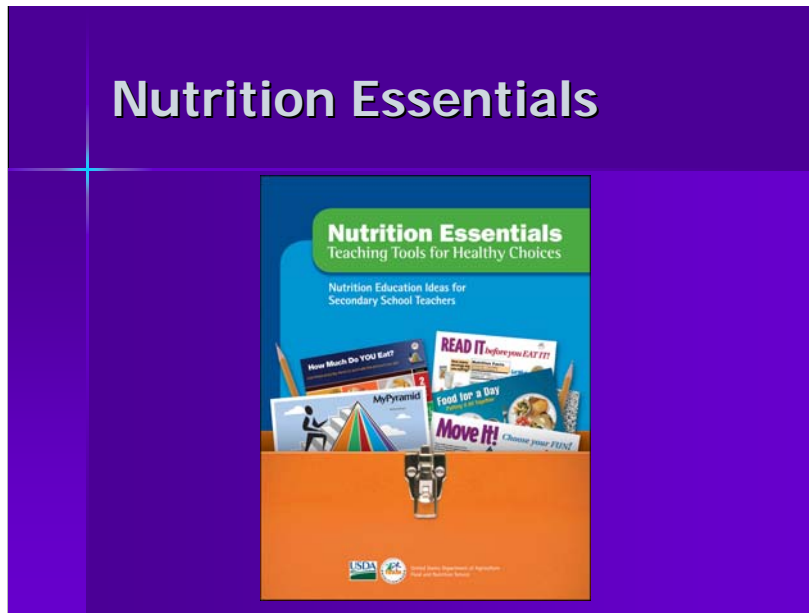


Nutrition Essentials



Welcome to Nutrition Essentials. This series of lessons will help you make healthful eating and physical activity choices. We will explore several tools which give you information you need to make educated choices.

Most Teens

- Are healthy
- Are not too concerned about their future health
- Can improve their food choices

Generally, most teens are healthy. And, most of you are aware, but not very concerned, about your health.

What is on your plate? Most of you know the basics of healthful eating. You are familiar with the food groups and the kinds of foods you need to eat. Yet, most of you can improve your food choices.

- Americans, especially teens, do not eat enough fruits, vegetables, whole grains, and calcium-rich foods.
- Many teens drink too many sugary drinks, and are not getting enough calcium-rich drinks.
- Most teens need to eat foods that are lower in added sugars and solid fats like saturated fat and *trans* fats.

Teens

- Programmed for growth
- Concern about weight is increasing
- Physical activity levels drop around age 13

Adolescent bodies are programmed for growth. Before starting the growth spurt, some preteens gain weight. Some teens plump out before they shoot up. Or, some grow taller and then fill out later.

Some weight gain at this time is a normal part of growth. With a balanced, moderate eating plan and active living, your height should eventually catch up with your weight.

Fortunately, most preteens are active as they start adolescence. However, many teens slow down after age 13.

Teens need to keep up their level of physical activity – not just now but beyond their teen years. Just being busy doesn't mean being physically active. Everyone needs to move on a daily basis.

Nutrition Essentials

- MyPyramid amounts of foods for YOU
- Choose the foods you need
- Choose foods for their nutrients
- Estimate amounts of foods
- Put it all together - Food for a Day
- Move it to keep your health in balance

Nutrition Essentials will cover six topics -- each one is based on a poster or other visual image that serves as the focus for our discussions and activities.

<Note to presenter: Either read the text on the slide or pause long enough for the audience to read the text.>

We also will use a few worksheets and fact sheets that summarize the main ideas of each topic.

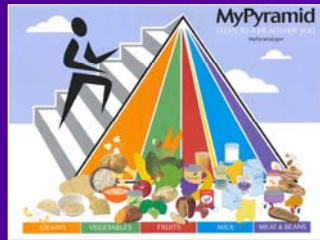
How Do I Do It Right?

- Use the right nutrition tools to take care of yourself

Choosing the right foods can be easy. You just need to know how to use two handy Nutrition Power Tools to make the right choices.

