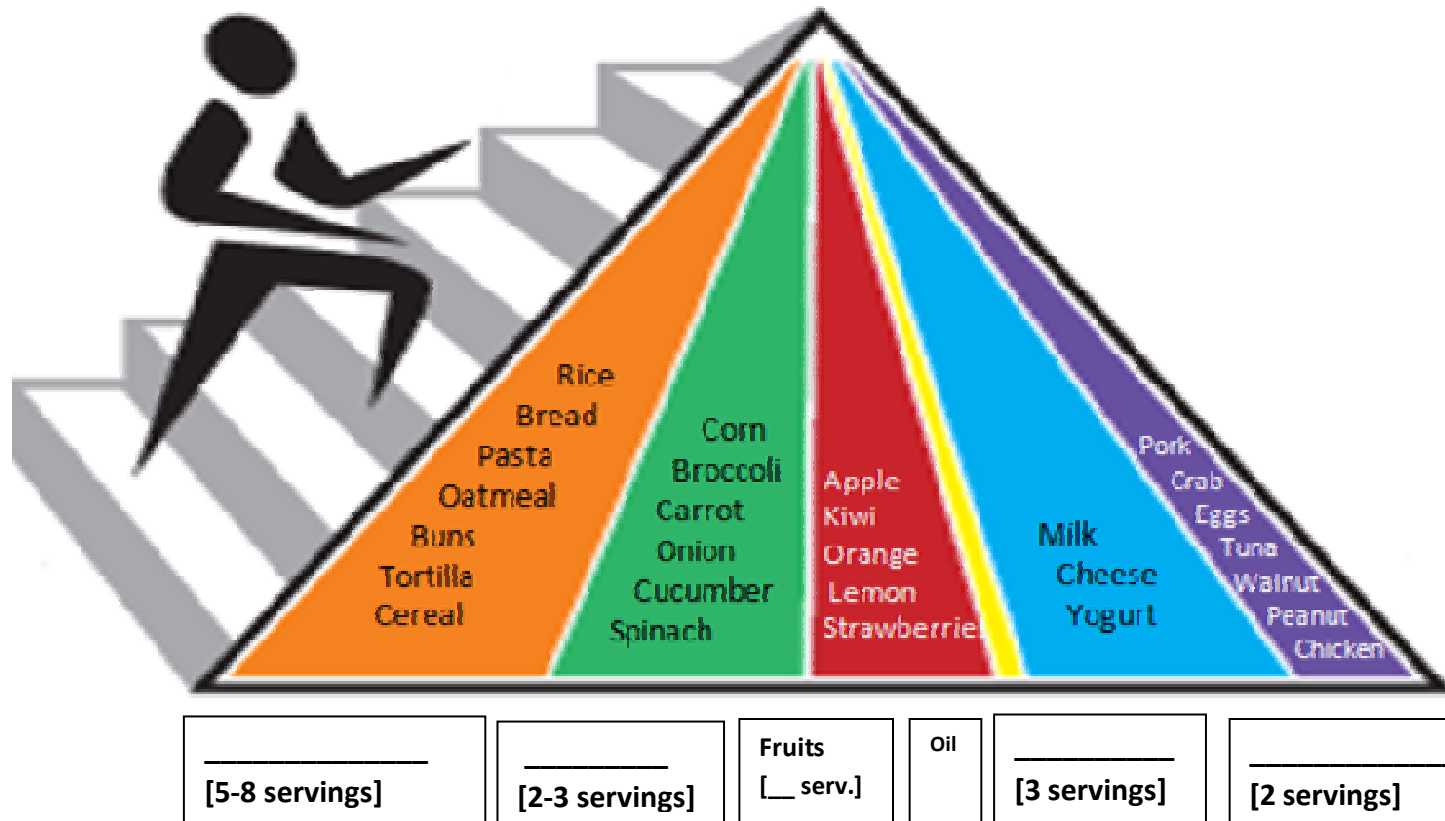


## Fruitful Notes—Lesson 5

### Review from previous lessons



- 1 tablespoon of sugar = \_\_\_\_\_ grams of sugar
- What is the goal of advertisement? \_\_\_\_\_  
What is one technique that food companies use to advertise their product? \_\_\_\_\_

## Exercise and Nutrition

- You should get \_\_\_\_\_ hour(s) of exercise each day!
- There are 3 types of exercise:
  1. \_\_\_\_\_ exercise. Example: \_\_\_\_\_
  2. \_\_\_\_\_ exercise. Example: \_\_\_\_\_
  3. \_\_\_\_\_ exercise. Example: \_\_\_\_\_
- One calorie = one unit of \_\_\_\_\_
- When **calories you eat > energy your body needs**, the extra calories are stored as \_\_\_\_\_