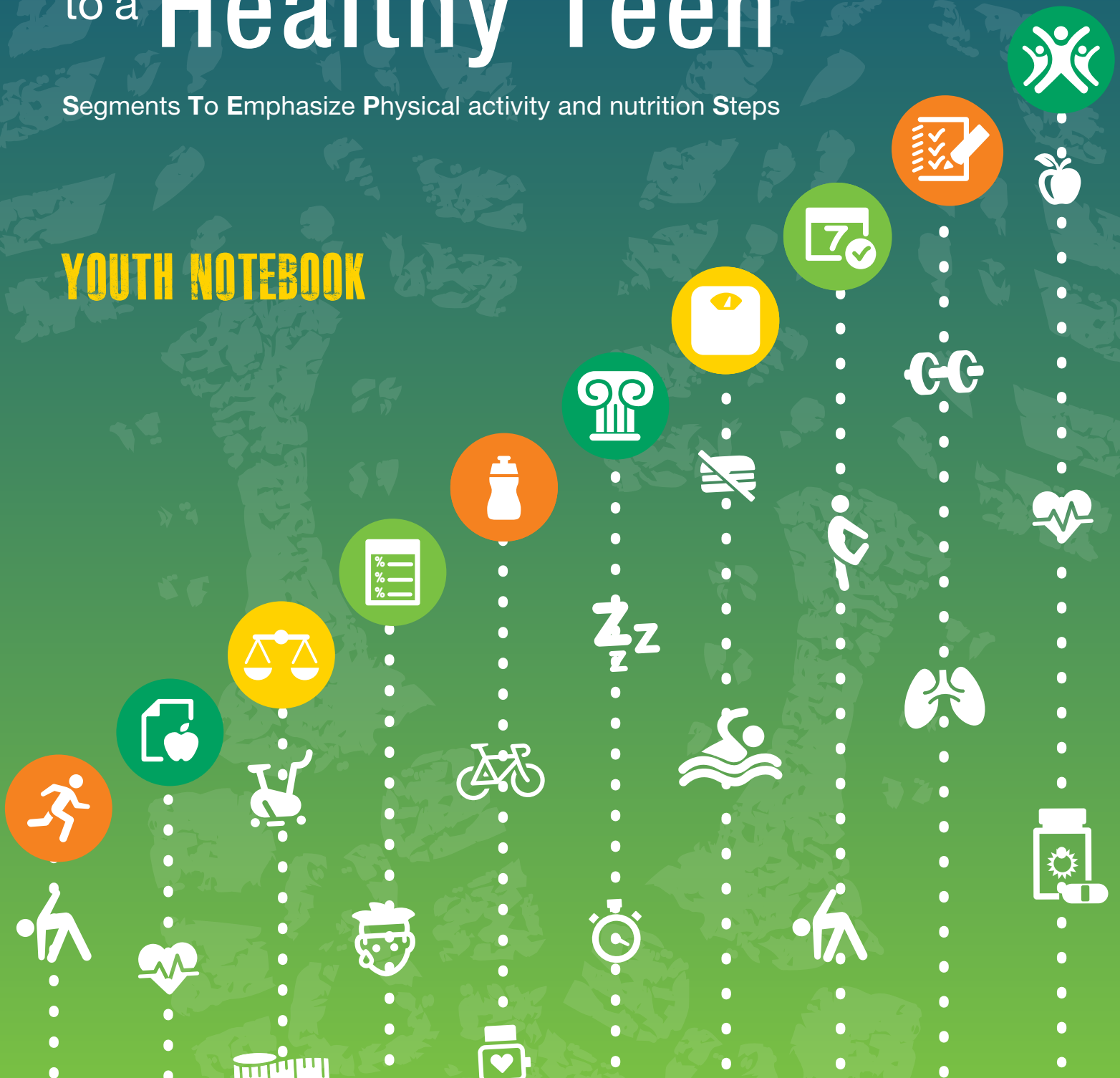
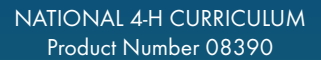


to a **Healthy Teen**

YOUTH NOTEBOOK



AUTHORS

Laura Anderson, MS RD, Extension Educator, Michigan State University
Dawn Earnesty, MS RD, Extension Educator, Michigan State University
Deborah Grischke, MS CFCS, Extension Specialist, Michigan State University
Sheilah Hebert, MS RD, Extension Educator, Michigan State University
Lynn Krahn, MSW, Extension Educator, Michigan State University
Cynthia B. Mark, PhD, Extension Program Leader Emeritus, Michigan State University
B'Onko Sadler, MS, Extension Associate, Michigan State University
Mary Yeomans, MA, Volunteer, Michigan State University

