Five for Life Questions

QUESTION:
What are the five components fitness? Give an example of each.

ANSWER:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Five for Life Questions

QUESTION:
How are foods grouped together to make up MyPlate? Give an example from each food group.

ANSWER:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Five for Life Questions

QUESTION:
Describe the five levels of intensity and give an example for each level.

ANSWER:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Five for Life Questions

QUESTION:
What roles do bones play in supporting and protecting the body and name 5 bones in the body.

ANSWER:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Five for Life Questions

QUESTION:
What are the four basic training principals that are used to vary workouts and improve performance? Give an example of each principal.

ANSWER:
__________________________________________
__________________________________________
__________________________________________
__________________________________________
__________________________________________

Five for Life Questions

QUESTION:
List an exercise that would benefit or train each of the following muscles: biceps, triceps, deltoids, pectorals, and abdominals.

ANSWER:
__________________________________________
__________________________________________
__________________________________________
__________________________________________
__________________________________________
__________________________________________
Five for Life Questions

QUESTION:
What is body composition?

ANSWER:

Five for Life Questions

QUESTION:
Correctly match the food group with the required daily serving amount.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>5 ½ ounces</td>
</tr>
<tr>
<td>Vegetables</td>
<td>sparingly</td>
</tr>
<tr>
<td>Fruits</td>
<td>6 ounces</td>
</tr>
<tr>
<td>Milk</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Meats and Beans</td>
<td>3 cups</td>
</tr>
<tr>
<td>Oils</td>
<td>2 cups</td>
</tr>
</tbody>
</table>