



Challenge: **WHY CAN'T I EAT CANDY FOR BREAKFAST?**

The Scoop: Many doctors recommend that Americans eat healthy foods and get at least 3 hours of exercise every week, but many of us don't. In this challenge, you will survey your friends, family and neighbors about their eating and exercise habits and make observations about what we can all do to lead healthier lives.

What You'll Need:

- Paper and a pen or pencil

The Challenge: Ask several different people you know to tell you what they eat and drink on a typical day, and how much exercise they get. (Remember that walking is a form of exercise!) How healthy do you think your friends and family are? Do you notice any patterns between good health and a diet/exercise plan?

Stuff to Think About:

- Are you getting the recommended amount of exercise? If not, can you think of fun ways to get more? Think about physical activity you can do while watching TV or at school – every little bit adds up!
- Is it difficult to eat healthy foods, and if so, what makes it so hard? Or, if you already eat healthfully, how do you and your family make those good food choices?
- Why do you think eating well and exercising helps keep you from getting sick?