HEART HEALTHY FUN

Promoting health education for children

Tag Words: Heart Healthy Fun; Obesity; Game; Positive

Authors: Aneesah McClinton, Steven Chiang, Bryan Yam, Sabine Karam, Pinar Erdogdu with Julie M. Fagan, Ph.D.

Summary

Heart Healthy Fun seeks to promote health education for school-aged children. Currently, there is an obesity epidemic that is greatly affecting American children. We intend to help educate others and promote healthy life-styles while children and families engage in playing Heart Healthy Fun. The game was designed by Aneesah, Sabine, Pinar, Krina, Bryan and Steven for our Ethics in science class. We strongly feel that this game will help young children and teenagers maintain a positive outlook on their bodies and health.
The Issue: Obesity

Childhood obesity in America has become a rapidly progressive issue in the past two decades as environmental changes garner an increase in weight gain. According to Dr. Denney-Wilson of the University of New South Wales, “we live in an environment where relatively inexpensive energy dense foods are widely advertised, served in excessive portions and available everywhere” (p. 4). Furthermore, the rapid increase in weight gain is less likely to have been caused by genetic factors since this change occurred within a short time frame; therefore, environmental factors are much more likely to be the cause of this change. Environmental factors that have led to weight gain in children include eating while distracted, large portion size, eating too quickly and not properly assessing when you are full (Denney-Wilson). In order to make productive strides in reducing the prevalence of childhood obesity, children and parents must be educated about what to eat, how much to eat, and how to avoid consuming too much food when they are engaged in other activities, such as watching television.

According to the CDC, children have experienced an increase in weight gain since 1988. 15% of children between the ages of 6 to 11 are overweight, and 18% of 12 to 19 year olds are overweight (2009). Unfortunately, “obesity has adverse effects on physical health and maturation, psychosocial development, and academic performance during childhood in addition to the potential longer term consequences when obesity tracks into adulthood” (Nanney, p.430). An international review by Summerbell for Cochrane Collaboration found that in order to prevent childhood obesity in the United States programs must have several components which include diet changes, physical activity, social and behavioral changes, and family involvement (p. 445). Our group established a health awareness version of the popular Chutes and Ladders game that includes the components that will aid in enhancing healthy lifestyles amongst children and families.

The Service Project: Game

Heart Healthy Fun will bring families and children together to learn about making better health choices and ultimately encourage changes in their daily diets. Our game will be amongst the numerous efforts that have been made to help control weight gain. Heart Healthy Fun is designed to be engaging and fun while still informing individuals about the choices they can make in order to stay healthy and fit. The game is comprised of a series of questions that will test school- aged children and others about their knowledge of health and nutrition. Through interactive learning and constructive competition the players will remain attentive to the game and retain a wealth of knowledge about how to maintain their health.

DESCRIPTION
Our game plays with a maximum of four people. Each person selects its favorite game piece. Our game pieces are animated characters such as celery, bike or an apple. Board has 100 grid squares. Players start with rolling the die. This game is played with only one die because the player will be able to move ahead to the first square. On certain grids, there are ladders and slides. Slides represent penalties when the question is answered wrong. If the question is answered wrong, the player slides down to a previous location. If the question is answered right
the player saved themselves from sliding down to a lower position. However a ladder represents a reward when the health question is answered correctly, which then the player climbs the ladder to become closer to 100th square where game ends. Some grids contain green circles which are bonus questions, which allow the player to move forward if the question is answered right. Also some grids have orange colored circles which give players the chance to roll the die a second time prior to passing on to the next player.

AGE GROUP

<table>
<thead>
<tr>
<th>Levels</th>
<th>Beginner</th>
<th>Advanced</th>
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<tbody>
<tr>
<td>Ages</td>
<td>9-12</td>
<td>13+</td>
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<td>Categories</td>
<td>Easy</td>
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This game has two levels targeted towards two age groups: beginner level- ages 9-12; and advanced level- ages 13+. These age groups were selected because they are the ages at which children and teenagers can begin comprehending the importance of health and exercise and can apply things they learn from the game into their daily lives. Within each level of the game, there are three categories of questions. The first category is easy questions which are straightforward and they require mostly knowledge about general information. The second category is hard questions which are more specific questions and they may require higher level thinking. The third category is bonus questions which ask players about their personal opinions and preferences. All of the questions of the game revolve around exercise and health related topics.

