cookies 4) 100% whole-wheat crackers</p>
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> We should try to eat more dark-green and orange vegetables. (1 point)</p>  <p>True False</p>	<p><i>Get Whole Grains and Sack the Sugar</i> The refining process strips away many of the beneficial nutrients found in whole grains. (1 point)</p>  <p>True False</p>
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Kale, collard greens, and turnip greens have lots of what? (2 points)</p>  <p>1) Saturated fat 2) Salt 3) Vitamins and minerals 4) Added sugar</p>	<p><i>Get Whole Grains and Sack the Sugar</i> Whole grains are only good to eat for breakfast. (1 point)</p>  <p>True False (whole grains can be incorporated into every meal)</p>

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<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> A glass of 100% orange juice is the same as eating a whole orange. (1 point)</p>  <p>True False (juice lacks the healthy fiber found in a whole orange)</p>	<p><i>Get Whole Grains and Sack the Sugar</i> Which of these is a whole grain? (2 points)</p>  <ol style="list-style-type: none"> 1) Wheat berries 2) Brown rice 3) Barley 4) All of the above
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> How much of a watermelon (by weight) is water? (2 points)</p>  <ol style="list-style-type: none"> 1) 25% 2) 50% 3) 70% 4) 90% 	<p><i>Get Whole Grains and Sack the Sugar</i> Which of these is a type of sugar that is added to foods and beverages? (2 points)</p>  <ol style="list-style-type: none"> 1) Sucrose 2) High fructose corn syrup 3) Honey 4) All of the above
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Which of these fruits are rich in vitamin C? (2 points)</p>  <ol style="list-style-type: none"> 1) Oranges 2) Strawberries 3) Cantaloupe 4) All of the above 	<p><i>Get Whole Grains and Sack the Sugar</i> How can you tell if a food contains whole grains? (3 points)</p>  <ol style="list-style-type: none"> 1) It's brown. 2) It has wheat in the ingredients list. 3) It has a whole grain in the ingredients list. 4) There is no way to tell.
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Which of these vegetables are rich in potassium? (2 points)</p>  <ol style="list-style-type: none"> 1) Sweet potato 2) Winter squash 3) Spinach 4) All of the above 	<p><i>Get Whole Grains and Sack the Sugar</i> Why is it important to eat whole grains? (2 points)</p>  <ol style="list-style-type: none"> 1) They are rich in fiber. 2) They are rich in minerals. 3) They are rich in vitamins. 4) They are all of the above.











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<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Which fruit is an excellent source of fiber? (1 point)</p>  <ol style="list-style-type: none"> 1) Apple 2) Blackberries 3) Grapefruit 4) All of the above 	<p><i>Get Whole Grains and Sack the Sugar</i> What can happen to the body after eating refined grains and foods with added sugar? (3 points)</p>  <ol style="list-style-type: none"> 1) A feeling of false hunger 2) A spike in blood sugar 3) Tiredness 4) All of the above
<p><i>Choose Fruits and Veggies Instead of Junk Food – Go for Color</i> Name a large, orange fruit that is popular during an October celebration. (1 point)</p>  <ol style="list-style-type: none"> 1) Tangerine 2) Peach 3) Pumpkin 4) Apricot 	<p><i>Get Whole Grains and Sack the Sugar</i> We should eat whole grains once a week. (1 point)</p>  <p>True False (We should eat whole grains every day, and we should always choose whole grains over refined grains.)</p>
<p><i>Keep the Fat Healthy</i> The healthiest person is the one who doesn't eat any fat. (1 point)</p>  <p>True False (Healthy fat is an important part of the diet.)</p>	<p><i>Start Smart With Breakfast</i> Skipping breakfast so you can sleep late is a good way to start the school day. (1 point)</p>  <p>True False</p>
<p><i>Keep the Fat Healthy</i> Fat that is liquid at room temperature (such as canola oil) is better for your health than is fat that is solid at room temperature (such as stick margarine or butter). (2 points)</p>  <p>True False</p>	<p><i>Start Smart With Breakfast</i> Which breakfast would give you energy to last all the way to lunchtime? (3 points)</p>  <ol style="list-style-type: none"> 1) A doughnut and a soda 2) A bowl of Frosted Flakes 3) White bread toast with jelly 4) Steel-cut oatmeal with walnuts, apples, and unflavored milk









