

The Best Me Review

WEBISODE 1 - BUST A MOVE

1. **Where did Kayla get her free lunch?** *Kayla got her free lunch from school. Review with your students how they can get a free lunch and how they can always find a healthy fruit or veggie in it!*
2. **Added sugar gives you healthy energy - T or F?** *False. "Added sugar" can be very sneaky (remember sneaky sugar?). Foods and drinks with added sugar put too much sugar into our blood too quickly. All of that sugar may give us a boost of energy at first, but then we have an energy crash (like Tino did) and we feel tired and hungry again.*
3. **Which snack gives you the best energy? Chocolate, gummy fruit bites, an apple, or bubble gum?** *An apple! An apple has important nutrients that help our body plus they give us energy that won't make us crash. Apples have natural sugar instead of sneaky sugar. Natural sugar from fruits and veggies don't add too much sugar into our blood so quickly like added sugar does.*
4. **How long should we move our bodies each day?** *We should move our bodies for an hour every day! Moving our bodies for an hour each day makes our bones and muscles stronger plus it puts us in a better mood. We can break up the hour and spread it out throughout the day. Just be sure to get 1 hour of physical activity every day!*
5. **You can still move your body indoors. T or F?** *True. When we can't get outside to move our bodies, we can always find ways to move our body indoors just like Kayla! We can dance, exercise, or even get creative with an imaginary hula hoop! Ask your students about other ways to get active indoors.*

WEBISODE 1 - HYDRATE WITH WATER

1. **Why was Tino so tired?** *Tino was so tired because he didn't wake up on time so he did not get a healthy breakfast. He had an energy crash from eating chips and drinking soda (a food and drink with added sugar).*
2. **Why did Tino and his friends make a plan to help Max?** *Tino and his friends noticed that Max looked sad. That's called empathy: when we imagine how someone might be feeling. They made a plan to get help from a trusted adult.*
3. **Juice drinks are much healthier than soda. T or F?** *False. Juice drinks and soda have similar amounts of sugar. When we need to quench our thirst and hydrate our bodies, water is the healthiest choice.*
4. **Why is having a routine important?** *Having a routine is important because a good routine can help us to build healthy habits. A routine can be a set of things we make sure to do every day like brush our teeth in the morning, put our clothes away after we change, or get to bed at a certain time. Sticking to a healthy and daily routine can make our whole day easier and help us to be our best!*