PROJECT DIRECTORS

Cynthia Mark, Ph.D., Program Leader Emeritus,
Michigan State University

Tara D. M. Wheeler, MPA
National 4-H Council

EDITOR

Anita C. Stuever MA, Communication Works

LAYOUT AND DESIGN

TM Design, Inc., (301) 831-1114, www.tmdesigninc.com

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TABLE OF CONTENTS

TOC



Overview	STEPS to a Healthy Teen curriculum	2
Activity 1.	On the Right Track!	3
Activity 2.	Getting a Handle on Nutrition	7
Activity 3.	The Balancing Act.....	13
Activity 4.	Label Lingo	17
Activity 5.	The Importance of Hydration: Avoiding Energy Drinks.....	27
Activity 6.	Physical Fitness Options.....	35
Activity 7.	Healthy Body Image.....	41
Activity 8.	Building a Physical Activity Plan or Fitness Plan	45
Activity 9.	Building a Nutrition Plan	49
Activity 10.	In the Zone With YOUTH.....	55
Culture & Food.....		59
Combined Glossary.....		61

Table of Contents



OVERVIEW

The National 4-H Curriculum, STEPS to a Healthy Teen: Segments To Emphasize Physical activity and nutrition Steps, is a part of the 4-H Healthy Living Mission Mandate. The curriculum consists of 10 activities that target youth ages 14 to 19.

The purpose of the curriculum is to help youth develop skills and knowledge in physical education and nutrition. Using identified learner outcomes and success indicators, facilitators can easily lead fun, interactive learning experiences. Participants experience a variety of learning methods and tools such as games, case scenarios, computer software programs, cooking demonstrations, and fitness challenges. These interactive activities enhance learning and retention. Most activities range from 45 to 60 minutes and include accompanying handouts.

Each activity includes a Teen Research (TR) Challenge, a take-home task. The TR Challenge encourages healthier lifestyles through thought-provoking activities for teens to solve themselves or with their families.

The 10 activities are:

1. **On the Right Track!** – learning about personal health plans and nutrient-rich foods
2. **Getting a Handle on Nutrition** – understanding the functions of various nutrients
3. **The Balancing Act** – identifying food groups and understanding portion sizes in a meal plan
4. **Label Lingo** – exploring food labels and learning what they tell about packaged foods.
5. **The Importance of Hydration: Avoiding Energy Drinks** – learning the importance of drinking water and understanding energy drinks
6. **Physical Fitness Options** – learning about the five pillars of physical fitness
7. **Healthy Body Image** – learning about healthy body image and ways advertisements may help create distorted perceptions of body image
8. **Building a Physical Activity Plan or Fitness Plan** – achieving physical fitness by developing SMART goals
9. **Building a Nutrition Plan** – using SMART goal setting to develop a nutrition plan
10. **In the Zone With YOUTH** – understanding community factors that influence food access and physical activity

Contributing authors are part of Michigan State University Extension's Health and Nutrition Institute and its Children and Youth Institute. The curriculum was created by:

- Authors: MSU Extension Educators Laura Anderson, MS RD; Dawn Earnesty, MS RD; Sheilah Hebert, MS RD; Lynn Krahn, MSW; B'Onko Sadler, MS
- Author: MSU Extension Associate Program Leader Mary Yeomans, MA
- Author: MSU Extension Specialist, Family and Consumer Science Educator Deborah Grischke, MS CFCS
- Project Coordinator and Contributing Author: MSU Extension Program Leader Emeritus Cynthia B. Mark, PhD
- Editor: Anita C. Stuever, MA, of Communication Works

ON THE RIGHT TRACK!

