

ACTIVITY

Ready to Eat

Directions: The terms “appetite” and “hunger” are sometimes used interchangeably, but each has its own specific meaning. After reading each of the sentences below, write *appetite* or *hunger* in the blank at the left to indicate the correct term the action seems to describe.

- _____ 1. Eli could hear his stomach growling.
- _____ 2. One look in the bake shop window and LaShawna was ready for a snack.
- _____ 3. As soon as Armando walked into the movie lobby, the smell of popcorn lured him to the counter. He found himself ordering a large box even though he had just finished dinner.
- _____ 4. The Boy Scout troop had been marching all morning. Wendell was beginning to feel light-headed. He wondered when they would stop for lunch.
- _____ 5. Mia was engrossed in reading her new book when her little brother came into the room carrying a small box of chocolate-covered raisins. He shook the box rapidly. The sound made Mia smile. She put out her hand and said, “Can I have some?”

Directions: Flavor combines a food’s taste, smell, and touch. Consider each of the foods listed below. Draw a circle around the aspect of flavor that is most important in your feelings toward that food. On the line provided, write what it is about that particular aspect that influences your feelings.

- 6. apples: taste smell touch _____
- 7. hamburgers: taste smell touch _____
- 8. potato chips: taste smell touch _____
- 9. raw celery: taste smell touch _____
- 10. Swiss cheese: taste smell touch _____
- 11. cooked asparagus: taste smell touch _____

ACTIVITY

Benefits You Can See

Directions: Regular physical activity can lead to physical fitness. People who are physically fit enjoy many health benefits, including the following:

- Firm body tone
- Good proportion of weight to height
- Ability to move with ease and speed
- Energetic
- Think positively
- Sleep soundly
- Feel good about themselves
- Enjoy good physical health
- Have fun doing physical activities and team sports

Imagine a person who has achieved all of these benefits. On the lines below, write a short story about the person. Use descriptive words to help the reader easily realize that the person has achieved each of the benefits of being physically fit.

ACTIVITY

Physical Activity for Physical Fitness

Directions: There are several components to physical fitness. Read each of the descriptions below and decide which component is being described. Write that component on the lines provided. Choose from these components: *muscular strength, muscular endurance, flexibility, coordination and balance, body composition, and cardiorespiratory endurance.*

- _____ 1. Marvin walked up to the third floor without huffing and puffing.
- _____ 2. Oma kept her arms outstretched as she walked over the log that bridged the stream.
- _____ 3. Phil was able to get the missing lid by crawling halfway into the cabinet, twisting his body to the left, and reaching around the huge stewpot.
- _____ 4. Rita lifted the heavy bags of groceries without trouble.
- _____ 5. Jiro had a healthful ratio of muscle to body fat and fluid.
- _____ 6. Kumi placed her right hand and arm over her right shoulder and her left hand and arm behind her back and upward until her hands could clasp.
- _____ 7. Etu bent over to pick up the fallen cup, then stretched to replace it on the highest shelf.
- _____ 8. Angelo rode his bike in a complicated series of loops and circles.
- _____ 9. Hilde was able to jog the whole two miles from school.
- _____ 10. Erik kept busy raking leaves for several hours.
- _____ 11. Sara pulled the wagon, which was filled with bricks, all the way to the garage.
- _____ 12. Milo kept his eye on the ball and, at just the right moment, leaped into the air to catch it.
- _____ 13. Annie lifted the heavy table so that Mattie could straighten the rug.

Continued

**Physical Activity for
Physical Fitness** continued

- _____ 14. John carried his book-filled backpack for the eight blocks to his home without becoming overly tired.
- _____ 15. According to his doctor, Fred's weight is just right for his height.

Directions: Activities that work your heart and lungs are called aerobic activities. Mark the aerobic activities in the list that follows by placing an X on the line provided.

- _____ 16. Playing a leisurely game of golf
- _____ 17. Running
- _____ 18. Playing tennis
- _____ 19. Brisk walking
- _____ 20. Fishing
- _____ 21. Swimming laps
- _____ 22. Playing croquet
- _____ 23. Playing volleyball
- _____ 24. Jogging
- _____ 25. In-line skating

ACTIVITY

Words to Exercise By

Directions: A slogan is a phrase that expresses a position, a belief, or a goal to be achieved. Advertising companies and organizations use slogans to gain attention and to help people remember their message. For instance, one slogan that health experts promote in teaching people about food safety is “When in doubt, throw it out.” Create three slogans that will help teens remember one or more of the following: important facts about exercising safely, ways to overcome obstacles that keep them from exercising, things to consider when setting fitness goals, and everyday opportunities to lead an active lifestyle.

Slogan 1: _____

Slogan 2: _____

Slogan 3: _____

ACTIVITY

I'd Like to Be More Active

Directions: To promote wellness, people should take part in moderate physical activity for about 30 minutes on most days, or in vigorous activity for about 15 to 20 minutes at least three times a week. Many people feel that they would like to be more active but find too many reasons for putting activity off. Following are several common reasons that people give for not being active. On the lines provided under each reason, write what you could say to that person to help the person find solutions to his or her problem and to motivate him or her to be more active.

- 1. Rosa: "I would like to be more active, I really would; but there is no time. I have homework pretty much every night, and I'm in the band."

- 2. Alexander: "I know exercise helps people be healthy; but I took an exercise class at the park last summer, and I was so bored, I quit. I can do only so many jumping jacks. I need a little more fun in my life."

I'd Like to Be More Active

continued

3. "If I could exercise without sweating, I'd start tomorrow."

4. "I thought about learning to play tennis, but none of my friends play. We mostly just hang out and talk or watch TV."

5. "The truth is that I don't like being laughed at. I am so clumsy. I'd like to play, but I know I would look dumb."
