

Background

This lesson will help teens to better understand the dangers of eating too much sugar and fat in the foods we eat and how they relate to weight gain and Polycystic Ovarian Syndrome (PCOS).



Nutrition Component

Reduce fat intake;

- Fat is high in calories
- Animal fat contains cholesterol
- Too much fat causes weight gain
- Healthy fats are good for brain cells and reduce feelings of depression.

Reduce sugar intake (less than 10 tsp a day)

- Sugar easily converts to fat
- Too much sugar may cause weight gain
- Sugar is empty calories with no nutritional value

Obesity increases risk for PCOS



Natural Beauty Component

Eating too much fat can affect your skin and hair and might cause weight gain.
The type and amount of fat you eat can affect your skin, hair and weight.

Eating too much sugar may promote acne and weight gain.

PCOS symptoms include facial hair, acne and depression.

Objectives

By the end of the lesson, participants will be able to:

- 1) Identify the amount of fat and sugar in commonly eaten foods
- 2) Explain importance of increasing water and reducing fat and sugar intake
- 3) Understand the symptoms and risks of PCOS and prevention measures



Key Messages

- 1) There are healthy fats and unhealthy fats
- 2) One can of soda has the same amount of sugar as you should have the entire day!
- 3) PCOS can be prevented!

Outline

- 1) Activity 1: *My Mini=Max Plan* Check-in (15 min)
- 2) Activity 2: Fat (25 min)
 - a) Nail Oil
 - b) Fat Demo
- 3) Activity 3: Sugar (30 min)
 - a) *Coconut Oil Scrub*
 - b) Sugar Demo
- 4) Activity 4: PCOS (15 min)
- 5) Review & Preview (5 min)

NOTE: See *Packing List-Lesson 2* for preparation instructions

Have the *Hair and Nail Nutrients Placemat**, the *Mini=Max Plan Reflection**, and nail files (if available), folders, and snacks (if provided) at each seat for the girls as they arrive. They can read the placemat, take their *My Mini=Max Plan* out of their folders and begin working on their reflection, or have snacks and work on their nails as they are waiting for others to arrive.



Taste the Flavors:
Have Hibiscus Tea for the participants to taste. This is great for increasing water consumption, and it is a good alternative to sugary beverages. Hibiscus leaves are also a good source of calcium.

Activity 1: My Mini=Max Plan Check-in

Teaching Tip

Instead of writing out answers to the reflection questions, you may also choose to have participants respond orally.

Instruct the participants to take their *My Mini=Max Plan* out of the folder. If you have already made comments on their plans, they will be able to read that feedback. Have the participants complete the *Mini=Max Plan Reflection** that is on their tables when they arrive. Participants will begin reflecting on how their behavior change process is going for them.

Celebrate small improvements through words of praise and point out what works for them. Encourage those who are having difficulty attaining their goal.

What did you do well last week? What worked?

I asked my mom to buy 100% Fruit juice for me to have with dinner, instead of soda!

Great idea! 100% Fruit Juice is much better for you than soda. Also, people who get help from their family are more likely to be successful!

What will help you do well in this next week?

I always wake up too late to make breakfast.

What do you think you could do differently?

Maybe I could prepare something the night before?

Great idea! In Week 3 we are going to talk about breakfast, so you will get more ideas then if you need them.

“Healthy is beautiful”

Activity 2: Fat

Nail Oil

Would you use motor oil on your skin? No! It is important that we know the difference between healthy and unhealthy fat/oil, otherwise we can be fooled.

Provide participants with a few drops of olive oil on a cotton ball to rub onto their cuticles.

If possible, show a small amount of motor oil in a clear container to demonstrate how similar motor oil and olive oil look to each other. Explain that motor oil is a fat that could damage the skin, and similarly, some fats we eat could harm our bodies.

Review Healthy Fats Handout* (*Know Your Healthy Fats*). Discuss healthy fats and unhealthy fats. Coconut Oil, even though it is a solid, is healthier for us than other types of fats. We can use it on our skin, which we will try next with the hand scrub, and we can use it when we are cooking.