RULES & DIRECTION

Objective:
• Be the first player to reach square # 100 = “WINNER”

Setup:
• Everyone choose a pawn to play
• Allow everyone to be able to easily move their game piece
• Choose game pieces start off the board near square # 1
• Square are number 1 – 100

How to Play:
• Starting at square # 1, move right toward square # 10
• Then up to square # 11 and left towards square # 11
• Etc, etc, etc…

Rules:
• Everyone rolls the dice. Player with the highest number goes first. Play proceeds to the left
• On your turn, roll dice, move your pawn to designated number square by square
• Once moved your turn has ended and two or more pieces may be on the same space at the same time.

○ Ladder:
• Land on square Get a Question
- Answer right go up slide
- Wrong nothing happens

  o **Chutes:**
  - Land on square Get a question
  - Answer right nothing
  - Wrong do down slide

  o **Dice:**
  - Land on square Get another chance to Roll

  o **Question Marks:**
  - Answer questions

**WINING THE GAME:**
- Land on # 100 by exact count
- Spinning a number more then # 100, move towards #100, once on # 100 subtract the roll by the exact number originally. For example, 4 spaces are needed and you roll a 6, you move back 2 spaces from # 100 to # 98. TRY AGAIN on next turn.
- Climb the ladder attach to square # 100 to end the game and WIN.

**HISTORY**
The game Snakes and Ladders originated from India and was originally called Moksha Patamu. This game eventually made its way to England and then to the United States of America in 1943 by Milton Bradley. The game was based on morality called Vaikuntapaali or Paramapada Sopanam which was the ladder to salvation. Moksha Patamu was invented by Hindu spiritual teachers to teach kids about good deeds as opposed to bad. The ladder represented generosity, faith, humility, etc. while the snakes represented lust, anger, murder, theft, etc.

**FUTURE PROJECTIONS**
With our game we plan to carry it forward by creating a business proposal to officially make it available in toy stores. Since, the game emphasizes the recognition of healthy diets and junk food; we expect this game to be parent approved. We strongly believe that parent would willingly buy this game for young children. This game will act as a parenting supplement to help instill healthy habits for the future of America. We also expect the players: young adults or teenagers to love this game because it is interactive and also encourages good sportsmanship. The sales for this game are expected to rise strongly due to the upcoming holiday season and the kid and parent friendly nature of the game.

**WHO DID WHAT?**
- The Issue & References (Aneesah)
- Description (Pinar)
- Age group (Sabine)
- Rules & Directions (Bryan)
- History (Steven)
- Future Projections & organizing content (Krina)
Editorials

Heart Healthy Fun: Promoting health education for children
Aneesah McClinton

Childhood obesity has become an increasingly prevalent health issue throughout the United States. According to the CDC, obesity amongst children aged 6-11 years has increased from 4.0% to 17.0%. Also, amongst children aged 12-19 there was an increase from 6.1% to 17.6%. These statistics indicate that preventative measures must be taken. As a result, it is vital to educate children about exercise and nutrition to decrease the likelihood of repeating poor habits that will eventually lead to obesity as an adult. Unfortunately, obesity increases a child’s likelihood of developing numerous health conditions that can potentially develop into debilitating conditions in adult life.

Currently, a group consisting of Rutgers University students, which include me and my fellow peers, are in the process of developing an educational and fun game for children. Our goal is to inform children about healthy habits and nutrition. The board game we are designing is aimed toward including both children and parents to play together. This form of interactive learning will enhance the likelihood that the children will retain the information presented in the game. The game is visually appealing, colorful and will attract the attention of a child.

The board game is a variation of Slides and Ladders. There are 180 questions about health and exercising that examines a person’s general knowledge. In the process of playing, children as well as adults will gain insight into maintaining healthy diets and distinguishing between healthy and unhealthy foods. When questions are answered correctly, the players will have the opportunity to progress until they have reached the final point in the game. There are two different levels of questions for children aged 9 to 12 and children aged 13 and older. The board game can be used in the home as well as the classroom. Families can play this interactive game while they learn and have fun with each other.

Aneesah McClinton
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Education to Help Prevent Obesity
Obesity in America has gone up a lot over the past couple of years. In recent studies approximately 65% of Americans are overweight and the children of America who are overweight have tripled since 1980. Obesity has become the second leading cause of preventable death in the U.S. One of the causes of obesity in America is the American lifestyle. Americans would rather drive to places rather than walk. Their inactive lifestyle and over consumption of food has caused major health risk.

The best way to cure obesity in America is through education. Americans need to be taught how to decide which foods are healthy for them and which foods they should avoid. They need to be taught to be more active and do more physical activities when they can.

A good way to teach Americans to live a healthy life style would be to teach them while they are young. Obese children have a high risk of being obese adults. If they were taught how to choose healthy foods and the benefits of being active, the obesity percent in America would drop.

