

HOTT Activities

Career Peeks!

Name: _____

Take a peek at...

A **Dietitian** is a person who studies the food that people eat. They also work on keeping people healthy. They try to get people to eat healthy goods such as fruits and vegetables instead of junk food.

Take this nutrition quiz.

Which of these foods should you eat the least of?

- A) cheese B) bread C) chocolate D) apple E) corn

Which of the following can lead to heart disease?

- A) Being overweight B) not exercising C) eating unhealthy D) all of them

What is the best meal to skip?

- A) breakfast B) lunch C) dinner D) none of the above E) doesn't matter

About how much exercise should children get a day?

- A) 10 minutes B) 3 hours C) 30 minutes D) 4 hours E) none

Drinking water is an important part of your diet.

- A) True B) False

Which of these items should you eat or drink the most of?

- A) pop B) oranges C) cookies D) candy E) chips

Getting enough sleep at night is NOT important to your health.

- A) True B) False



Answers:

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A) True **B) False**