STEPS to a Healthy Teen

Segments To Emphasize Physical activity and nutrition Steps

YOUTH NOTEBOOK
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Activity 9: Building A Nutrition Plan

Have you thought about ways you could eat healthier? What are some ways you could eat healthier?
What kinds of healthy foods do you like?
Have you ever tried to set goals to work toward healthier eating? If yes, were you successful? Why or why not?

DID YOU KNOW?

- The Big Mac and the Whopper contain 550 calories and 670 calories respectively (HubPages, n.d.).
- 7-Eleven coined the term brain freeze in 1994 to explain the pain someone may feel when drinking a Slurpee too fast. The medical term is sphenopalatine ganglioneuralgia (Arrow Scientific, 2012).
- “A person can live about a month without food, but only about a week without water” (PCI, n.d.).
What is a SMART Goal?

**Specific:** The goal is clearly defined and answers who, what, when, where, and how much.

**Measurable:** Includes language that helps you determine whether you have met your goal.

**Attainable:** The goal is something you really want to do.

**Realistic:** The goal is something you are willing and able to do.

**Time bound:** Includes language that establishes a deadline to achieve the goal.

What Are Good Examples of a SMART Goal?

- I will eat 2 pieces of fruit every day for the next 2 weeks.
- I will eat a vegetable at lunch and dinner each day for the next month.
- I will reduce the amount of soft drinks I drink to only 1 can each day for the next 3 weeks.
- I will eat 3 ounces of whole grains 3 days per week for the next 2 months.
- I will drink skim chocolate milk at lunch every day for the next week.

**My SMART Goal**

I will ____________________________________________________________

Check the focus of your nutrition goal:

- fruits
- vegetables
- grains
- dairy
- protein
- nutrient-Limited Foods and Beverages

Steps I Need to Take to Achieve This Goal

List as many steps as needed. Examples: pack fruit as a snack, ask my parents to buy healthy foods, visit my local farmer’s market, record my progress, avoid snacking while watching TV, sit with a friend at lunch, help prepare dinner at home.

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Build a plan to be physically active for at least 60 minutes a day. Examples include bike riding, in-line skating, walking, jumping rope, or a combination of activities totaling 60 minutes or more.
**RECIPE: WHOLE-WHEAT FETTUCCINI WITH FRESH RED SAUCE**

**Yield**
8 servings

**Ingredients**
- 2 cloves garlic
- 3 medium size roma tomatoes
- 6–7 fresh basil leaves
- 1 teaspoon extra virgin olive oil
- Pinch of salt
- Pinch of pepper
- 1 pound (16 ounces) whole-wheat fettuccini
- Optional: add 2 cups chicken, beef, shrimp, or pork

**Preparation**
On a stove, bring to boil 2 quarts of water with a pinch of salt. After the water has reached a roaring boil, add the fettuccini, reduce heat, and cook for 10–15 minutes or until al dente. In a food processor, add 3 peeled garlic cloves, rough-chopped roma tomatoes, and olive oil. Process 5 seconds and then add basil leaves, salt, and pepper. Process another 5 seconds and set aside. After pasta is cooked, drain it, add sauce, and enjoy.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>206.5 g</td>
</tr>
<tr>
<td>Total fat</td>
<td>0.7 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.1 g</td>
</tr>
<tr>
<td>Polyunsaturated fat</td>
<td>0.1 g</td>
</tr>
<tr>
<td>Monounsaturated fat</td>
<td>0.4 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0.0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>38.7 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>108.8 mg</td>
</tr>
<tr>
<td>Total carbohydrate</td>
<td>44.5 g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>5.5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0.0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>6.5 g</td>
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Recipe created by B’Onko Sadler, Michigan State University Extension.
Nutrition facts calculated by Recipe Calculator (SparkPeople.com, n.d.)
Share
How realistic is it for you to set goals based on your USDA MyPlate calorie recommendations?

How will you keep track of your progress toward your goal?

When you make food and beverage choices, will you think about how the choices fit your USDA MyPlate recommendations for each food group? Will you think about the number of calories you are choosing to consume?

Reflect
How can your parent(s) or guardian(s) help you eat healthier? How can your school help? How can your friends help?

Do you think you already eat healthfully?
Now that you know how to create a SMART goal, will you set more goals for yourself?

**Generalize**
Why do you think it is important to take personal responsibility for eating healthfully?

**Apply**
What are some creative ways to include fruits and vegetables in your nutrition plan each day?

What are some healthy choices you can make at fast-food restaurants to fit into your nutrition plan?

**THE TR CHALLENGE**
The TR Challenge: Compare the nutritional value of the whole-wheat fettuccini dish made during the session with a similar dish prepared with canned or jarred pasta sauce. Decide which you prefer, based on nutritional value, flavor, and cost. Think of ways to decrease preparation time, such as making large quantities of sauce and freezing or canning it for future use. Share your ideas on your favorite social media with the hashtag #4HHealthyTeen so others can find it.
“I Pledge my **Head** to clearer thinking,  
my **Heart** to greater loyalty,  
my **Hands** to larger service,  
and my **Health** to better living,  
for my club, my community, my country,  
and my world.”