Some good ways to help spread the education of health to children would be incorporating it into games. Children spend a good amount of time playing video games or board games. If game makers were to incorporate nutrition or health into their games, it might encourage children to live a healthy life style.

Times of Trenton Publishing
500 Perry St, Trenton NJ
Bryan Yam

November 1, 2009

Dear NJ TIMES:

In my ethnics and science class my group and I gathered and proposed to create a parody from chutes and ladder, the board game. The parody will consist mainly about nutrition, good and bad eating habits, and exercise regimens. The concern which stirred up the idea is to overcome the issue of childhood obesity in an America. This pandemic is a problem in the American society where good foods are overlooked because of the mass media fast food companies invest. Fast food investment with the media is scourging our homes through commercials and radio, slipping unnoticed with the intent to pollute our child’s mind. Growing up as a child in American, in my perspective was there commercials or radio ads promoting the intake of vegetables or fruits. Such nutritional companies are having a difficult time competing with revenues fast food companies accumulate. The main idea to our project is too well inform all children in American at least, about the benefits a physically active lifestyle and good eating habits.

The reason for creating this parody game of chutes and ladder is to better inform the youth of society. The idea behind this creative game was to create a way to inform and be enjoyable for kids. The purpose is creating a fun learning environment for the children at play. We focused on the fun aspect because without fun children would not learn. Children have short attention spans so by always being two steps ahead of them will help promote our main goal, which is to inform children about better decision about foods. The age group we focused our attention towards is 9 – 13 year olds. The game has two levels targeted towards two age groups: beginner level- ages 9-12; and advanced level- ages 13+. The main focus on these age groups, children and teenagers begin comprehending the importance of health and exercise. They can apply the knowledge they
gain from the game and incorporate into their daily lives. The different levels are categories into three categories of questions. The first category is easy questions which require mostly knowledge about general information. The second category is hard questions which require higher level thinking and cognitive skills. The third category is bonus questions which ask personal opinions and preferences, rarely can get this wrong. All of the questions of the game revolve around exercise and health related topics.

Our initiative is to help children make better decisions with what they eat. Our business proposal is to make our game available primarily at toy stores or any other convenient location where children are accessible. In hopes of tackling the issue of childhood obesity we expect this game to be parent approved. Parents who care about their child’s life will support our game we are trying to produce which promotes healthy habits. This game will help be reinforcement for parents to convince their child to have healthy eating habits. The game encourages good sportsmanship, social interaction, and fun. We expect to produce and distribute during upcoming holidays.

Sabine Karam

Obesity in the United States has become a very serious problem, and as time goes by it keeps getting worse. This is due to the overconsumption of fast food and processed foods high in unhealthy fats and sugars, and the lack of physical activity. This problem sets off early in childhood as kids acquire bad eating habits from their parents, and as they spend most of their free time watching TV or playing video games without incorporating any exercise in their daily lives. The problem progresses into adulthood where it becomes very dangerous and utterly uncontrollable.

In one of my classes this semester at Rutgers University, my group members and I designed a project that would target the issue of obesity in children. We chose to address children with this project rather than adults, because as mentioned earlier, the problem of obesity very often begins to develop early in childhood and not in adulthood. The project we designed is a board game modeled after the game Snakes and Ladders but instead it has pictures of slides and ladders derived from the setting of a playground. We called this game Hearthealthy Fun, a title that reflects the content of the game. The game involves throwing dice and moving through the numbered boxes of the board, and when landing at the bottom of a ladder or at the top of a slide, the player has to answer questions that deal with healthy eating or developing good exercise habits. Answering the question right or wrong would determine whether the player advances forward in the game (by going up the ladder) or falls down to a lower level in the game (by going down the slide). We thought that the incorporation of information about health and exercise in a simple game would be an effective way to teach this essential information to children in the hope that they will apply this knowledge in their lives by making healthier life choices every single day.

The game is not entirely completed yet, but it very soon will be, as we are currently adding a few final touches to the end product. We are planning to market it once it’s completed, and we’re looking forward to seeing it succeed in fulfilling its purpose.

Sent to:
Healthy Childcare® Magazine
Healthy Child Publications
Children are our future, their development and growth is the most important thing in order to have a healthy youth. They are quite active and the development of children is dependent on high levels of nutritional responsibility. They must be nourished with the foods that have enough health benefits for them. However, it is the parent’s mission to teach their children to understand the difference between junk food and healthy food, and the benefits of healthy foods and dangers of junk food. Unfortunately, not all parents are aware of junk food health consequences on their children and they lack the capacity of teaching their children how to eat healthy.

