

Goals

1

Name one HOP'N Goal.

2

What do we call things that can get in the way of meeting our goals?

Name a go food.

Name a go activity

4

Name all 4 HOP'N goals

What should you do if you are having a hard time meeting your goals?

Eat Fruits & Vegetables at every meal or snack

1

Name a red fruit.

Name a white fruit.

Name a green vegetable.

2

4

Why should you put a rainbow on your plate?

Be Physically active every day

1

2

4

Cut back on TV & Videogames

1

What is a sedentary activity?

What is an active activity?

2

What is a fair amount of screen time to have a day?

Name an active present?

4

What does the word sedentary mean?