Nutrition Power Tools

- MyPyramid
- Nutrition Facts label

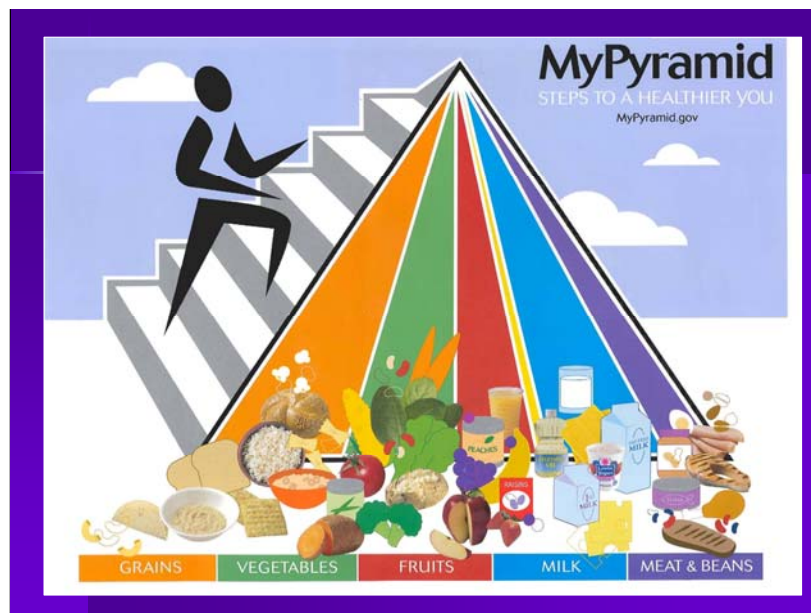


Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

* Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Use both the MyPyramid food guidance system and the Nutrition Facts label on food packages to choose the kinds and amounts of food to eat.



Your food and physical activity choices each day affect your health – how you feel today, tomorrow, and in the future. One size doesn't fit all.

Lesson 1, Get the MyPyramid Amounts of Food—for YOU, introduces MyPyramid and the amounts and kinds of food teens need to be eating. MyPyramid provides the basic visual messages, which apply to everyone.

MyPyramid

- Physical Activity
- Variety
- Moderation
- Proportionality
- Gradual Improvement
- Personalization

MyPyramid symbolizes a personalized approach to healthy eating and physical activity. MyPyramid reminds you:

- Be physically active – do something active for at least 60 minutes every day or most days.
- Variety – choose foods from every food group (plus oils) every day as shown by the six color stripes.
- Moderation – choose nutrient-dense foods from each group. The stripes' wide bases stand for foods with little or no solid fats or added sugars. Eat these foods more often. The narrow top stands for foods with more added sugars or solid fats. Eat them less often.
- Proportionality – eat more from some food groups (the wider stripes) than others (the narrow stripes).
- Gradual Improvement – take one step at a time. Make small changes in what you eat and how you exercise – and add a new change often.
- Personalization - make choices that are right for you. Use the MyPyramid.gov Web site to discover how to eat better and exercise more.

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 6, it's 2	Eat 5 1/2 oz. every day
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or more days. 		<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		
		<p>U.S. Department of Agriculture Center for Nutrition Policy and Promotion April 2005 CUPR-15</p> <p>USDA is an equal opportunity provider and employer.</p>		

MyPyramid provides basic messages for each food group such as “Make half your grains whole” and “Vary your veggies” and messages about physical activity, fats, sugars, and salt.

MyPyramid Food Groups

- for 2,000 calories/day
- Fruits Group 2 cups
 - Vegetables Group 2½ cups
 - Milk Group 3 cups
 - Meat & Beans Group 5½ ounces
 - Grains Group 6 ounces
 - Choose oils in place of solid fats

MyPyramid uses 2,000 calories a day as an example, because many people need about 2,000 calories in a day. The amount of food for each group is given in cups or ounces.

How Much Do YOU Need?

The right amounts depends on:

- Age
- Gender
- Physical activity level

The amounts of foods and calories you need depends on your:

- Age
- Gender
- Physical activity level

How Active Are You?

- Inactive Lifestyle
 - normal day-to-day physical activities
- Somewhat Active Lifestyle
 - walking 1½ to 3 miles at 3 to 4 miles/hour, plus day-to-day activities
- Active Lifestyle
 - walking more than 3 miles at 3 to 4 miles/hour, plus to day-to-day activities.

You need to think about how much you move.

Do you think you are physically active for 60 minutes on most or all days?

Compare your normal amounts of physical activity to these examples to determine if you are inactive, somewhat active, or active.

MyPyramid.gov has an online calculator that provides more specific guidance.

Choose What You Need

- Go to MyPyramid.gov
- Or, use the Nutrition Essentials “MyPyramid Amounts of Foods for YOU” charts

The amount of food and calories teens need changes over time, based on their individual

- stage of growth,
- gender, and
- physical activity level.