First, it’s easy for kids to go beyond the limit of eating all the sugary and fattening foods because they are readily available and there is a huge market aimed toward them. Junk foods such as fast food, chips and cookies cause our children to be obese. There are other major health problems which come along with eating junk food such as vitamin deficiency and cardiovascular disease. There are no nutritional benefits in junk food and therefore will be the underlining cause of many diseases associated with poor nutrition. In order to prevent our children from being prone to these diseases, we must teach them to eat foods which have high nutritional content such as fruit, vegetables, and fruits.

Second, when kids eat junk food, they gain weight easily and become overweight. This leads to another consequence of junk food eating. Junk food eating habits impacts life of kids in different ways. The weight gain can cause the child to be depressed and their self-confidence to go down. The depressed and self-confidence children can be too dependent of their parents and lack of will to do things. In order to avoid kids being depressed and having low self-confidence throughout their lives, parents should teach their children how to stay away from junk food by informing them on the nutrient content of the food they eat.

Third, convenience and price are the reasons why many children’s diets consist of junk food. Many working parents find frozen foods such as French fries, frozen foods easy to prepare and cheaper. Parents choose cheaper and easy ways to prepare foods, which are mostly junk food, for their kids in order to save money, but they don’t realize how much money they lose in the long run. Because the health problems caused from junk food, they lose more money for treatments of the health problems, such as tooth decay, heart disease etc. In order to avoid the financial burden caused by these junk foods to little kids’ life, it is better to teach them when they are young to buy foods that have good nutritional benefits.

As a result, parents need to be well educated in order to teach their child to have a good life. Teaching our children how to eat healthy food is an investment for their future. All parents should be aware of what their children are eating and teach their children healthy eating habits.
that will be a life style for their children’s rest of life.

Pinar Erdogdu
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Appendices

Slides and ladders – the nutrition way!
Krina P

The ethics in science class at Rutgers University recently came up with a new version of “snakes and ladders” game called slides and ladders that is designed to promote healthy living. The game is double targeted toward two age groups: ages 9 -12 and 13 +. If successfully launched; the game has potential to change the dietary habits of young Americans.

While, there are many games in the market today. This game is expected to be popular among parents. The game employs the concept of nutrition, diet and healthy living. The questions in this game are geared towards the youth that will enable them to make healthy choices in their diet.

The game is designed to challenge the young minds to make tough choices; choices that will not only enable them to be fit and healthy but will also boost their self confidence. In today’s society, where image is everything to a youth – this game will help them get to a comfortable body weight and stay there.

This game is also a top dog in a market that is predominantly rules by corporations. A market that is ruled by Pepsi, Coke, Lays etc. a market that does not cater to you and to your children. This acts like a ice breaker that will give parent to play with their children and also give them a chance to talk to them. Talk to their children about the food and life choices that they are making and the impact these choices have on their lives.

In today’s society this game will be a buffer between a fast food lunch and a home cooked meal. It will help young children make proper choices that they can be proud of. And it will also be beneficial because the concept they learn will be with them for the rest of their lives.

**Easy (9-12 age groups):**

**Sabine**

1) Exercise has benefits for which parts in the body?
   A. The heard
   B. The muscles
   C. The limbs (arms and legs)
   D. All of the above

(D)
2) From the following list, which is the most nutritious snack on the go?
A. Baby carrots
B. Chocolate bar
C. Bag of chips
(A)

3) Name 3 fruits/vegetables that are red in color.
(Cherries, Strawberries, Raspberries, Red apples)

4) Name 3 fruits/vegetables that are green in color.
(Cucumbers, Peppers, Peas)

5) Name 3 fruits/vegetables that are yellow or orange in color.
(Cantaloupe, Carrots, Lemon, Peaches)

6) Many of us like eating at fast food restaurants, however, we should limit our visits to such restaurants because:
A. Most of their foods are very high in calories and saturated fat, and eating a lot of them may lead to health problems.
B. Their food is not very tasty.
(A)

Pinar (Questions :7-17)

7) Which foods contain vitamin C?
   A) Soda, cookies, candy
   B) Ketchup and mayonnaise
   C) Orange, lemons and strawberries

8) A glass of coke provides good amount of vitamin A,B,C
   T OR F

9) Healthy choice from the vegetable group is
   A) Spinach
   B) Broccoli
   C) Soybean
   D) All of above

