

It's Nutritious



They say that what you are what you eat. That's why athletes need to watch their diet and eat healthy. Check out the nutrition booth to answer the following questions.

1) Look at the food pyramid and name the seven groups and a favorite of yours from each group.

2) Which food group is your favorite? Why?

How well do you know your food? Stick your hand in each bucket and guess what the players had to eat the night before.

What's in:

Bucket #1 _____

Bucket #2 _____

Bucket #3 _____

Bucket #4 _____

Bucket #5 _____

Physical Fitness

Go behind the lawn area in right field to test some elements of your physical fitness. You can check your scores by looking at the charts posted on the deck.

- 1) Test yourself in the following areas and record your score after one minute.

Pushups: _____

Curl-ups (sit-ups): _____

- 2) List 5 activities or exercises you can do to stay physically fit.

- 3) Other than to play sports, why do you think it is important to get fit and stay fit?

Who's on First?

Match each player with the position they play on the field. Write the name of each position by the '?' where they belong. Listen to the announcer and watch the game closely for help.

Players:

- Pitcher
- Catcher
- 1st base
- 2nd base
- 3rd base
- Shortstop
- Left field
- Center field
- Right field
- Batter