<p><i>Keep the Fat Healthy</i> Which is a healthier food choice? (1 point)</p>  <ol style="list-style-type: none"> 1) Ice cream 2) Milk shake 3) Frozen yogurt 4) Plain yogurt with fresh fruit 	<p><i>Start Smart With Breakfast</i> Eating breakfast can help you (2 points)</p>  <ol style="list-style-type: none"> 1) Stay more alert until lunch time 2) Do better on tests 3) Have more energy 4) All of the above
<p><i>Keep the Fat Healthy</i> What is the % Daily Value for saturated fat of a McDonald's Quarter Pounder with cheese? (2 points)</p>  <ol style="list-style-type: none"> 1) 5% 2) 15% 3) 34% 4) 61% 	<p><i>Start Smart With Breakfast</i> Leftover chicken stir-fry is a healthy breakfast. (1 point)</p>  <p>True False</p>
<p><i>Keep the Fat Healthy</i> Trans fat is the worst type of unhealthy fat and should rarely, if ever, be eaten. (2 points)</p>  <p>True False</p>	<p><i>Start Smart With Breakfast</i> A sports drink is a good beverage to have with breakfast. (1 point)</p>  <p>True False</p>
<p><i>Keep the Fat Healthy</i> Which food is a good source of healthy fat? (2 points)</p>  <ol style="list-style-type: none"> 1) Oil and vinegar salad dressing 2) Walnuts 3) Salmon 4) All of the above 	<p><i>Start Smart With Breakfast</i> Eating a healthy breakfast always takes a long time. (1 point)</p>  <p>True False</p>

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<p><i>Keep the Fat Healthy</i> Which snack is a source of healthy fat? (2 points)</p>  <ol style="list-style-type: none"> 1) Almonds 2) Ice cream 3) Doughnut 4) Pepperoni slices 	<p><i>Start Smart With Breakfast</i> Which of these are healthy breakfast choices? (1 point)</p>  <ol style="list-style-type: none"> 1) Bacon and sausage 2) Sugary breakfast cereal 3) White bread toast with jam 4) None of the above
<p><i>Keep the Fat Healthy</i> Which of these is a healthy fat choice for cooking broccoli and other vegetables? (1 point)</p>  <ol style="list-style-type: none"> 1) Butter 2) Lard 3) Stick margarine 4) Olive oil 	<p><i>Start Smart With Breakfast</i> You have to eat breakfast foods at breakfast time. (1 point)</p>  <p>True False</p>
<p><i>Keep the Fat Healthy</i> Which of these spreads is a great source of healthy fat? (2 points)</p>  <ol style="list-style-type: none"> 1) Butter 2) Stick margarine 3) Peanut butter 4) Cream cheese 	<p><i>Start Smart With Breakfast</i> Any healthy food can be a healthy breakfast food. (1 point)</p>  <p>True False</p>
<p><i>Keep the Fat Healthy</i> Which salad topping is the best source of healthy fat? (1 point)</p>  <ol style="list-style-type: none"> 1) Olive oil vinaigrette 2) Bacon bits 3) Blue cheese dressing 4) Grated cheddar cheese 	<p><i>Start Smart With Breakfast</i> Which of these breakfast foods is high in unhealthy fat? (1 point)</p>  <ol style="list-style-type: none"> 1) Fruit salad 2) Oatmeal 3) Doughnut 4) 100% whole-wheat toast
<p><i>Drink Water</i> Why should we limit how many sodas and sugary beverages we drink? (2 points)</p>  <ol style="list-style-type: none"> 1) They are a source of empty calories. 2) They cause blood sugar levels to rise quickly and fall, leaving us low in energy. 3) They replace more nutritious foods and beverages. 4) They do all of the above. 	<p><i>Sleep Well</i> Getting enough _____ gives your brain and body the rest they need. (1 point)</p>  <ol style="list-style-type: none"> 1) Water 2) Food 3) Exercise 4) Sleep

