

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *4 Weeks 2 A Higher IQ*, answer the following questions.

WEEK 1

1. What is a good way to “Eat balanced”?

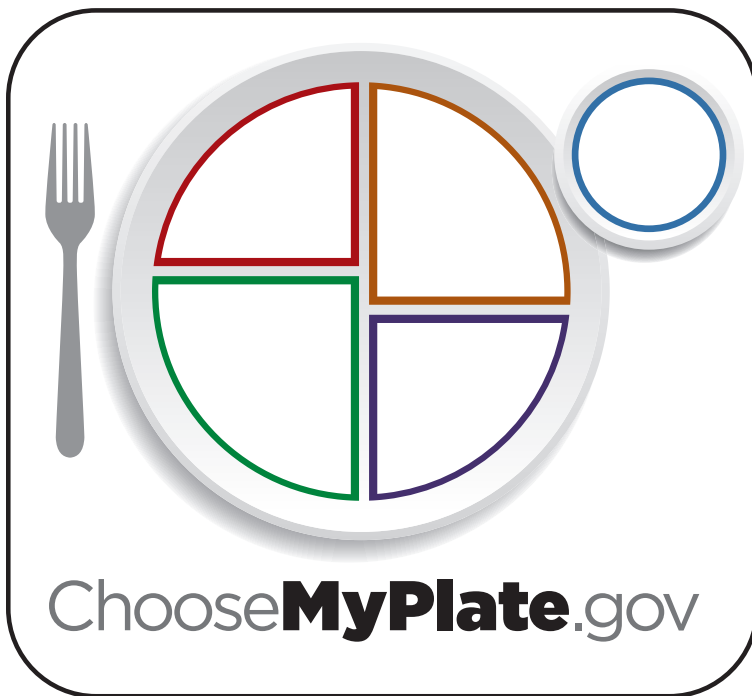
2. Why should you consider eating off of a salad plate instead of a dinner plate?

3. How is Lexi encouraged to “Move more”?

WEEK 2

4. What are some tips for making healthy choices at fast food restaurants?

5. Label the sections of the plate below:



6. What ways can you “eat more good stuff”?

WEEK 3

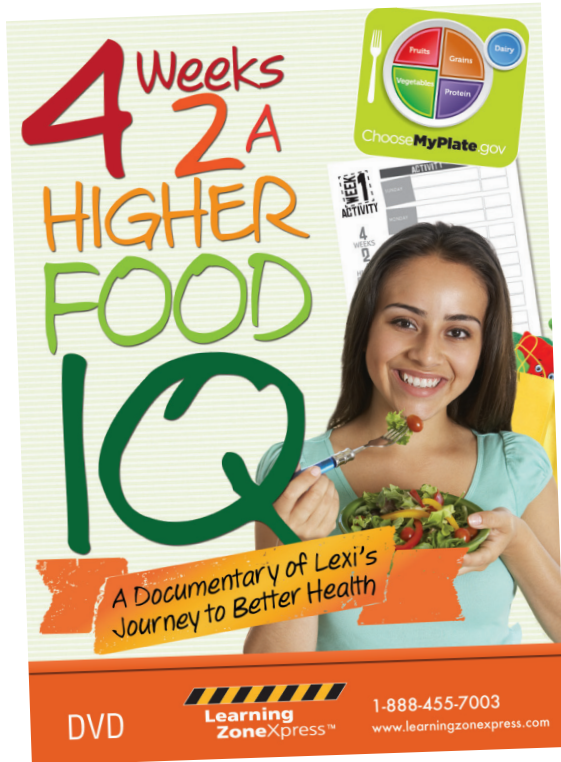
7. What three things should you look to limit in your diet?

8. What are some ways that you can avoid the “bad stuff”?

WEEK 4

9. What are some tips to “move more”?

10. What are the three types of exercise?



ANSWER KEY

Review:

After watching *4 Weeks 2 A Higher IQ*, answer the following questions.

WEEK 1

1. What is a good way to “Eat balanced”?

Eat smart by eating smaller portions

2. Why should you consider eating off of a salad plate instead of a dinner plate?

Research shows that people tend to eat according to the “level” or the space available to them. Salad or 9” plates make it easier for you to control your portion sizes and not have to measure or weigh your food.

