

## Family Fitness Scavenger Hunt

### Objective:

To learn how to distinguish between healthy and unhealthy food choices and to determine the level of physical activity in your neighborhood and how to increase it.

### Nutrition Evaluation:

1. With your family, fill out the chart (*Page 2*) to identify “GO”, “SLOW” and “WHOA” foods in your kitchen. Visit [www.mypyramid.gov](http://www.mypyramid.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/go\\_slow\\_whoa.html](http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html) for more information.
  - **“GO” foods:** These are foods that you should have the most of and are on the left side of the food pyramid.
  - **“SLOW” foods:** These are foods that you want to only eat occasionally in moderation.
  - **“WHOA” foods:** Foods that you should avoid.

**Remember:** Sodas and juices count as well.

2. Based on your evaluation, what type of foods should you buy more of? What type of foods did you have that are considered “GO” foods? What foods should you try not to buy?

### Activity Evaluation:

1. What physical activities do you participate in at home?
2. What items do you have at home that you could use to develop muscular strength? For example, a can of beans to be used as a dumbbell.
3. Identify if your neighborhood promotes physical activity. If not, what could you suggest to encourage physical activity in your neighborhood? For example, lack of sidewalks makes it dangerous to walk. We could work as a neighborhood to get sidewalks which would encourage walking.
4. Identify at least five places in your community that encourage physical activity. For example, a local church may have a gym or if there is a YMCA in your neighborhood.
5. What role could you play to increase physical activity in your community?
  - Visit <http://www.standupandeat.org/index.aspx?id=yourneighborhood> to find suggestions on how to get started at making a difference in your neighborhood.



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Food	Go	Slow	Whoa
1.			
2.			
3.			
4.			
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