DISCUSSION

LESSON 11

NAME_____

After reading chapters 4-6 of Nicky Fifth Fit, discuss the following questions.

Chapter 4

- Nicky, T-Bone, and Wanda create a questionnaire for the students in school to complete. What is a questionnaire and why do we use them?
- What does Ms. Swanson tell Nicky, T-Bone, and Wanda that the school is going to have?
- What is insulin and how does it work?
- At the end of the chapter, what suggestion does Wanda make that Nicky loves? Why is he so excited about this suggestion?

Chapter 5

- Why is an illustrated snack list a good idea?
- What is a "lifestyle change" and why is that a good term to use to describe what the Abruzzi family is doing?
- In this chapter, Nicky, T-Bone, and Wanda go check out labels in a grocery store in search of healthy snacks. Think about some of the snacks that you enjoy. Are they healthy? How do you know?

Chapter 6

- At the beginning of the chapter, Nicky is explaining how upset T-Bone is because the boys are still "unofficial" ambassadors of New Jersey. Why do you think T-Bone feels this way? Have you ever felt disappointed because something didn't happen that you expected would happen? Explain.
- What is a farm-to-table restaurant? Have you ever been to one? What are the benefits of a farm-to-table restaurant?
- Name some of the other aspects of being healthy, besides nutrition, that Wanda wants to include in the Health Fair. Explain each one.
- Name some stressors that adults face. Name some stressors that kids face. Name some stressors from your life. Explain how to manage those stressors.

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