10) Eating high-fat dairy food is good for eyesight?
    T or F
11) A cup of milk is a good source of vitamin D? 
   T or F  
12) Which of the below is considered junk food? E9  
   A) Mushroom  
   B) Fried potatoes and burgers  
   C) Kiwi  
13) What is the name of the calcium and vitamin rich drink that keep your bones strong? 
   Milk 
14) What does Popeye eat to increase his strength? 
   Spinach 
15) What food group does banana belong to? 
   Fruit 
16) A healthier choice for breakfast would be ?  
   A) Cereal with milk and fruit  
   B) Chips and soda  
   C) Candy bar 
17) Which of these foods do not have health benefits for us?  
   A) Tangerines  
   B )Squash  
   C) Candy bar 
   Krina 
18)What is an ideal time for lunch? 
   A. 10 PM  
   B. Noon  
   C. Midnight  
   D. Skip the meal  
19)Which of the following foods is considered junk?  
   E. candy  
   F. Apples  
   G. Pears 
20) What is a key benefit for eating candy?  
   H. Gives you strong bones  
   I. None  
   J. All of the above  
   K. None of the above  
21) What does the food pyramid suggest you choose?  
   L. Can of Soda.  
   M. A cup of Milk  
   N. Take a nap  
21) Is playing wii games considered a sport?
22) A fast food restaurant provides __Junk______ food. Eating there is like eating a bag of chips.

23) Which of the following places is the BEST alternative to a home cooked meal? (Keep in mind none are as good as a home cooked meal!)

S. Wendy’s
T. McDonalds
U. Olive Garden

24) Which of the following is considered a healthy food choice?

V. Pasta
W. French Fries
X. Ice-cream

25) Which of the following is not a good snack?

Y. Candy
Z. Apples
AA. Grapes

26) Which of the following methods is an easy way to incorporate whole grain foods in your diet?

BB. Make sandwiches with whole grain bread
CC. Drink Milk
DD. Make sandwiches with raisin bread
EE. Drink plenty of water

27) The meat group in the food pyramid does not include which of the following?

FF. Poultry
GG. Fish
HH. Beef
II. Cookies

28) If you only eat cookies and ice-cream every day, what is likely to happen?

A. You will not have enough energy to play with your friends
B. You will get a stomach ache
C. Nothing will happen because you don’t need to eat vegetables and fruits every day
D. Only A & B

29) Which activity can be considered exercise?

A. Eating pizza 
B. Playing softball
C. Playing a game on the computer

30) What’s important to do while eating?

A. Chew all of your food
B. Eat slowly
C. Stop eating when you feel full
D. All of the above

31) Exercise is important because:

A. It will make me feel happy and healthy
B. I will have more energy
C. Both A & B

32) Which food can be considered a healthy snack?
33) It is important to exercise everyday
A. True  B. False

34) Rank the following activities from least active to most active:
A. Walking the dog.
B. Riding the bike.
C. Watching TV.
(C, A, B)

35) Eating plenty of fruits and vegetables can help:
A. Prevent heart disease.
B. Prevent some types of cancer.
C. Control blood pressure.
D. All of the above.
(D)

36) Orange fruits and vegetables contain all of the following except:
A. Beta-carotene.
B. Vitamin C.
C. Hydrogenated fats.
(C)

37) Is physical activity incorporated into the food pyramid?
A. Yes  B. No
(Yes)

38) All of the following are solid fats except:
A. Butter.
B. Stick margarine.
C. Corn oil.
(C)

39) In order to maintain a healthy diet, we need to limit our consumption of:
A. Chicken and beef
B. Candy and chocolate
C. Milk and cheese
D. All of the above  (D)

40) Milk has what key vitamin for your body?
a. A
b. B
c. C
d. D

41) An unhealthy snack such as cookies, Ice-cream is considered ___________ food. It’s either healthy or junk!

42) Which of the following should you not drink before bed?
e. A can of Pepsi.
f. Water

43) Which of the following food is rich in omega-3-fatty acids?
g. Salmon
h. Orange Juice
i. Apple Juice
j. Bananas

44) Which of the following is an easy way to include protein in your diet?
k. Eat salads every day
l. Skip breakfast
m. Stock up on beans
n. Visit the grocery store daily.

