



Health Specialist

Game of True or False

1. You need 15 hours of sleep each night.

FALSE. Kids your age need 9-12 hours of sleep each night.

2. When you sleep, your whole body relaxes, and your breathing and heart slow.

TRUE. This time is used by your body to repair itself.

3. Your body is $\frac{2}{3}$ water!

TRUE.

4. You need 2 cups (1.2-1.6 liters) of water everyday to be healthy.

FALSE. Kids need 5-6 cups on average.

Adults need 9-13 (2-3 liters). In hot weather or during strenuous work or exercise, you need more water.

5. Sunlight helps for strong bones.

TRUE. The vitamin D from the sun helps our bodies absorb calcium which is essential for strong bones.

6. Exercise gives you energy.

TRUE.

7. Eating lots of sugar is good for you.

FALSE. A little sugar is fine, but an excess of sweetened foods and beverages can lead to weight gain, blood sugar problems, an increased risk of heart disease, and dental problems.

8. About half of our food each day should come from fruits and vegetables.

TRUE.

9. Flossing your teeth is a waste of time.

FALSE. Flossing reduces cavities and gum disease.

The American Dental Association recommends flossing once a day, preferably before bed.

10. You should brush your teeth twice a day and floss once a day.

TRUE. Brush each morning and before bed each night.

11. TikTok challenges are always safe.

FALSE. Just because you see something on TikTok or YouTube doesn't mean it's a good idea. Please always check with an adult! Kids get seriously hurt each year trying these challenges.

12. Playing outside every day can make your heart stronger.

TRUE. It's also good for your eyesight!

13. Sitting too much or not moving enough can make your muscles weak.

TRUE. But playing outside and exercising makes your muscles and bones strong.

14. Not washing your hands can spread germs and make you sick.

TRUE. You should always wash your hands when coming inside, before eating or preparing food, and after using the bathroom.

15. Eating too much junk food can make you feel tired and sick.

TRUE. Eating more fruits and vegetables gives you more energy and helps you stay strong.







My Sleep Tracker



	<i>Time I Went to Sleep</i>	<i>Time I Woke Up</i>	<i>Hours of Sleep</i>
<i>Sunday</i>			
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>			
<i>Sabbath</i>			

Name _____