

# First Lady Gets Personal on Obesity Issue

Michelle Obama shares stories about her family during obesity campaign in Va.

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1. First Lady Michelle Obama realized her two children needed to raise her children a different way because
  - a. the demands of living in the White House.
  - b. the rapid pace of their lives.
  - c. their diet and lack of exercise were causing weight gain and unhealthy habits.
  - d. they were entering their teen years.
2. Over a series of months, Michelle Obama limited
  - a. snacks.
  - b. breads, pizza and cakes.
  - c. TV time.
  - d. late night snacks.
3. Instead of eliminating meals or making major changes, Michelle Obama
  - a. reduced the portion size.
  - b. selected their menu more carefully.
  - c. added more soups and salads.
  - d. reduced the time allocated for meals.
4. Michelle Obama encouraged her girls to drink more
  - a. milk.
  - b. skim milk products.
  - c. water.
  - d. sports drinks.
5. To make their meals more colorful,
  - a. more fruits and vegetables were added.
  - b. food coloring was added.
  - c. soups were added.
  - d. dessert came in 36 flavors.
6. First lady Michelle Obama found that besides adding fruits to their lunch boxes,
  - a. a snack made everything else go down easier.
  - b. you had to pester them to eat the fruit.
  - c. a vegetable was needed also.
  - d. a sports drink washed everything down.
7. On their next checkup, their doctor found that small changes
  - a. made a significant difference.
  - b. were a good start to bigger changes.
  - c. made little difference. You had to get serious.
  - d. worked on one daughter but not the other.
8. Michelle Obama pointed out that kids
  - a. have to “want” to make changes.
  - b. are not in control of their own diets.
  - c. know better but are stubborn.
  - d. are just like us.

9. Michelle Obama concluded that we all know what to do, but

- a. it costs a lot and is worth it.
- b. it is tough to make the changes.
- c. we just have to make the commitment.
- d. the kids must go along.