

Food Math 101

Calendar Quiz

For the 6th Grade Class

Bennie Dover Jackson Middle School
New London, CT --- April 2-5, 2013



(Prepared on 3-28-13 by J. Morris Hicks, author --- "Healthy Eating, Healthy World")

1	What is your name? >>>>>	
2	Your birthday: Month/Day/Year >>	
Jan	What is the best way that we can save the most water?	
Feb	What is the Standard American Diet? (The S.A.D.)	
Mar	What do we humans have in common with gorillas?	
Apr	What is the leading cause of obesity in the United States?	
May	What do the strongest animals in the world eat?	
Jun	Where do those strong animals get their protein?	
Jul	What percent of our nation's energy comes from "renewable" sources?	
Aug	How can we prevent or reverse heart disease and diabetes? (Type 2)	
Sep	What is the leading cause of global warming?	
Oct	How many people can the Earth feed the S.A.D.? (with the land we have)	
Nov	How many of the millions of species do not live in harmony with nature?	
Dec	What is the healthiest diet for humans AND for the planet?	

Congratulations! By completing the "Food Math 101" mini-seminar, you:

- Have learned the simple truth about promoting health.
- Know how our food choices impact finite resources: land, water & energy.
- Understand how those same food choices worsen HUGE issues like world hunger, global warming, the cost of health care and much, much more.

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