Go to MyPyramid.gov or use the MyPyramid *Amounts of Foods for You* charts in *Nutrition Essentials* to choose what you need.

MyPyramid Amounts of Foods for YOU

GIRLS MyPyramid Food Group	Your age: Activity level: Fill in YOUR Amounts	9-13 years			14-18 years		
		Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
Fruits Group	cups	1½ cups		2 cups	1½ cups	2 cups	
Vegetables Group	cups	2 cups	2½ cups			3 cups	
Milk Group	cups or equivalent	3 cups or equivalent					
Meat & Beans Group	ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	6½ ounces or equivalent	
Grains Group	ounces or equivalent	5 ounces or equivalent	6 ounces or equivalent			8 ounces or equivalent	

The *MyPyramid Amounts of Foods For YOU* charts define a measure of physical activity and what and how much food adolescents should eat.

The Girl's chart shows that the color yellow covers the biggest area. Many teen girls who are somewhat active need the amount of foods (about 2,000 calories a day) shown on the poster.

MyPyramid Amounts of Foods for YOU

BOYS	Your age: Activity level:	9-13 years			14-18 years		
		Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
MyPyramid Food Group	Fill in YOUR Amounts						
Fruits Group	cups	1½ cups	2 cups			2½ cups	
Vegetables Group	cups	2½ cups		3 cups	3½ cups		4 cups
Milk Group	cups or equivalent	3 cups or equivalent					
Meat & Beans Group	ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	6½ ounces or equivalent	6 ounces or equivalent	6½ ounces or equivalent	7 ounces or equivalent
Grains Group	ounces or equivalent	6 ounces or equivalent		8 ounces or equivalent	7 ounces or equivalent	9 ounces or equivalent	10 ounces or equivalent

Boys age 9 and older, depending on their activity level, may also need about 2,000 calories of food.

Older boys need more food.

All teens need the same amount from the Milk Group.

<Using the information on the worksheet, have students fill in the empty column on their copy of MyPyramid *Amount of Food for YOU*.>

Choose the Foods You Need

- Choose more
 - Whole grain foods
 - Whole fruit or pieces of fruit; go easy on juices
 - Dark green or orange vegetables and dried beans
- Choose enough
 - Low-fat milk or foods made from low-fat or fat-free milk
 - Lean and low-fat protein foods

These foods are HIGH in vitamins and minerals and have fewer calories.

Lesson 2, Choose the Foods YOU Need, focuses further on food choices introducing the concept of nutrient density and the importance of checking the ingredients list when selecting foods.

There are some foods most people need to eat **MORE** often. Eat more whole grains (at least half the grains you eat) such as oatmeal, brown rice or whole wheat in breads, cereals and pasta. The Ingredient List shows if whole grains are among the first few ingredients. Many refined grains are “enriched” to give you extra B vitamins and iron.

Eat more whole fruits and more variety of vegetables than you are used to eating.

There are some types of food most teens need to eat **ENOUGH**, but not too much. Teens need 3 cups of low-fat or fat-free milk, or equivalent foods made from low-fat or fat-free milk, each day to get the calcium they need.

Eat enough lean meats, poultry, fish, eggs, nuts, or beans to get some iron and protein every day.

Look at Food Ingredients

Listed from largest to smallest amount (by weight):

Marmalade Jelly

Ingredients: **sugar**, oranges, juice, lemon juice, fruit pectin, citric acid, grapefruit

Oat Crisp Crackers

Ingredients: **whole-grain oat flour**, wheat flour, oat flakes, rye flour, skimmed milk powder, yeast, canola oil, baking soda, salt

Ingredients are listed from the largest amount to the smallest amount (by weight).

Check to see if sugars, solid fats, or whole grains are listed among the first few ingredients.

Look at ingredients to choose more nutrient-dense foods.

<Note: Focus this discussion on the first few ingredients.>

Choose Foods for Their Nutrients

Use the
Nutrition Facts Label

5% is LOW

20% is HIGH



Lesson 3, Choose Foods for Their Nutrients, discusses the Nutrition Facts label and introduces the variety of information it contains.

Look at the text in the Blue and Purple Boxes: 5% or less is low and 20% or more is high.

For fat and cholesterol (in the Blue Box), you want to Get LESS .

And for nutrients like vitamins and minerals (in the Purple Box), you want to Get ENOUGH.

