

**Table 1: FITNESS JEPARDY**

| Bad Effects<br>(of Smoking or Chewing Tobacco)   | Dangers<br>(of Alcohol and Other Drugs and Inhalants)  | Balance Diet<br>(Food Groups)   | Good Health Habits  |
|--|--|---|---|
| Zodiacal Sign, Lungs, Throat and Lips<br><b>What is Cancer</b>                                   | London Bridge is ___ and Prices at Wal-Mart<br><b>What is falling down (loss of control of motor skills)</b> | You Just Gotta This Group<br><b>What is Milk</b>  | Once a month whether you need it or not<br><b>What is Take a Bath ... Okay daily!</b>     |
| Snorkel, Aqua-Lung, and Astronaut<br><b>What is Breath Deeply</b>                                | Yes and ___, and What to Tell a Pusher<br><b>What is Just Say No!</b>  | Rabbits and Eye Doctor's Like this Group, while Some Presidents don't<br><b>What is Vegetable</b> | Look Mom, Only One, Now with Floride, and Sparkle This<br><b>What is Brush Your Teeth</b> |
| Visine, Contact Solution, and Bloodshot<br><b>What is Irritate Your Eyes (or Red or Sore)</b>    | The Body's Oil Filter, ___ and Onions, and Malfunctioning<br><b>What is Damage Liver and Other Organs</b>    | Richard Simmons, a Tomato and Grapes belong to this Group<br><b>What is Fruits</b>                | Garfield's Motto and an Insomniac's Desire<br><b>What is Get Plenty of Sleep</b>          |
| Yellow, Smelly and Disgusting<br><b>What is Smoke Stains on Teeth and Fingers</b>                | Something to get MADD about, Killer of Thousands Each Year<br><b>What is Drunk Driving</b>                   | Captain Crunch, Buns and Amber Waves<br><b>What is Grain, Bread or Cereal Group</b>               | Quasimodo Wishes he Could do This<br><b>What is Stand Tall, Walk Tall</b>                 |
| Shoe Polish, Spittoon, and Baseball Players<br><b>What is Spitting Brown Stuff on Your Shoes</b> | Your ___ on Drugs, Blood ___ and D.O.A.<br><b>What is Kill Brain Cells</b>                                   | Mobey Dick, Super Chicken and BeanMan<br><b>What is the Meat Group</b>                            | A Balanced Diet Come from this<br><b>What is Eating Right</b>                             |