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Teacher Questions - How Healthy is my Lifestyle

Center for Urban Resilience

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Lesson 2.2: How Healthy is my Lifestyle
Teacher Questions

1. Do you have breakfast most every morning? If so, take one step forward. If not, take one step back.
2. Do you drink more than 1 cup of soda a day? Take on step back
3. Do you exercise at least 3 times a week for 20 minutes? If so, take one step forward. If not take one step back.
4. Do you eat at least two servings of fruit a day? If so take one step forward. If not, take one step back.
5. Do you eat at least two servings of vegetables a day? If so take one step forward. If not take one step back.
6. Do you eat fast food at least 3 times a week? If so take one step back.
7. Do you smoke? If so take two steps back.
8. Do you sleep at least 8 hours a night most of time? If so take one step forward. If not take one step back.
9. Do you wear sunscreen when you go out in the sun? If so take one step forward. If not take one step back.
10. Do you drink water and milk more often than other beverages? If so take on step forward.
11. Do you eat fried food more than 3 times a week? If so take one step back.
12. Do you take daily vitamins? If so take one step forward.
13. Do you eat potato chips, Doritos of some other bagged snack at least four times a week? If so take one step back.
14. Do you sit to watch TV more than 4 hours a day? If so take one step back, if not take one step forward.
15. Are you involved in at least one extra-curricular activity or organization? If so, take one step forward.