Fat Demo

Pass out the Fat Handout* (*Fat Facts/Limit the Fat Calories*). Ask the participants to look for the types of fast food they like to eat and have them find how many teaspoons of fat are in those items.

Demonstrate how much fat the products contain. Measure out the number of teaspoons of fat (butter-flavored shortening) in the item they would like to see. Emphasize that this is one serving, not the amount they might usually eat. For example, if you measure out fat in one slice of pizza, also ask how many slices they usually eat and add the corresponding number of teaspoons of fat. Or, if they choose a hamburger, add in the fat for french fries since they are often eaten together.

See Photo of this activity in the Appendix.

Discuss culturally appropriate or alternate foods that can be eaten instead of these high-fat items. Refer to the Fat handout* for a list of foods.

It's easy to eat pizza, but would you eat this pile of fat? No! But that is what you are eating! What do you think we could eat instead?



Rubbing olive oil into nails and cuticles will moisturize and strengthen your nails and soften the cuticles.



There are healthy fats, such as fish oils, and liquid (vegetable) fats and unhealthy fats that are saturated (solid).



Omega-3 fatty acids, found in salmon, tuna and walnuts, protect skin cells from irritation, and are good for your brain cells. Saturated fat damages our blood vessels and heart.



Eating too much fat can affect your hair and skin.



Fat is high in calories; too much fat in our diet may cause weight gain.



Natural, non-processed coconut oil is now considered a healthy fat.

"Healthy is beautiful"

Activity 3: Sugar

Coconut Oil Scrub

Have participants lather their hands with *Coconut Oil Scrub*. As the scrub sits on their hands, talk about how the sugar in the scrub exfoliates the skin by loosening dead skin cells. Let the participants know the *Coconut Oil Scrub* recipe is in the *Teen Health Spa Recipes Packet**.

What would happen if you kept scrubbing this sugar on your skin? It would irritate the skin and make it red. The same thing happens on your insides so we need to limit the sugar we eat and drink.

Sugar Demo

Pass out the Sugar Handout* (*Sugar Revealed...The 'Gulp' on Sugar/Rethink Your Drink*) and *How much Sugar are you eating? Worksheet**. Divide the participants into groups of 3 or 4; give each group three different *Sugary Food and Drink Visuals**.

Teaching Tip

Instead of handing out pictures, participants can also circle the items they have eaten or would normally eat in the past two days and measure the amount of sugar for those items.

In their groups, have participants complete the worksheet to calculate how much sugar is in the three items. Next, have them scoop the number of teaspoons of sugar they calculated into a plastic cup. This way they can visualize how much sugar they might have consumed with these three items and compare it to the amount they should normally consume each day.

Have each group present to the class the three items they had and the total amount of sugar.

See Photo of this activity in the Appendix.



The sugar in the hand scrub exfoliates and the oil moisturizes your hands and nails.



Eating too much sugar may promote acne and weight gain.



One can of soda has the same amount of sugar (10 teaspoons) as you should have the entire day!



O'tai is a traditional Pacific Island drink, made with fruit and coconut cream. Encourage use of coconut milk, or low-fat milk and coconut extract to make a healthier version of this delicious cultural beverage.



Eliminate just one can of soda a day and you could lose up to 14 pounds in one year!

Activity 4: PCOS

PCOS

Show the *Polycystic Ovarian Syndrome (PCOS) PowerPoint Presentation*. * Use the Presenter's Notes* as a guide.

Review Polycystic Ovarian Syndrome (PCOS) handout* (*Polycystic Ovarian Syndrome (PCOS)*)



Teaching Tip

Debrief with the participants after the presentation. They may have more questions, or they may want to discuss their experience with PCOS in their family.



PCOS can be prevented!!



Nearly 1 in 5 Pacific Islanders have PCOS, this is twice as much as the national average.



A high intake of sugar and refined food results in a hormone imbalance and may lead to PCOS symptoms.



Obesity increases risk of developing PCOS.



Some of the symptoms of PCOS include excess weight gain, facial hair and acne.

Review & Preview



Teaching Tip

Keep a log of what the participants are learning and changing on a poster to display in the room. Each week, have one participant (or more) write what they have learned or what they might change because of this lesson.