ACTIVITY 1

- Where would you find specific information about your needs for nutrition and physical activity?
- Have you used a tracking system to monitor your food intake or physical activity?

DID YOU KNOW?

- The size of a deck of cards is about equal to the size of 1 serving (3 ounces) of meat or other protein.
- One serving of ice cream is about equal to the size of half a baseball.



Activity 1: On The Right Track

WHICH IS IT-NUTRIENT DENSE OR EMPTY CALORIES?

Food (Compare A with B)	Total Calories	Empty Calories	Solid Fats (calories)	Satu- rated Fat (grams)	Added Sugars (calories)	Sodium (milligrams)
(A) Macaroni and cheese, made from dry mix with butter						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
(B) Pasta, whole wheat, with salt and vegetable oil						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
Subtract A and B to find the differences:						
Which food is healthier?	<input type="checkbox"/> A or <input type="checkbox"/> B					
(A) Apple Jacks cereal						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
(B) Apple Cinnamon Cheerios cereal						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
Subtract A and B to find the differences:						
Which food is healthier?	<input type="checkbox"/> A or <input type="checkbox"/> B					
(A) Blueberry yogurt, whole milk						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
(B) Chocolate milk, fat free						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
Subtract A and B to find the differences:						
Which food is healthier?	<input type="checkbox"/> A or <input type="checkbox"/> B					
Two foods you'd like to compare						
(A)						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
(B)						
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein (Check all food groups this food supplies)						
Subtract A and B to find the differences:						
Which food is healthier?	<input type="checkbox"/> A or <input type="checkbox"/> B					



TALK IT OVER

Share

How did you like using the SuperTracker tool from the choosemyplate.gov website?

Would you use SuperTracker again? Why or why not?

Reflect

Do you think it is realistic to be able to eat according to the daily food plan you looked at today?

Generalize

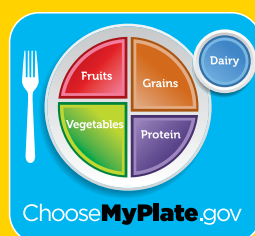
How likely are you to track your food and physical activity intake on SuperTracker? Why is your likelihood high or low?

Apply

If someone asks you where to find information about what food groups they need and how much of each they should eat per day, where would you tell them to find the information?

THE TR CHALLENGE

Research and find a recipe that uses two nutrient-dense foods: spinach and pineapple. It must be something you would eat. Post the recipe on your favorite social media with the hashtag #4HHealthyTeen so others can find it and try preparing it at home.



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GETTING A HANDLE ON NUTRITION



ACTIVITY 2

- What is a nutrient?
- Why does it matter what we eat? (Accept a variety of answers to promote thought and discussion.)
- What are the 5 food groups?
- Why do we have food groups? (Foods are categorized into groups based on nutrients they have in common. Knowing the foods in each group and the recommended amount of each to eat enables people to devise a balanced meal plan that fits their needs and tastes.)
- What are the main nutrients each food group supplies?

DID YOU KNOW?

- A person may need to be exposed to a new food 15 to 20 times (or even more) to learn to like and eat it regularly (Satter, 2012).
- One serving of asparagus (6 spears) contains only 22 calories and less than ½ gram of fat, yet it provides vitamin C, beta carotene, and other nutrients (Achieve Solutions, 2010).



RULES: COMPONENTS OF A HEALTHY DIET GAME

1. Each team of 3 or 4 people gets a bell, buzzer, or noisemaker. Place it where everyone on the team can reach it.
2. The facilitator reads a description of a nutrient. Teams are to determine which nutrient is being described.
3. Teams may discuss possible answers and agree on a response. When ready to answer, press the ringer.
4. The facilitator calls on the team judged to be the first to ring. A team member may call out a response only after the facilitator has recognized the team.
5. Once a team answers, the facilitator judges whether it is correct. If the answer is not correct, the facilitator calls on the team that rang second. If that team's answer is incorrect, the facilitator gives the answer and continues the game with the next description.
6. Optional: Teams receive 1 point for each correct answer. For each incorrect answer, 1 point is subtracted. The team with the most points wins.