% Daily Values

Vegetarian Chili	Pepperoni Pizza	Pork Loin Chop, Broiled																																																						
Nutrition Facts Serving Size 1 cup (130g) Servings Per Container 2 <hr/> Amount Per Serving Calories 60 <hr/> <table border="0"> <tr><td colspan="2">%Daily Value*</td></tr> <tr><td>Total Fat 0g</td><td>0%</td></tr> <tr><td>Saturated Fat 0g</td><td>0%</td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 280mg</td><td>12%</td></tr> <tr><td>Total Carbohydrate 10g</td><td>3%</td></tr> <tr><td>Dietary Fiber 3g</td><td>12%</td></tr> <tr><td>Sugars 2g</td><td></td></tr> <tr><td>Protein 5g</td><td></td></tr> </table> <hr/> Vitamin A 10% • Vitamin C 8% Calcium 4% • Iron 8% <small>* Percent Daily Values are based on a diet of 2,000 calories.</small>	%Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Cholesterol 0mg	0%	Sodium 280mg	12%	Total Carbohydrate 10g	3%	Dietary Fiber 3g	12%	Sugars 2g		Protein 5g		Nutrition Facts Serving Size 1 slice (140g) Servings Per Container 8 <hr/> Amount Per Serving Calories 400 Calories from Fat 230 <hr/> <table border="0"> <tr><td colspan="2">%Daily Value*</td></tr> <tr><td>Total Fat 25g</td><td>38%</td></tr> <tr><td>Saturated Fat 11g</td><td>55%</td></tr> <tr><td>Cholesterol 50mg</td><td>17%</td></tr> <tr><td>Sodium 920mg</td><td>38%</td></tr> <tr><td>Total Carbohydrate 25g</td><td>8%</td></tr> <tr><td>Dietary Fiber 2g</td><td>8%</td></tr> <tr><td>Sugars 5g</td><td></td></tr> <tr><td>Protein 18g</td><td></td></tr> </table> <hr/> Vitamin A 15% • Vitamin C 2% Calcium 30% • Iron 6% <small>* Percent Daily Values are based on a diet of 2,000 calories.</small>	%Daily Value*		Total Fat 25g	38%	Saturated Fat 11g	55%	Cholesterol 50mg	17%	Sodium 920mg	38%	Total Carbohydrate 25g	8%	Dietary Fiber 2g	8%	Sugars 5g		Protein 18g		Nutrition Facts Serving Size 3 ounces (85g) Servings Per Container 5 <hr/> Amount Per Serving Calories 170 Calories from Fat 60 <hr/> <table border="0"> <tr><td colspan="2">%Daily Value*</td></tr> <tr><td>Total Fat 7g</td><td>10%</td></tr> <tr><td>Saturated Fat 2.5g</td><td>12%</td></tr> <tr><td>Cholesterol 70mg</td><td>23%</td></tr> <tr><td>Sodium 55mg</td><td>2%</td></tr> <tr><td>Total Carbohydrate 0g</td><td>0%</td></tr> <tr><td>Dietary Fiber 0g</td><td>0%</td></tr> <tr><td>Sugars 0g</td><td></td></tr> <tr><td>Protein 26g</td><td></td></tr> </table> <hr/> Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 4% <small>* Percent Daily Values are based on a diet of 2,000 calories.</small>	%Daily Value*		Total Fat 7g	10%	Saturated Fat 2.5g	12%	Cholesterol 70mg	23%	Sodium 55mg	2%	Total Carbohydrate 0g	0%	Dietary Fiber 0g	0%	Sugars 0g		Protein 26g	
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Look at the darker blue column on the right side of each label.

Can someone tell me which food is **HIGH** in saturated fat ? Which is **HIGH** in cholesterol?

