

Student Link

Internet Treasure Hunt for Grade 7 (Health & Phys. Ed: Fitness)

Student Name: _____

1. In StudentLink Grade Seven click on **Health and Phys. Ed.** Under **Healthy Living** select **The Fitness Jumpsite.**

THE FITNESS JUMPSITE!



2. What is a *slogan*? (if you don't know, visit dictionary.com quickly!). Define the word below:

Based on this explanation, what is the slogan for this website?

Why would someone find a calorie counter to be useful? _____

Click on the calculator. What 2 pieces of information are required??

1) _____ 2) _____

3. Let's do some researching! Click on the **Fitness library**, then **Nutrition Made Easy**. Find **Fat Facts and Fiction** and click on it. Select ONE myth and write it below. Read the fact that follows your myth and use two sentences to succinctly and concisely (precisely) explain it:

Myth: _____

Fact: _____



4. When you're done, click "back" once and then select "**10 Tips to Healthy Eating**". Read through each tip, then write out three that you feel you could improve upon!

Good Tips for Me!

Tip # ____

Tip # ____

Tip # ____



Student Name: _____

5. Click on **Managing your Weight**. How many different headers (words written in orange font) are there?

Define the word **metabolism**: (go to **dictionary.com** for help!)

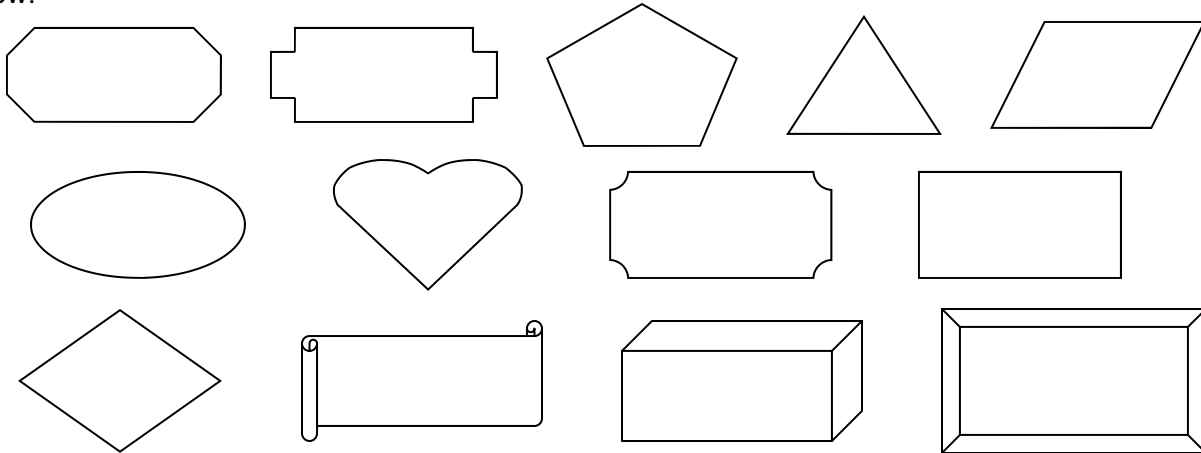


Now, locate the link entitled "**Eight Keys to a Healthy Weight**". Select 3 key ideas and list them below:

1. _____
2. _____
3. _____



6. Click "**back**" to return to the "**Managing your Weight**" webpage. Click on "**Stress Management**". The author lists thirteen different ways that we can reduce stress in our lives. Use one word to indicate each below:



7. Click "**Back**" to return to the homepage and select



8. Click on **Buying Equipment for a Home Gym** and read the article.

What are the 5 steps?

- 1.
- 2.
- 3.
- 4.
- 5.

Would you want your own home gym?

Yes _____ No _____

Why?