Smoothie-off Challenge Directions:

1. Using the larger cups, pour 1–2 cups of liquid into the blender, and then add fruit or vegetables and ice. The juicier the fruit, the less liquid is needed. If using frozen fruit, decrease the ice. Be careful not to overfill the blender.
2. Cover the blender tightly.
3. Blend 5 to 10 seconds.
4. pour samples into the smaller, 2-ounce cups. Allow everyone in the full group to taste each smoothie.
5. Try each smoothie and rate it, writing a numeric rating on the 2-inch by 3-inch Smoothie Rating Cards.
6. Use the scale: 4 very good; 3 good; 2 so-so; 1 won't drink again.
7. Give their rating slips to the team that created the smoothie.



TALK IT OVER

Share

What are the benefits of smoothies?

What did you like about this activity?

Reflect

What are minerals? Why are they important to our general well-being?

What are vitamins? Why are they important to our general well-being?

What foods are high in calcium? (Repeat question, substituting other vitamins and minerals for calcium.)



(continued)

OVER

Why is vitamin B-3 important for our bodies? (Repeat the question, substituting other vitamins and minerals for vitamin B-3.)

Generalize

How likely are you to track your food and physical activity intake on SuperTracker?

T

Why is your likelihood high or low?

K

Apply

If someone asks you where to find information about what food groups they need and how much of each they should eat per day, where would you tell them to find the information?

TALK

THE TR CHALLENGE

Find a tasty, nutrient-rich smoothie recipe that uses kale and mangos. Post the recipe on your favorite social media with the hashtag #4HHealthyTeen so others can find it.

FOOD CHART: VITAMINS AND MINERALS IN VARIOUS FOODS

Food Source	Contains
Apple juice	Potassium, vitamin A, vitamin C
Bananas	Magnesium, manganese, potassium, selenium, vitamin B-2, vitamin B-6
Blueberries	Manganese, vitamin E, vitamin K
Carrots	Vitamin A, vitamin K
Grapes	Iron, vitamin B-1, vitamin B-2, vitamin B 6, vitamin K
Greek yogurt	Calcium, iron, vitamin A, vitamin C
Honey	Calcium, copper, iron, magnesium, manganese, phosphorous, potassium, sodium, zinc, vitamin B-1, vitamin B-2, vitamin B-3, vitamin B-6
Kiwi	Copper, iron, magnesium, phosphorous, potassium, vitamin C, vitamin E, vitamin K
Low-fat yogurt	Calcium, magnesium, phosphorous, potassium, sodium, zinc, vitamin B-1, vitamin B-2, vitamin B-5, vitamin B-9, vitamin B-12, vitamin C
Mango	Copper, selenium, vitamin A, vitamin B-1, vitamin B-2, vitamin B-3, vitamin B 6, vitamin B-9, vitamin C, vitamin K
Milk	Calcium, potassium, sodium, vitamin A, vitamin B-1, vitamin B-5, vitamin B-12, vitamin D
Natural peanut butter	Calcium, copper, iron, magnesium, phosphorous, potassium, zinc, vitamin E, vitamin B-1, vitamin B-2, vitamin B-3, vitamin B-6, vitamin B-9
Orange juice	Calcium, potassium, vitamin B-1, vitamin B 6, vitamin B-9
Peaches	Potassium, phosphorous, magnesium, calcium, iron, manganese, copper, zinc, vitamin A, vitamin B-1, vitamin B-2, vitamin B-3, vitamin B-6, vitamin B-9, vitamin C, vitamin E, vitamin K
Pineapple	Manganese, vitamin B-1, vitamin B-6, vitamin B-9, vitamin C
Protein powder	Iron, phosphorous, potassium, vitamin B-1, vitamin B-2, vitamin B-3
Raspberries	Potassium, phosphorous, magnesium, calcium, iron, manganese, copper, zinc, vitamin A, vitamin B-1, vitamin B-2, vitamin B-3, vitamin B-6, vitamin B-9, vitamin C, vitamin E, vitamin K
Spinach	Vitamin B-9, vitamin K
Strawberries	Iron, manganese, vitamin B-9, vitamin C



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