



Name: _____

Date: _____

Energy Decisions

Instructions: When put to the test, will you make the decision that gives you energy or zaps your energy? Check out the following scenarios to find out! Select one scenario, and read the articles at KidsHealth to gather more information about how eating and sleeping right give your body energy. Then answer the questions below about your scenario.

Scenario 1:

You have a huge math test tomorrow, but you studied all week and you think you're ready for it. Lucky for you, there's a marathon of your favorite show on TV tonight! The last episode ends at midnight. You want to stay up and watch it, but that's pretty late. What should you do?

Scenario 2:

You've joined the soccer team, and you've been practicing every day and playing games on the weekend. Since the start of the season, you've been so hungry, even though you feel like you've been eating constantly. You don't want to pack on the pounds, but you don't know how to curb your hunger. What should you do?

Scenario 3:

You like to keep yourself busy. You have piano lessons right after school, then you go home to do homework, and then you have to run out the door to go to basketball practice. Most of the time you only have a few minutes to grab something for dinner. If you skipped dinner, you could get to practice on time, and then you could just have a snack before bed to quiet your rumbling stomach. What should you do?

What choices do you have?

How would each decision affect your energy level? List the possible outcomes of each decision you could make.

Which decision is the healthiest and would give you the most energy? Why do you think so? Give facts from KidsHealth to support your answer.