3. How is Lexi encouraged to “Move more”?

Limit screen time (TV and computer) to two hours.

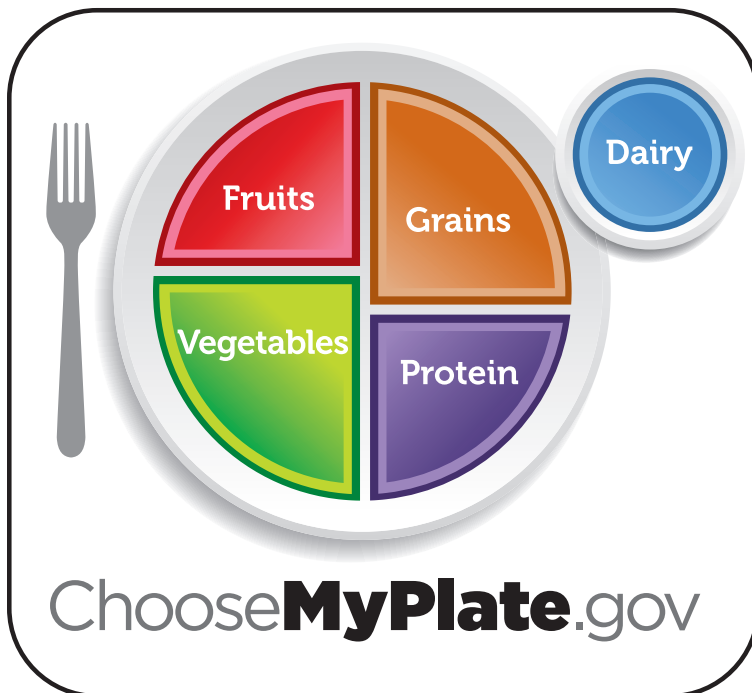
Do something that is fun to do like active video games.

WEEK 2

4. What are some tips for making healthy choices at fast food restaurants?

- Plan ahead for healthy fast food options by going on the restaurant websites and looking at nutrition information
- Ask for sauce on the side
- Order grilled or baked items instead of fried
- Drink water
- Choose salad, fruit, or yogurt for a healthy side

5. Label the sections of the plate below:



6. What ways can you “eat more good stuff”?

• **Fill your plate with a variety of colors, including dark green, red, and orange vegetables** _____

• **Include beans and peas for variety** _____

• **Fruit can help satisfy your sweet tooth and provide fiber to make you feel full** _____

• **Try a new fruit or veggie each week** _____

• **Make half your grain choices whole grains** _____

• **Choose lean proteins. Try vegetarian proteins and fish and seafood.** _____

• **Choose low or no fat dairy products.** _____

WEEK 3

7. What three things should you look to limit in your diet?

Sugar _____

Salt _____

Certain fats (saturated fats and trans fats) _____

8. What are some ways that you can avoid the “bad stuff”?

Choose fruit if you’ve got a sweet tooth _____

Avoid processed food to consume less sodium (salt) _____

Enjoy more of the “good stuff” or whole foods from all the food groups _____

Choose whole fruit rather than fruit juice (lacks fiber) _____

WEEK 4

9. What are some tips to “move more”?

Try for one hour of activity per day _____

Any movement is better than no movement _____

Activity can occur anywhere _____

Be active with family and friends _____

10. What are the three types of exercise?

• **Aerobic** _____

• **Muscle strengthening** _____

• **Bone (building) strengthening** _____

NAME: _____

Log your activity for the week in the chart below.

WEEK 1 ACTIVITY

4
WEEKS
2
A
HIGHER
FOOD
IQ

ACTIVITY	MINUTES
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

NAME: _____

Log your activity for the week in the chart below.

WEEK 2 ACTIVITY

4
WEEKS
2
A
HIGHER
FOOD
IQ

ACTIVITY	MINUTES
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

NAME: _____

Log your activity for the week in the chart below.

WEEK 3 ACTIVITY

4
WEEKS
2
A
HIGHER
FOOD
IQ

ACTIVITY	MINUTES
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

NAME: _____

Log your activity for the week in the chart below.

WEEK 4 ACTIVITY

4
WEEKS
2
A
HIGHER
FOOD
IQ

ACTIVITY	MINUTES
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	