

Wellness Walk

Materials needed: several paper, pen, volunteers, prize for winner/participants

Set up several "rows" of paper (the # of rows depends on the # of participants you have) give each of them a number 1-15 and lay them out in order. Paper 1 should be the start line, and paper 15 should be the finish line. Each player needs 15

Example of layout:

	Starting line		
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
15	15	15	15
	Finish line		

pieces of paper (or notebook) and a pen. When the question is asked, each player writes down their answer. When each player has their answer written down, they all show their answers at the same time. For each correct answer the player moves forward one space. The goal is to "walk" across the finish line.

Sample quiz questions and answers are on back side of this paper.

Wellness Quiz

1. Is soda allowed in vending machines? *No*
2. Which month did the district adopt the wellness policy? *June*
3. Is the health content determined per serving or per package? *Per serving*
4. What is the maximum percentage of calories from fat allowed? *30%*
5. What is the maximum percentage of calories from saturated fat allowed? *10%*
6. What is the maximum percentage of added sugar by volume allowed? *35%*
7. What is the maximum amount of sodium allowed? *600 milligrams*
8. Are 100% fruit juices allowed? *Yes*
9. What is the maximum size of drink bottle allowed? *16 ounces*
10. What time does the wellness policy begin each day? *6 am*
11. What time does the wellness policy end each day? *30 minutes after students are released*
12. Does this policy include fundraisers? *Yes*
13. What percent of Anchorage kids enter school overweight? *32%*
14. What percentage of overweight children will become overweight adults? *70-80% (use your discretion on which answers qualify as correct)*
15. Can you still bring your own junk food to work? *Yes, but you are encouraged to choose a healthy alternative*