



Did you know that your heart beats 100,000 times per day?

What is the only place in the grocery store where the items don't have nutrition labels? _____

How much sugar does the average American consume annually?

24 pounds 162 pounds 50 pounds 200 pounds

Did you know that milk labeled "2%" is actually 37% fat by calories?



Grams of fat in a serving of 2% milk = 5

Calories per gram of fat = 9

A. *Multiple* $5 \times 9 =$ _____

B. Calories in a 8 ounce serving of milk = 121

Divide "A" by "B" = 37%

Word Search

Q	C	A	R	B	O	H	Y	D	R	A	T	E	E	Z	S	I	S
P	M	T	R	A	E	H	T	L	I	U	V	W	L	K	J	V	I
P	F	J	L	E	N	E	R	A	G	U	S	V	A	B	H	E	T
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D	U	O	S	C	R	F	A	B	Q	N	M	O	D	I	E	E	P
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Y	P	M	D	O	O	F	I	W	T	R	A	I	N	I	N	G	R

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|--------------|-----------|--------|
| Squat | Produce | Energy |
| Sit Up | Fruit | Fat |
| Push Up | Kale | Lunge |
| Calorie | Vegetable | Snack |
| Breakfast | Training | Heart |
| Muscle | Sugar | Fit |
| Nutrition | Protein | Food |
| Carbohydrate | Elite | Star |

Return the completed **Fit Family Times** activity sheet no later than April 18 and we will enter you in a prize drawing!

Email to
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 or mail to: Coach Karen
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