45) Which of the following is included in the vegetable group of the food pyramid?
o. Rice
p. Apple
q. Beans
r. Fruit Juice

46) Which of the following foods are especially grown in the summer?
s. Cherries
t. Grapes
u. Pasta
v. Milk

47) Which of the following is NOT a way to shop for fruits?
w. Fresh
x. Frozen
y. Dried
z. Canned
aa. None of the above

48) Incorporating this food in your diet is an easy way to add Calcium to your diet?
bb. Meats
cc. Rice
dd. Veggies
e. Milk

Pinar (Questions: 49-58)

49) Grains, breads and cereal provide vitamin B which helps to turn the foods into energy?
T or F
50) Which of these help us to develop strong muscles?
A) Meats, beans and nuts
B) Soda, cookies, candy
C) Bread, cereal, pasta

51) ________ and ________ are two foods rich in Vitamin A
A) Cucumber and potatoes
B) Orange and kiwi
C) Carrot and milk

52) What is the name of the orange colored vegetable that supplies vitamin A to keep your eyes healthy?
Carrot

53) Eating low fat and fat free foods can provide good health benefits
T or F

54) Which of the below have more vitamin C?
A cup of milk or a cup of lemon juice

55) Which of the below keep your gums healthy?
A) Chocolate cookies
B) Grapes
C) Apples

56) Which of these drinks don’t have health benefits for us?
A) Orange juice
B) Water
C) Soda

57) Carbohydrates give us the energy we need to play, learn, and sleep
T or F

58) Which of the below is a good healthy habit
A) Drink water
B) Play a sport
C) Get rest
D) All of above

59) Of the following choices which is most likely to cause childhood obesity?
Sleeping too much  B. Eating lots of veggies  C. Eating too much and not enough exercise

60) What increases a child’s likelihood to become overweight?
A. Genetics  B. Diet  C. Psychological Factors  D. All of the above

61) Which fruit has the most Vitamin C?
A. Orange  B. Apple  C. Banana
Which food is a good source of potassium?
A. Banana  B. Pizza  C. Cookies

Which food is a good source of protein?
A. Eggs  B. Fish  C. Hamburger  D. All of the above

Which food is considered a grain?
A. Bread  B. Cookies  C. Ice-cream

What does calcium do? H9
A. Help give you strong, healthy bones  B. Nothing, calcium is not good for you

Sabine (Bonus)
66) What’s your favorite sport?

67) What’s your favorite food?

68) What activity do you enjoy doing during your free time?

Easy (13+):
Sabine
69) Where can you obtain nutritional information about the food you’re eating?
A. From your friends.
B. From the back of the box.
C. From some official sites online.
D. A and B
E. B and C
(E)

Which of the following foods is rich in potassium?
A. Bananas.
B. Chicken.
C. Steak.
D. None of the above
(A)

Which is the most harmful type of fat to the body?
A. Unsaturated fat.
B. Saturated fat.
(B)

Which vitamin is abundant in oranges?
A. Vitamin A.
B. Vitamin B.
C. Vitamin C.
D. Vitamin D.
73) Vitamin A plays an important role in:
A. Vision.
B. Skin health.
C. Immunity.
D. All of the above.
(D)

74) Which of the following is not a dairy product?
A. Milk.
B. Cheese.
C. Eggs.
D. Yogurt.
(C)

75) How many glasses of water should a person drink every day?
   a. 8
   b. 6
   c. 12
   d. 14
76) Which of the following is considered carbohydrates?
   e. Apples
   f. Bread
   g. Ketchup
   h. Walk in the park

77) Orange Juice fills you up with Vitamin?
   i. A
   j. B
   k. C
   l. D

78) Which of the following is naturally made in your body?
   m. Butter
   n. Cholesterol
   o. Margarine
   p. Olive Oil

79) Which of the following is considered whole grains?
   q. White rice
   r. Wild rice
   s. Red rice
   t. Yellow rice

80) Eating vegetables provides what important nutrient?
   u. Potassium
   v. Lead
81) Calcium is absorbed in what part of your body?
   y. Eyes  z. Bones  aa. Muscles  bb. Brain

Aneesah
82) According to nutritionist’s, what is the most important meal of the day?
   A. Dinner  B. Breakfast  C. Lunch  D. Snack time

83) According to health experts, how much sleep should people get each night?
   A. 4 hours  B. 30 hours  C. 8 hours  D. 60 minutes

84) Which drink has the most sugar added to it?
   A. Water  B. Milk  C. Juice  D. Soda

85) Which food gives you carbohydrates?
   A. Potato Chips  B. Spaghetti  C. Gummy

86) How many calories are in one pound?
   A. 200 calories  B. 3,500 calories  C. 10,000 calories  D. None of these

87) Which food is in the meat group?
   A. Beef  B. Chicken  C. Peanuts  D. All of the above

88) If you eat waffles for breakfast, which food group are you eating from?
   A. Meat  B. Vegetables  C. Grains

89) What kind of a fruit are cherries?
   A. Melons  B. Berries  C. None of these

Bryan
90. Name a muscle on your body?