Less of these Nutrients

Vegetarian Chili		Pepperoni Pizza		Pork Loin Chop, Broiled	
Nutrition Facts Serving Size 1 cup (130g) Servings Per Container 2		Nutrition Facts Serving Size 1 slice (140g) Servings Per Container 8		Nutrition Facts Serving Size 3 ounces (85g) Servings Per Container 5	
Amount Per Serving		Amount Per Serving		Amount Per Serving	
Calories 60		Calories 400 Calories from Fat 230		Calories 170 Calories from Fat 60	
%Daily Value*		%Daily Value*		%Daily Value*	
Total Fat	0g 0%	Total Fat	25g 50%	Total Fat	7g 14%
Saturated Fat	0g 0%	Saturated Fat	11g 22%	Saturated Fat	2.5g 5%
Cholesterol	0mg 0%	Cholesterol	50mg 10%	Cholesterol	70mg 14%
Sodium	280mg 12%	Sodium	920mg 38%	Sodium	55mg 2%
Total Carbohydrate	10g 3%	Total Carbohydrate	25g 8%	Total Carbohydrate	0g 0%
Dietary Fiber	3g 12%	Dietary Fiber	2g 8%	Dietary Fiber	0g 0%
Sugars	2g	Sugars	5g	Sugars	0g
Protein	5g	Protein	18g	Protein	26g
Vitamin A 10% • Vitamin C 8%		Vitamin A 15% • Vitamin C 2%		Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%		Calcium 30% • Iron 6%		Calcium 2% • Iron 4%	
*Percent Daily Values are based on a diet of 2,000 calories.		*Percent Daily Values are based on a diet of 2,000 calories.		*Percent Daily Values are based on a diet of 2,000 calories.	

Pepperoni pizza is HIGH (55% DV) in saturated fat and a pork chop is HIGH (23% DV) in cholesterol.

Can someone identify a food that is HIGH in a vitamin or mineral?
<Pepperoni Pizza is also HIGH (30% DV) in Calcium.>

Enough of these Nutrients

Lowfat Milk, 1%	Orange Soda	Orange Juice, Plus Calcium
Nutrition Facts Serving Size 8 fl oz (240ml) Servings Per Container 8	Nutrition Facts Serving Size 1 can (360ml) Servings Per Container 1	Nutrition Facts Serving Size 12 fl oz (360ml) Servings Per Container 8
Amount Per Serving Calories 100 Calories from Fat 25	Amount Per Serving Calories 190	Amount Per Serving Calories 110
%Daily Value*		
Total Fat 2.5g 4%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 1.5g 8%	Saturated Fat 0g 0%	Saturated Fat 0g 0%
Cholesterol 10mg 3%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 125mg 5%	Sodium 15mg 1%	Sodium 0mg 0%
Total Carbohydrate 12g 4%	Total Carbohydrate 48g 16%	Total Carbohydrate 26g 9%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 11g	Sugars 48g	Sugars 22g
Protein 8g	Protein 0g	Protein 2g
Vitamin A 10% Vitamin C 4%	Vitamin A 0% Vitamin C 0%	Vitamin A 3% Vitamin C 16%
Calcium 30% Iron 0%	Calcium 0% Iron 0%	Calcium 35% Iron 0%
<small>* Percent Daily Values are based on a diet of other people's misdeeds.</small>		

Which food has the highest amount of Vitamin C? <Answer: orange juice>

Which food has the highest amount of Calcium? <Answer: orange juice, plus calcium>

How Much do YOU Eat?

- Serving sizes
 - fixed amounts of food
 - contain certain amounts of nutrients
- The amount of nutrients you get depends on how much food you eat

Understanding how much to eat is addressed in Lesson 4, Estimate Amounts of Food.

Compare how much you eat to the amount shown as a Serving Size on a food label.

The Serving Size is not how much you ‘should’ eat. It’s the example of a fixed amount of food that contains a certain amount of nutrients as shown on food packages.

If the amount of food you eat is twice the amount shown as a label Serving Size, you will get twice the amount of nutrients and calories.

Common Measures

- Serving size amounts and amounts from the food groups measured as:
 - ½ cup and 1 cup
 - 1 slice of bread
 - 1 ounce of cereal
 - 1 to 3 ounces of meat

Many label Serving Sizes are given as ½ cup, or 1 cup, or some other common amount such as 1 slice of bread or 1 egg.

You need to eat different amounts of different foods to get the nutrients you need each day.

How Much Do You Eat?

Estimate the amount of food on your plate:

- measuring cup
- common objects

Be aware of the amount of food you eat throughout the day. Use measuring cups a few times to see how much food you eat. Check to find out how much your glasses and bowls hold by using measuring cups.

Also, be able to estimate the amount of food you eat, compared to familiar objects.

