

### **List of Materials and Handouts- Lesson 3**

For Presenter's Use

*Packing List – Lesson 3*

*Dissect the Label Part I and II Answer Key*

For Duplication:

*Extra Gentle Polishing Scrub Recipe Card*

*Extra Gentle Polishing Scrub Labels (to print on address labels)*

*Breakfast Handout (No Breakfast...No Brain Power/Teens On-the-Go!)*

*Dissect the Label Part I*

*Dissect the Label Part II Worksheet*

*Compare and Contrast Labels and Visuals*

*Physical Activity Handout (The Wonderful World of Fitness/ No Time, No Place to Exercise?).....*

*Calorie Burning Handout (How Long Would it Take to Burn Off Your Lunch?/Maintain a Healthy Weight)*

*Sleep Handout (Get your Zzzzzs)*

*Jjoba-Aloe Moisturizer Recipe Card*

*Jjoba-Aloe Moisturizer Labels (to print on address labels)*



# Teen Health Spa Packing List- Lesson 3

P  
R  
E  
P

## TO BUY (perishables)

- Lemons and limes
- Apples
- Snacks (optional)

## TO PREPARE

- Slice lemons, limes, and apples
- Cook oatmeal
- 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
- Cutting board
- Seltzer water
- Snacks (optional)

## Room Set-up

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

## Lesson Materials

### Activity 2: Station 1-Breakfast

- Cooked oatmeal
- Cinnamon
- Brown sugar
- Raisins
- Apple slices
- Sandwich baggies
- 2 measuring cups
- 2 teaspoons
- Extra Gentle Polishing Scrub* recipe cards\*
- Extra Gentle Polishing Scrub* labels\*
- Ground oatmeal, 1/4 cup/person
- Baking soda, 1 tsp/person
- Breakfast Handout\* (*No Breakfast...No Brainpower/Teens On-the-Go!*)

### Activity 2: Station 2 –Nutrition Labels

- Dissect the Label* Worksheet\*
- Compare and Contrast Label Visuals\*
- Pencils

### Activity 2: Station 3– Physical Activity

- Physical Activity Handout\* (*The Wonderful World of Fitness/No Time, No Place to Exercise?*)
- Calorie Burning Handout\* (*How Long Would it Take to Burn Off Your Lunch?/Maintain a Healthy Weight*)
- Balloons

### Activity 2: Station 4– Sleep

- Small spray bottles, 1/person
- Aloe vera, 1 oz/person (found in most supermarkets or drug store in the cosmetic section)
- Jojoba Oil, 1 oz/person (found in most supermarkets or drug store in the cosmetic section)
- Jojoba-Aloe Moisturizer* Recipe cards\*
- Jojoba-Aloe Moisturizer* labels\*
- Sleep Handout\* (*Get Your Zzzzs*)

## 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.
- Set up the room to have 4 stations. They can be in separate rooms (if you have sufficient adult supervision) or in the four corners of one room. Each station represents a different theme or topic.

\* Handout is included in Materials and Handouts– Lesson 3 Section

P  
A  
C  
K  
I  
N  
G

S  
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T-  
U  
P

# Dissect the Label Part I: ANSWER KEY

Directions: Identify each part of the Nutrition Facts food labels by circling the parts of the label and drawing a line to the matching description.

**EXAMPLE: Item A**

Nutrition Facts	
Serving Size: 12 oz	
Servings per container: 2	
Calories: 320	Calories from fat: 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 200 mg	0%
Potassium 105 mg	3%
Total Carbohydrate 79 mg	26%
Dietary Fiber 0 g	0%
Sugars 41 g	
Protein g	
Vitamin A	25%
Vitamin C	100%
Calcium	0%
Iron	0%

**EXAMPLE: Item B**

Nutrition Facts	
Serving Size: 8 fl oz	
Servings per container: 1	
Calories: 80	Calories from fat: 0
% Daily Value*	
Total Fat 0.16 g	0%
Saturated Fat 0.16 g	0%
Trans Fat 0 g	0%
Cholesterol 4.88 mg	0%
Sodium 102.8 mg	8%
Potassium 381.92 mg	8%
Total Carbohydrate 12.16 mg	8%
Dietary Fiber 0 g	0%
Sugars 12.48 g	
Protein 64.24 g	
Vitamin A	8%
Vitamin C	0%
Calcium	24%
Iron	0%

Serving size

Servings per container

Calories

Total fat

Sugars

Vitamin A

Vitamin C

Calcium

**What are you really eating and drinking?** Knowing what you are eating or drinking can help you make better choices. Use the worksheet on the next page to help you decide which of these two food items would be a better choice.