91. What is a contraction? Or show a muscle contraction?

92. What is endurance? Muscle sustains contraction for a ample amount of time

93. What is strength?

94. What is hypertrophy? Increase cross sectional area

95. Define density equation: D = M / V

96. What muscle do you use for bicep curls?

97. What movement is triceps extension of the arm?
98. Which is stronger your arms or your legs?

99. Define fine motors skills?

100. Define gross motors skills?

101. If I do 10 reps of 100 lbs how much weight did I put up?

102. 10 x 2 is ? 10 reps of 2 set is ?

103. What is a rep?

104. What is a set?

Pinar (Questions: 105-109)

105) Eating too much saturated fat increases your chance of developing __________ ?
   Heart disease

106) Proteins are foods which harm your health?
   T or F

107) What food group does rice belong to?
   A) Meats, beans and nuts
   B) Vegetable
   C) Grains, breads and cereal

108) What food group does egg belong to?
   A) Grain group
   B) Milk group
   C) Meat group

109) Which statement below is incorrect?
   A) Each meal should contain starchy carbohydrate food
   B) It is important to have 3 meals a day; breakfast lunch, and dinner
   C) Once a month, each person should exercise
Bonus (13+):
Pinar (Questions: 110-111)
110) Can you name a fruit that can be eaten dried or fresh?
111) What are three of your favorite meat group foods?
Sabine
112) List the names of 4 fruits that you like to eat.

Hard (13+):
Sabine
112) How many different food groups are in the food pyramid?
(6: Grains, Vegetables, Fruits, Milk, Meat and Beans, Oils)
114) All of the following foods are naturally high in healthy oils except:
A. Nuts.
B. Fish.
C. Bacon.
D. Avocados.
(C)
115) Which of the following foods are rich in fiber?
A. Whole grains, vegetables and fruits.
B. Chocolate.
C. Beef and chicken.
D. Ice cream.
(A)
116) Which type of tea is known to have more health benefits?
A. Green tea.
B. Black tea.
(A)
117) The main and simplest form of sugar in the body is:
A. Glucose.
B. Sucrose.
C. Fructose.
(A)
118) Most table salts are harmful to the body because:
A. They are depleted of minerals the body needs.
B. They have chemical additives that are harmful to the body.
C. A and B are true.
D. Neither A nor B is true.
(C)

119) The human body is made of approximately:
A. 20% water.
B. 60% water.
C. 90% water.
(B)

120) Sun exposure creates what key vitamin in your skin?
a. A
b. B
c. C
d. D

121) Which of the following is not a fermentable sugar?
e. Glucose
f. Fructose
g. Sucrose

122) Name a key characteristic of Vitamin C that aids in fighting cancer?
h. The orange color
i. The taste
j. Antioxidant
k. Its smell

123. Doing enough physical activity burns an extra 1000 kcal / wk which can decreases the risk of CHD by:
   a. 10%
b. 20%
c. 30%
d. 40%
e. 50%

124. Optimal Blood pressure is?
   Answer > 120 / 80

125. Why body mass index (BMI) screening not a diagnostic to go by?
a. Crude index of obesity
b. Not used to estimate body fatness
c. Not significantly related to height
d. varies w/ age, gender, & ethnicity
e. All the above

126. To maintain a constant body weight and composition, you must have a?
   Answer: Total energy ingested = total energy expended

127. Name 5 conditions associated w/ overweight:
   1. CVD
   2. Hypertension
   3. Diabetes
   4. Osteoarthritis
   5. Menstrual irregularities
   6. Obstructive pulmonary disease

128. To lose 1 lb of fat requires?
   a. Burn of 2500 kcal
   b. Burn of 3000 kcal
   c. Burn of 3500 kcal
   d. Burn of 4000 kcal
   e. Burn of 4500 kcal

129. What is the best solution for both short and long – term weight loss & maintenance?
   a. Diet
   b. Exercise
   c. Friends & Family
   e. Time
d. Both A & B

130. With weight training, you see significant changes in? Give 2 examples
   Answer: Decreased BF%, Increase lean muscle, Decreased Fat Weight, Increase RMR

131. What is obesity?
   Answer: Overeating, Intake calories > energy expended

132. The typical length recommendation for exercise is?
   a. 120 min
   b. 130 min
   c. 140 min
d. 150 min

d. 140 min

e. 150 min

d. 150 min

133. What factors can influence your resting metabolic rate?
   a. Lean body tissue
   b. Age
c. Menstrual cycle
d. Hyperthyroidism / hypothyroidism
e. Decrease Caloric intake
f. All the Above

