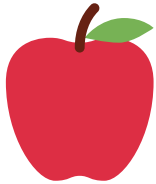


HEALTHY HABITS



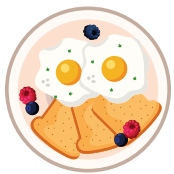
Use our healthy habits to answer the math problems.



I fill half my plate with colorful fruits and vegetables at every meal.

The fraction $\frac{1}{2}$ means half. What percent of your plate should be fruits and vegetables?

$$\frac{1}{2} + \text{_____} \times 100\% = \text{_____}$$



I eat a healthy breakfast each day.

If there are 7 days in a week, how many times a week should you eat breakfast?
_____ x a week.



I drink plenty of water and avoid sugary drinks.

Each day you should drink at least 8 cups of water. If there are 8 ounces in 1 cup, how many ounces should you drink each day?

$$8 \text{ cups of water} \times 8 \text{ ounces per cup} = \text{_____} \text{ ounces of water per day.}$$



I sit less and move more.

Each day, you should get at least 60 minutes of physical activity. How many minutes of physical activity should you get per week? _____ minutes.



I cook and eat at home at least five times a week.

If there are 3 main meals in a day and 7 days in a week, how many chances are there to cook at home each week? $7 \text{ days} \times 3 \text{ meals} = \text{_____}$ total meals.