- 1) Ask each participant to share the most important lesson she learned today.
- 2) Ask each participant to share one strategy she will use that week to work toward her goal.
- 3) Give a quick preview of the next lesson.

NEXT WEEK: Beauty Begins with Breakfast

Have the participants put all their materials and handouts in their folders. Collect the folders.

Before the next class, review their *My Mini=Max Plan Reflections*. Offer encouragement, suggestions, or more information.

Sounds like you did some great planning ahead to work on your goal. Eating more fruits and vegetables will also help your skin get better! Let me know if you would like some more healthy snacks. Good luck!

List of Materials and Handouts- Lesson 2

For Presenter's Use:

Packing List – Lesson 2

Polycystic Ovarian Syndrome PowerPoint Presenter's Notes

For Duplication:

Hair and Nail Nutrients Placemat

My Mini=Max Plan Reflection

Healthy Fats Handout (Know Your Healthy Fats)

Fat Handout (Fat Facts/Limit the Fat Calories)

Sugar Handout (Sugar Revealed...The 'Gulp' on Sugar/Rethink your Drink)

How Much SUGAR are you eating? Worksheet

Sugary Food and Drink Visuals

Polycystic Ovarian Syndrome (PCOS) Handout



Teen Health Spa Packing List- Lesson 2

P
R
E
P

TO BUY (perishables)

- Snacks (optional)

TO PREPARE

- Make *Coconut Oil Scrub***
- Make Hibiscus Tea (right before lesson so it is hot)
- Snacks (optional)

General Supplies

- Scissors
- Masking tape
- Extension cord
- Gloves (for food handling)

- Zip lock bags
- Garbage bags
- All-purpose cleaner
- Paper towels for easy clean up

Food

- Knife
- Hibiscus tea
- Sugar
- Snacks (optional)

Set-up Materials

- Tablecloths (optional)
- Hair and Nail Nutrients Placemat**
- Flowers
- Coconut shells
- Wall decorations
 - Inspirational quotes*
- Pens or pencils
- Nail files (optional)
- 1-2 pitchers (if providing cold water)
- Plastic water cups (if providing cold water)
- Stereo/speakers
- Music
- Nametags
- Sign-in Sheet
- Computer
- Projector
- Participants' Folders
- Lesson agenda (use whiteboard in room, or prepare poster ahead of time)

Lesson Materials

Activity 1: Check-in

- My Mini=Max Plan Reflection* Handout*
- Water
 - Insulated cups
 - Microwaveable pitcher for hot water

Activity 2: Fat

- Fat handouts* (*Know Your Healthy Fats; Fat Facts/Limit the Fat Calories*)
- Motor oil sample
- Tub of butter-flavored shortening
- Paper plate
- Pizza slice model
- Fat model (optional, see photo in Appendix)
- 2 teaspoons
- Cotton balls
- Olive oil

Activity 3: Sugar

- Sugar Handout* (*Sugar Revealed...The "Gulp" on Sugar/Re-think Your Drink*)
- How much SUGAR are you eating? Worksheet**
- Coconut Oil Scrub***
- Jar of coconut oil
- Sugar
- 4 clear plastic cups
- 4 bowls
- 4 spoons
- Sugary Food and Drink Visuals**
- If no sink available—2 pitchers, 2 large bowls
- Paper towels

Activity 4: PCOS

- Polycystic Ovarian Syndrome (PCOS) Handout**
- PCOS PowerPoint Presentation*
- PCOS Powerpoint Presenter's Notes*

Room set-up

- Set up room and tables to give the setting a "spa" feel. Use rose petals in coconut shells, pens/pencils and folders on table; hang wall decorations; play music.
- Have *Hair and Nail Placemat**, nail kits (optional) and *My Mini=Max Plan Reflection** at each seat.
- Display *Sugary Food and Drink Visuals** to incite interest.

* Handout is included in the Materials and Handouts-Lesson 2 Section

** Recipe can be found in *Teen Health Spa Recipe Packet* (Lesson 1)

P
A
C
K
I
N
G

S
E
T-
U
P