

Student Resource: Staying Healthy Outdoors - Self-Check (junior)

1. Put a checkmark beside the kinds of food you might take with you on a day hike and add a food as an example.

- ☐ fruit that won't spoil or get crushed such as [insert example]
- ☐ a high-energy food such as [insert example]
- ☐ a healthy carbohydrate such as [insert example]
- ☐ a healthy fat such as [insert example]

2. Two rules for staying healthy while being active in the outdoors are "Eat before you're [insert response]" and "Drink before you're [insert response]".

3. What are 2 things you need to think about when selecting nourishing food and drink for a full day trip?

4. What are 2 additional items that you should take other than food and drinks for hygiene and cleaning up?

Answers:

Question 1: Check all. examples of a fruit that won't spoil or get crushed- apple; examples of a high-energy food - fruit, dried fruit, raisins; example of a carbohydrate - apple, rice cakes, crackers; examples of a healthy fat - nuts in granola bars or trail mix, cheese.

Question 2: "Eat before you're hungry" and "Drink before you're thirsty".

Question 3: Non-perishable, Lightweight, Won't squish, Easy to cook, How much to take?

Question 4: Hand wipes, Hand sanitizer, Garbage bags.