Estimate Tools



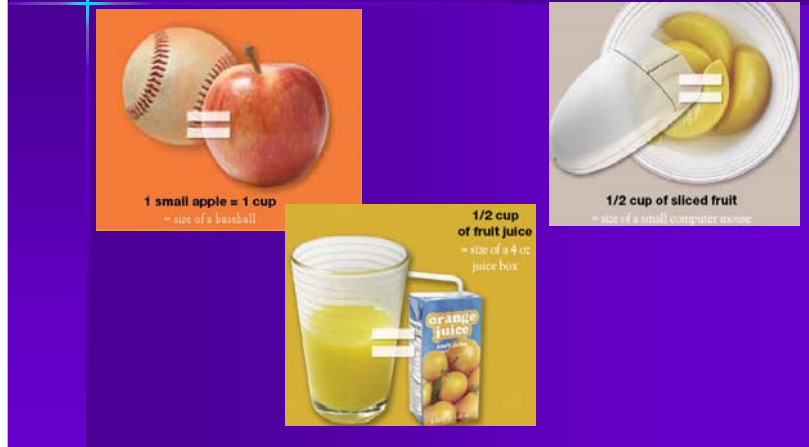
This poster provides examples of nonfood items to help you estimate how much food you might be eating.

For example:

- a baseball size serving equals 1 cup,
- a CD is about the size of the outside edge of a 1-ounce slice of bread or a pancake or waffle ($\frac{1}{2}$ inch thick) and
- a deck of playing cards equals about 3 ounces.

The following slides give examples for each food group.

Common Objects as Visual Cues for Fruit



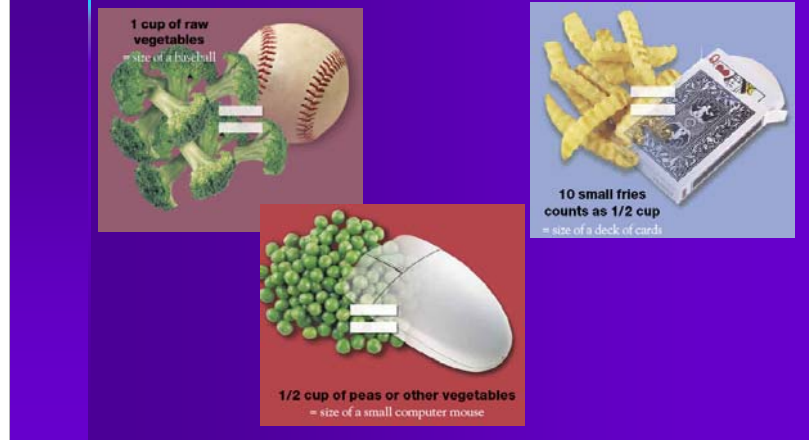
A baseball is equal to about 1 piece of fruit or 1 cup.

A computer mouse is equal to $\frac{1}{2}$ cup of sliced fruit.

A small box of juice is equal to about 4 oz. or $\frac{1}{2}$ cup of juice.

Pay attention to food packages to identify the amount of food you are eating.

Common Objects as Visual Cues for Vegetables



Some foods are easier to visualize and compare the amounts.

To help you estimate the amount of vegetables you eat:

- A baseball is about equal to 1 cup of raw or cooked vegetables.
- A computer mouse is one way to imagine what ½ cup of “shapeless” foods, like peas, might look like.
- A deck of cards is also close to the amount of a half cup of french fries.

French fries are a popular vegetable, but are very high in fat. Try to eat smaller amounts than you might normally eat.

Common Objects as Visual Cues for Milk



- Two 9-volt batteries are equal to about 1½ ounces of cheese and contain calcium equal to 1 cup of milk.
- An 8-ounce carton of milk is equal to 1 cup.
- A baseball is equal to 1 cup, such as a cup of yogurt.

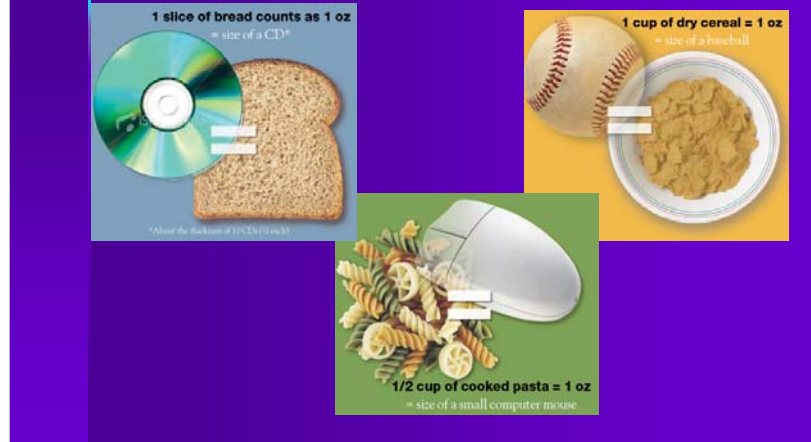
Also, food packaging makes it easy to identify the amount of food you are eating.

