Miss Chiesi’s Physical Education extra credit assignment

Name ____________________________________________________ Date __________________________

There is a possible 20 total points to be earned for this assignment, which can make-up 2 missed classes and/or zeroes.

1. Name the five food groups (1 point total):
   a. __________________________
   b. __________________________
   c. __________________________
   d. __________________________
   e. __________________________

2. Name three lifetime fitness activities (1 point each):
   a. __________________________
   b. __________________________
   c. __________________________

3. Besides in school, name 2 specific places in Rochester where you can go to play sports/exercise (1 point each). Do not just say the park, give the name and if you know the location give that as well:
   a. __________________________
   b. __________________________

4. The outdoor sports complex (the track/football field area) at Franklin is named after which former Quaker/Bulldog standout (2 points)? __________________________

5. Give examples of a healthy and balanced meal for each of the following (3 points each):
   a. BREAKFAST:
   b. LUNCH:
   c. DINNER

6. In what country is next month’s Winter Olympics being held? (1 point) __________________________

7. Name a sport that can improve your cardiorespiratory endurance. (1 point) __________________________

8. New York City is hosting this year’s Super Bowl. Why is this an unusual choice? (1 point)
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