134. What percent of weight loss can initially improve risk factors with overweight individuals?
   Answer: Less than 10%

135. How is more at risk Apple shape or Pear shape individual?
   Answer: Apple shape

136. What is associated with underweight? List 5
   Answer: Anorexia, Electrolyte imbalance, osteoporosis, muscle wasting, fractures & etc

137. What does DOMS stand for?
   Answer: Delay Onset of muscle soreness

**Pinar** (Questions: 138-140)
138) Foods that have starch (carbohydrates)
   A) are high in calories
   B) are good source of energy
   C) are good source of vitamin K

139) Which of the below are rich in potassium and important for muscle and nervous system?
   A) Peanut butter sandwich
   B) Carrot and celery
   C) Banana

140) Which one is not a fruit?
   A) Currant
   B) Okra
   C) Cacao
   D) None of above

**Aneesah**

141) Which food will give you more nutrients?
   A. Doughnuts  B. Cookies  C. Carrots  D. Candy

142) Popcorn is a grain
   A. True  B. False

143) It is important to take vitamins everyday
   A. True  B. False

144) Dark green vegetables and yellow fruits give you Vitamin A
145) A potato is a 
A. Fruit B. Meat C. Starchy vegetable

146) Peanut butter is to jelly like 
A. Doughnuts are to a healthy diet B. Exercise is to good health

147) What happens if you eat more calories than you lose? 
A. You lost weight B. You gain weight

148) Which is the safest and healthiest way to lose weight? 
A. Don’t eat breakfast B. Don’t eat the entire day C. Eat a well balanced meal

149) What do all foods have in common? 
A. They all taste good B. Nothing at all C. They all have calories

Steven

150) ___ a day keeps the Doctor away.
a) An apple 
b) A slice of bacon 
c) A bowl of ice cream 
d) A steak

151) What vegetable helps your eyesight?
a) Lettuce b) Tomato c) Carrot d) Broccoli

152) Milk is good for your ___?
a) Hair b) Bones c) Eyes d) Hearing

153) Which of these should you do every day?
a) Watch television b) Be active

154) Oranges are a good source of which vitamin?
a) A b) C c) F d) D

155) Which of these is not a dairy product?
a) Cheese b) Yogurt
c) Ice cream
d) Peanut Butter
156) How much water should you drink a day?
a) None, soda is better
b) 4 gallons
c) About 8 cups
157) Name a green vegetable (bonus)
158) Celery is a good source of?
a) Protein
b) Cholesterol
c) Fiber
d) All the above
159) What are the five food groups of the food pyramid?
Grains, vegetable, fruit, milk, meat and beans
160) Which is healthier
Eating fruit flavored candy or eating fruit
161) Which is not a fruit?
a) Guava
b) Kiwi
c) Honeydew
d) Pine nut
162) Sponge Bob Square Pants lives in which fruit?
Pineapple
163) Name a fruit that is a color (bonus)
164) Which vitamin helps cure scurvy?
a) A
b) C
c) D
d) F
165) How many servings of the grain group should you eat per day?
a) 1-2 servings
b) 3-5 servings
c) 6-11 servings
d) 12-16 servings
166) How many servings of the vegetable group should you eat per day?
a) 1-2 servings
b) 3-5 servings
c) 6-11 servings
d) 12-16 servings
167) How many servings of the fruit group should you eat per day?
a) 1-2 servings
b) 2-4 servings
c) 5-7 servings
d) 8-10 servings
168) How many servings of dairy group should you eat per day?
169) How many servings of the meat group should you eat per day?
   a) 1-3 ounces
   b) 4-9 ounces
   c) 10-11 ounces
   d) 12-15 ounces

170) How much physical activity should kids get per day?
   a) 10 minutes
   b) 20 minutes
   c) 40 minutes
   d) 60 minutes

171) Which types of grains are recommended to eat?
   a) Whole grains
   b) Rice
   c) Barley
   d) Wheat

172) Which type of oil is recommended to eat?
   a) Fish, nut, and vegetable
   b) Pizza
   c) Bacon
   d) Lard

173) Which is not a water soluble vitamin
   a) C
   b) B
   c) D
   d) None of the above

174) Which is not a fat soluble vitamin
   a) A
   b) D
   c) E
   d) K
   e) B

175) Which vitamin is produced from the sun?
   D

176) Name five vitamins (bonus)

177) Name five dairy products (bonus)

178) Name five fruits (bonus)

179) Name five vegetables (bonus)