Common Objects as Visual Cues for Meat & Beans



- A box of cards is also equal to about 2 or 3 ounces of meat.
- A computer mouse has the same volume as ½ cup of beans.
- A 9-volt battery is equal to about 1 tablespoon (or, 1 ounce) of peanut butter.

Common Objects as Visual Cues for Grains



A baseball is equal to about 1 ounce or 1 cup of cereal.

A computer mouse is equal to about $\frac{1}{2}$ cup of pasta.

A CD (and about the thickness of 10 CDs, or $\frac{1}{2}$ inch) is about equal to 1-ounce slice of bread.



Lesson 5, Putting It All Together - *Food for a Day*, puts it all together to show you an example of the types and amounts of foods most teens should be eating. The legend on the bottom of the poster shows specific amounts and kinds of foods for each of the food groups, for a total of 2,000 calories a day.

- Children and inactive adult women might need less food than the poster shows.
- Teen boys and active adult men would need more food.

How much food do YOU need from each food group?



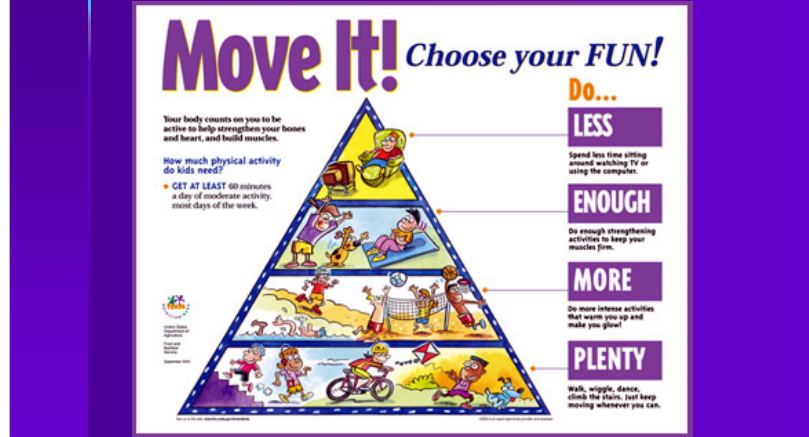
Does this example for one day:

- Give you enough foods from each of the food groups?
- Look similar to what you eat?
- Show you what you need to eat?

Which foods on the poster are from the grains group, vegetables group, and fruits group? The milk group and meat and beans group?

How does the amount of any of these foods compare to the amount YOU need to eat?

Move It! To Balance Your Health



Lesson 6, Move It! To Keep Your Health in Balance, emphasizes the importance of physical activity in a healthy lifestyle.

We all need to be aware of how much time, the level of effort and the different ways we should be physically active to stay healthy. Remember just to have fun....enjoying moving.

Optional Discussion:

Use the Move It! poster to explore types and levels of physical activities, benefits of being active, and the recommended amount of time for teens to be physically active.

Move It! To Keep In Balance

- “Move It” at least 60 minutes most or all days to help balance the calories from the foods you eat.
- Set a limit on the time you spend sitting around.
- Recognize the benefits of being physically active.

- “Move It” at least 60 minutes most or all days to help balance the calories from the foods you eat.
- Set a limit on the time you spend sitting around.
- Recognize the benefits of being physically active.

Optional Additional Discussions:

- Give examples of various levels of physical activity.
- Explain the “Talk-Sing Test” as a general measure of physical activity. (See the Teacher’s Guide.)

Skills To Build

Get the amounts and kinds of food YOU NEED

- Use common objects to estimate amounts of food
- Use the 5%-20% DV to choose foods
- Compare how much you eat to:
 - Serving Sizes on the label
 - Amounts needed from the food groups
- Be physically active at least an hour every day or most days

Get the amounts and kinds of food and physical activity YOU NEED

- Use common objects to estimate amounts of food
- Use the 5%-20% Daily Value (DV) to choose between foods
- Compare how much you eat to:
 - Serving Sizes on the label
 - Amounts needed from the food groups
- Be physically active at least an hour every day or most days

Remember - YOU get to choose what to eat and how to move.