

# 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 foods such as fruits and vegetables instead of junk foods.

### Take this nutrition quiz.

*Which of these foods should you eat the least amount 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    E) none

*What is the best meal to skip?*

- A) breakfast    B) lunch    C) dinner    D) none of the above    E) any one you want

*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



Lesson  
Plan