

Fitness for Life: Elementary School Teacher Information

Worksheet Answers

Worksheets provided on the DVDs that accompany the grade 3, 4, 5, and 6 classroom guides require students to answer several questions about physical activity or nutrition. Usually, these questions ask students to write short answers.

In the guides for grades 3-5, worksheet 3.1 includes a word scramble, and worksheet 3.2 includes a matching question. The correct answers for these questions are provided here.

Worksheet 3.1

- kims limk = skim milk
- elna team = lean meat
- isfh = fish
- stun = nuts
- lwo fta eschee = low fat cheese
- yos = soy

Worksheet 3.2

1. B
2. D
3. A
4. C