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Lifetime Wellness Nutrition Worksheet #1
NAME _____ Date _____
1. What is the most essential nutrient for survival?
2. What percentage of your total body weight is water?
3. List some of the major physiological functions of water:
4.
5.
6.
7. What is the body's main source of fuel?
8. What are the two main categories of carbohydrates?
9.
10. What 2 things will your body have to storage if it does not get enough carbohydrates?

Foods typically high in complex carbohydrates:
11.
12.
13.
14.
15.
16.
17. Eight amino acids that need to be obtained from our diet are called:
18. A protein food that contains all the amino acids is called:

Foods typically high in protein:
19.
20.
21.
22. List four functions of fat in the body:
23.
24.
25.

Name _____ Date _____
MENTAL MATH QUIZ 3:3



1) $7 + \underline{\quad} = 12$	
2) How many sides does a hexagon have?	
3) 10×7	
4) What is the value of the digit 1 in the number 4215?	
5) Round 73 to the nearest 10	
6) $18 - 15$	
7) Half of 16	
8) How many minutes in half an hour?	
9) How many right angles can you see in the shape? 	
10) The time is 10:20am. What will the time be in 2 hours?	
11) What is the missing number in the sequence: 39, 37, 35, 33, 31, <u> </u>	
12) $4 + 9 + 6$	
13) Write down the number four hundred thirty-six	
14) What is the total of all the coins? 	
15) The date is April 28. What will the date be in 5 days' time?	
16) How many cm is 6 meters?	

Name: _____

Christmas Riddles



Match each Christmas riddle on the left to the correct answer on the right.

- | | |
|---|---|
| 1. <u> </u> What do Santa's elves learn when they go to school? | a. A cookie sheet |
| 2. <u> </u> What does a gingerbread man put on his bed when he goes to sleep at night? | b. Santa Claus walking backwards. |
| 3. <u> </u> Why are Christmas trees bad at knitting? | c. The elf-abet |
| 4. <u> </u> Who says, "Oh, oh, oh!"? | d. They're always dropping their needles. |
| 5. <u> </u> Which elf is the best singer at the North Pole? | e. Santa Jaws. |
| 7. <u> </u> Who brings presents to baby Sharks? | f. Frosted Flakes. |
| 8. <u> </u> What's black and white and red all over? | g. ELF-is Presley. |
| 9. <u> </u> What do snowmen eat for breakfast? | h. Santa Claus covered with chimney soot. |

CRYPTIC QUIZ

1. Why did the little girl paint spots on the staircase?

Answer:

14 7 4 3 11 14 11 14 15 4 1 9 2 15 15 4 12

2. What do you call a thirty-six-inch two-by-four?

Answers

11 10 6 13 8 4 12 5 11 12 9

Solve each equation for y in terms of x . Find your answer below and notice the letter next to it. Each time the exercise number appears in the code, write this letter above it.

1	$x + y = 5$	6	$-x + 2y = 6$	11	$3x + 2y - 6 = 0$
2	$-3x + y = -2$	7	$x - 2y = 2$	12	$x - 4y + 2 = 0$
3	$x - y = 7$	8	$-2x + 3y = -12$	13	$-2x - 6y = 0$
4	$-4x - y = 1$	9	$5x + 2y = 1$	14	$8y - 3x = -6$
5	$3x - y = -10$	10	$4x - 3y = -2$	15	$7x = 2y$

Answers: **Answers:**

Answers:

(E) $y = -4x - 1$	(D) $y = -\frac{5}{2}x + \frac{1}{2}$	(N) $y = \frac{4}{3}x + \frac{1}{4}$
(F) $y = 3x - 1$	(U) $y = \frac{1}{2}x + 3$	(S) $y = \frac{3}{8}x - \frac{3}{4}$
(P) $y = -x + 5$	(L) $y = \frac{4}{3}x + 3$	(R) $y = \frac{1}{4}x + \frac{1}{2}$
(W) $y = x - 7$	(G) $y = \frac{3}{4}x - 4$	(A) $y = -\frac{3}{2}x + 3$
(Y) $y = 3x + 10$	(H) $y = \frac{1}{2}x - 1$	(T) $y = \frac{7}{2}x$
(O) $y = 3x - 2$	(B) $y = \frac{2}{3}x - 4$	(M) $y = -\frac{1}{3}x$

148 ALGEBRA WITH PIZZAZZ!
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OBJECTIVE 5-d: To solve an equation for y in terms of x .

FUN WITH ANAGRAMS

Mix and re-arrange the names of all these people on the left to find English words (sometimes 2 words) which match the clues.

If you really can't find the answer, move the cursor to the third column and change the **FONT COLOUR** into **BLACK**.

Name	Clue
Dave Tuner	<i>His life isn't boring.</i>
Pat Hable	<i>He knows all the letters.</i>
Alan Cumbe	<i>Let's hope you never need him.</i>
Nat Medbin	<i>Great sportsman.</i>
Fiona Clair	<i>Lives in America.</i>
Paul Simon Gachee	<i>The best and brightest.</i>
Alec Cooth	<i>Such a sweet boy!</i>
Trish Scam	<i>A merry girl.</i>
Margot McUspee	<i>Lives in a world of her own.</i>
Rock Fassel	<i>Meet him at breakfast!</i>
Lon Gaide	<i>He's a big talker.</i>
Fred Finet	<i>He's not like you and me.</i>
Danny Delis	<i>Kids like him a lot.</i>
Scot Bugidj	<i>Your best friend's treat.</i>
Louise Todfry	<i>Bob the Builder's little sister?</i>
Ross Wantid	<i>Not much of a climber.</i>
Henry Givet	<i>He gives you all you want.</i>
Edgar Ribfie	<i>Call him when it's getting too hot.</i>
Rolf Powet	<i>Always there on Mother's Day.</i>
Ernie Glen	<i>Takes you right into London.</i>
Marge Hurb	<i>Not a vegetarian.</i>
Chet Farvor	<i>Crossed the Channel in no time.</i>
Eric Mace	<i>Meet him on a hot summer's day.</i>

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