<p><i>Drink Water</i></p> <p>Which beverage has no added sugar? (1 point)</p>  <ol style="list-style-type: none"> 1) Coke 2) Sports drink 3) Chocolate milk 4) Water 	<p><i>Sleep Well</i></p> <p>Setting a regular bedtime routine makes it harder to get enough sleep. (1 point)</p>  <p>True False (Regular bedtimes help!)</p>
<p><i>Drink Water</i></p> <p>Water is essential for human survival. (1 point)</p>  <p>True False</p>	<p><i>Sleep Well</i></p> <p>Watching TV before bed is a good way to fall asleep. (1 point)</p>  <p>True False</p>
<p><i>Drink Water</i></p> <p>Juice drinks and sports drinks are healthy alternatives to soda. (1 point)</p>  <p>True False (They are all sugary drinks that contain basically sugar and water.)</p>	<p><i>Sleep Well</i></p> <p>What happens when you don't get enough sleep? (2 points)</p>  <ol style="list-style-type: none"> 1) You have more energy. 2) You feel tired and have a hard time paying attention. 3) It's easier to focus in school.
<p><i>Drink Water</i></p> <p>Human beings can survive weeks without water. (1 point)</p>  <p>True False (We can only live a few days without water.)</p>	<p><i>Sleep Well</i></p> <p>How many hours of sleep should you get each night? (2 points)</p>  <ol style="list-style-type: none"> 1) 6 hours 2) 8 hours 3) 10 hours 4) 12 hours
<p><i>Drink Water</i></p> <p>How much sugar is in one regular can of Coke? (2 points)</p>  <ol style="list-style-type: none"> 1) 2 tsp 2) 5 tsp 3) 8 tsp 4) 10 tsp 	<p><i>Sleep Well</i></p> <p>Children who don't get enough sleep are more likely to have unhealthy weight gain. (1 point)</p>  <p>True False</p>

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<p><i>Drink Water</i></p> <p>What is the maximum amount of 100% fruit juice children should drink in one day? (3 points)</p>  <ol style="list-style-type: none"> 1) 8 to 10 ounces 2) 4 to 6 ounces 3) 6 to 8 ounces 	<p><i>Sleep Well</i></p> <p>Children who don't get enough sleep have a harder time paying attention in school. (1 point)</p>  <p>True False</p>
<p><i>Drink Water</i></p> <p>How can you tell if a beverage contains added sugar? (3 points)</p>  <ol style="list-style-type: none"> 1) Read the nutrition facts label. 2) Read the list of ingredients. 3) Taste it. 4) Look at the color of the label. 	<p><i>Sleep Well</i></p> <p>Which of these should not be part of a bedtime routine? (1 point)</p>  <ol style="list-style-type: none"> 1) Brushing your teeth 2) Turning off the lights 3) Turning on cell phones and video games 4) Getting into bed
<p><i>Drink Water</i></p> <p>What's the term for when your body doesn't have enough water? (3 points)</p>  <ol style="list-style-type: none"> 1) Dehydration 2) Hydration 3) Exhaustion 4) Inflammation 	<p><i>Sleep Well</i></p> <p>It's best to sleep in a room that is quiet without distractions. (1 point)</p>  <p>True False</p>
<p><i>Drink Water</i></p> <p>Which of these drinks contains added sugar? (1 point)</p>  <ol style="list-style-type: none"> 1) 100% orange juice 2) Water 3) Lemonade 4) Unflavored milk 	<p><i>Sleep Well</i></p> <p>What is one thing you can do so you don't get to bed too late? (2 points)</p>  <ol style="list-style-type: none"> 1) Skip your homework 2) Turn off the TV earlier in the evening 3) Don't eat dinner 4) Skip brushing your teeth