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How many bones are in an adult human body?

206

How much physical activity do kids need each day?

60 minutes

What is the largest muscle in the human body?

Glutes

What is the most popular form of exercise in the world?

Walking

Name the 5 food groups.

Grains, Veggies, Fruit, Protein, Dairy

What does a pedometer measure?

Number of Steps

What are the bones in your spine called?

Vertebrae

How far is a marathon?

26.2 miles

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<p>What color of fruit and veggies is known to promote healthy eyesight?</p> <p>Orange</p>	<p>Which fruit are raisins made from?</p> <p>Grapes</p>
<p>The "sunshine" vitamin is vitamin _____.</p> <p>Vitamin D</p>	<p>What should you look for when choosing a cereal?</p> <p>5 grams of fiber and less than 10 grams of sugar</p>
<p>How many muscles are in an adult human body?</p> <p>640</p>	<p>What organ, that is also a muscle, is responsible for pumping blood?</p> <p>Heart</p>
<p>How many servings of fruits and veggies should you eat each day?</p> <p>5</p>	<p>What is a good daily screen time limit?</p> <p>2 Hours</p>