

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching Energy Balance, answer the following questions.

1. What is a calorie? Why do we need calories?

2. What food groups are included on MyPlate?

½ _____

¼ _____

¼ _____

1 serving _____

3. Why should you have a variety of colors on your plate?

4. Why is it important to choose the right kinds of fats?

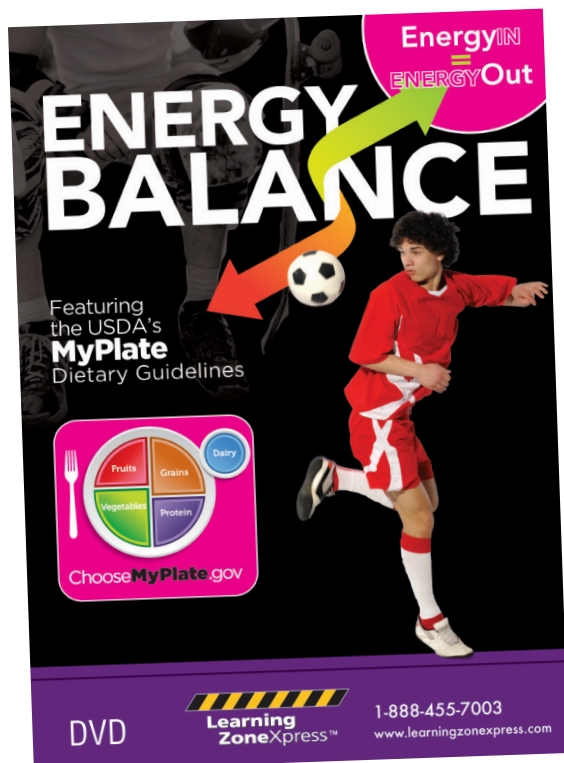
5. What foods are considered whole foods?

6. What are some short-term benefits of physical activity?

7. What are some long-term benefits of physical activity?

8. Fill in the chart below with possible solutions to common excuses people give for not getting regular physical activity.

EXCUSE	SOLUTION
Lack of time	
Boredom	
Bad weather	
Stress	
Injury or illness	
Lack of resources	
Safety	
Self-consciousness	



ANSWER KEY

Review:

After watching Energy Balance, answer the following questions.

1. What is a calorie? Why do we need calories?

A calorie is energy. Like gas fuels a car, we need calories to fuel our bodies.

2. What food groups are included on MyPlate?

$\frac{1}{2}$ **fruits and vegetables**

$\frac{1}{4}$ **protein**

$\frac{1}{4}$ **grains**

1 serving **dairy**

3. Why should you have a variety of colors on your plate?

Your plate should have a variety of different colored foods (especially fruits and vegetables) because each color has a different health benefit.

4. Why is it important to choose the right kinds of fats?

Some fats like hydrogenated fats found in cereals, crackers, and pretzels can increase your risk of heart disease. Choose healthy fats like avocados, olives and oils in moderation.

5. What foods are considered whole foods?

Fresh fruits and vegetables, nuts, beans, whole grains, lean proteins, low-fat dairy

6. What are some short-term benefits of physical activity?

Increases energy

Creates hormonal balance

Burn more calories at rest

Increases flexibility

Eliminates toxin build-up

Removes lactic acid build-up

7. What are some long-term benefits of physical activity?

Living longer

Living healthier

Not being sick all the time

Quicker recovery from sickness

Improved blood cholesterol levels

Lower blood pressure levels

8. Fill in the chart below with possible solutions to common excuses people give for not getting regular physical activity.

EXCUSE	SOLUTION
Lack of time	Watch less TV Work out while you're watching TV Break up activity into smaller blocks of time
Boredom	Vary your activities to keep it fresh Learn a new skill Hang out with friends
Bad weather	Find an indoor activity Embrace the weather – try skiing or shovel snow
Stress	Activity can help you deal with stress
Injury or illness	Ask a medical professional what you CAN do during your recovery
Lack of resources	Community centers may offer low-cost or free activities Spend time outside
Safety	Run in pairs Go to a safer neighborhood
Self-consciousness	Work out at home Try a class for beginners