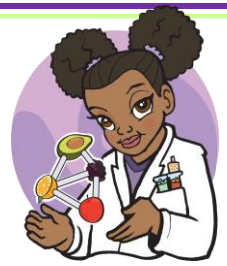




Stop Free Radicals in their Tracks with the Super Crew



Directions: Think about the things that cause free radicals to form in your body. For every damaging free radical, make sure you have an antioxidant or activity to balance it out! Write your answers in the table below.

What causes free radicals to form?

- 1.
- 2.
- 3.
- 4.
- 5.

What are some ways to combat free radicals?

- 1.
- 2.
- 3.
- 4.
- 5.

Below set two goals on how you plan to combat free radicals from damaging your body!

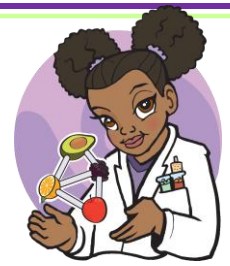
1. I will combat free radicals by _____

2. I will combat free radicals by _____





Stop Free Radicals in their Tracks with the Super Crew Teacher's Answer Key



Directions: Think about the things that cause free radicals to form in your body. For every damaging free radical, make sure you have an antioxidant or activity to balance it out! Write your answers in the table below.

What causes free radicals to form?

1. Junk Food
2. Chemicals in water
3. Pollution
4. Not enough exercise
5. Sun Exposure

What are some ways to combat free radicals?

1. Choose less processed foods
2. Eat more fruits, veggies, herbs spices, nuts and seeds everyday
3. Choose whole grains over white flour
4. Exercise everyday, like dancing, hopscotch, jump rope, sports and biking
5. Wear sun block

Below set two goals on how you plan to combat free radicals from damaging your body!

1. I will combat free radicals by eating fruit every day at breakfast.
2. I will combat free radicals by doing jumping jacks and sit-ups when I'm watching TV
3. I will try new types of healthy foods to stop free radicals in their tracks!
4. I will get more antioxidants by choosing more whole grains and eating less junk food.
5. I will go for a walk with the dog and my parents to get more exercise.

