

Wellness, Physical Education, & Health Answers

(Name of the database from where the answer(s) came is listed in bold)

1. Movie theaters are resisting laws to make them post how many calories are in the food they serve. How many calories are in a tub of movie theater popcorn?

Answer: Over 600, **OneSearch**

2. Roger Bannister was the first person to run the mile in less than 4 minutes. Where can you find a picture of him crossing the finish line?

Answer: **Britannica**

3. The letters RDA appear on all sorts of food labels. What does RDA stand for?

Answer: Recommended Dietary Allowances (RDA), **Britannica**

4. Organic food might be better than non organic food, or it might not. Can you find arguments for and against organic food?

Answer: **Points of View**

5. Gatorade was one of the first energy drinks used by athletes. Who invented it?

Answer: J R Cade, **OneSearch**

6. Some kinds of fat are good for you and some are not. Omega 3 is a good fat that you can get from eating what?

Answer: Marine foods, **Health Source Consumer Edition**

7. While we commonly call it the Food Pyramid, the real name for what and how much we should eat is called the Dietary Guidelines for Americans. When was it last updated?

Answer: 2010, **OneSearch**

MARVELous May 2011

8. Interval training is often recommended by fitness instructors. What are some of the benefits?

Answer: Metabolic Rate remains higher so more fat is burned, **Health Source Consumer Edition**

9. Fiber is an important part of any diet. Can you briefly describe a few recipes for meals rich in fiber? **Answer:** These simple recipes fit into low-calorie plan, **Student Research Center**

10. A number of Mainers have won Olympic gold medals. Can you name at least two of them?

Answer: Ian Crocker and Seth Westcott, **Student Research Center**

11. What are some medical side effects of obesity?

Answer: **Health Source Consumer Edition**

12. Brothers from the Kariya family were successful athletes at the University of Maine. What sport did they play?

Answer: Hockey, **Student Research Center**

13. Antioxidants are thought to help prevent some forms of cancer. Antioxidants appear in many different things we eat, can you list three?

Answer: Fruits, vegetables, fish, **Student Research Center**

14. One of the major professional sports leagues has been involved in a union fight this spring. Which sport is involved?

Answer: Football, **Student Research Center**

15. People say a picture is worth a thousand words. Can you find a picture of the Food Pyramid?

Answer: **Student Research Center**