*Instructor's Note:* Before starting this activity, make sure to attach the Item pictures to the back of the corresponding Item label. This way the participants can decide which is a better choice and then turn over the labels to see what they were comparing.

### Dissect the Label! Part II ANSWER KEY

**Directions:** Look at each set of labels, starting with the labels you used in Part I. Search for each part of the label and compare both to choose which item has **more** (a higher number) or **less** (a lower number) of something. Based on the information you found, decide which Item would be a better choice. Turn the labels over to find out which two items you were comparing.

EXAMPLE	less calories per serving?	Item A	Item B
	less sugar per serving?	Item A	Item B
	more Vitamin A?	Item A	Item B
	more Calcium?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE Question:** Look at the **servings per container** for Item A. How many servings total would you be eating if you had the whole thing? 640 calories

1	less calories?	Item A	Item B
	less sugar?	Item A	Item B
	more Vitamin A?	Item A	Item B
	more Vitamin C?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE:** Look at the **Total Fat**. Can you tell if one item is better than the other if you were only looking at the fat grams? Why or why not? You could not tell which is better by only looking at the fat grams because they both have the same amount of fat.

2	less calories?	Item A	Item B
	less sugar?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE:** Can you guess what Item B is? Why do you think it is good for us even though it doesn't have any vitamins? Water! We need to stay hydrated.

3	less calories?	Item A	Item B
	less fat?	Item A	Item B
	less sugar?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Compare the two **servicing sizes**. Which one has more **grams**? Does the item with more grams also have more **calories**? Item B has more grams, but less calories.

4	less calories?	Item A	Item B
	less fat?	Item A	Item B
	more Vitamin A?	Item A	Item B
	more Vitamin C?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: How are items A and B **servicing sizes** measured differently? How does that make it difficult to compare? Item A is measured in grams (g), and Item B is measured in ounces (oz). We would have to convert one of them to compare the sizes to each other.

5	less calories?	Item A	Item B
	less fat?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Look at the **servicing sizes**. What if you had 5 items of the food for Item B, how many calories would you really be eating?  $5 \text{ servings} \times 160 \text{ calories} = 800 \text{ calories}$

6	less calories?	Item A	Item B
	less fat?	Item A	Item B
	less sugar?	Item A	Item B
	more Calcium?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Which item has more **calories from fat**? Item A

## Extra Gentle Polishing Scrub

Reduces pimples and blackheads and leaves the skin soft and clean. This scrub can be used daily.

### Ingredients:

- 1/2 cup oatmeal
- 1 tablespoon\*\* of baking soda
- A little warm water



### Directions:

1. Pour the scrub into the palm of your hand.
2. Mix in enough water to make a paste.
3. Apply to face and gently scrub for 1 minute before rinsing off with warm water.

If burning sensation occurs, remove immediately.

\*\* For oily skin, use 2 tablespoons of baking soda

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If burning sensation occurs, remove immediately.

\*\* For oily skin, use 2 tablespoons of baking soda



# No Breakfast... No Brain Power

Your brain needs energy to function. No other part of your body needs as much energy.

**It has been proven that teens who eat breakfast . . .**

- 👍 Make fewer mistakes
- 👍 Have a healthier weight
- 👍 Suffer from fewer headaches & stomach aches
- 👍 Learn faster
- 👍 Are more awake
- 👍 Have higher tests scores

**“Breakfast Skippers”  
tend to have  
more body fat!!!**

## Afraid of gaining weight?

Skipping breakfast (*or any meal*) will **NOT** keep your weight down. If you deny your body the food it needs, it thinks you are starving. Your body responds by slowing down your metabolism (the rate at which the body burns calories). When you finally eat, the food is quickly stored as fat . . . just in case you try to starve it again.

## Skipping breakfast may make you:

- Get the “munchies”
- Overeat when you do eat
- Crave sugar and fat
- Lower your metabolism
- Store even more body fat
- Crabby, cranky , grumpy & tired

**Breakfast eaters  
have more energy &  
are ready to learn.**

# Teens On-the-Go!



Are you a teen on-the-go who doesn't have time for breakfast?

Take a shortcut to the snack bar . . .

...reach into your backpack for energy!

## Grab-N-Go Energy Foods

- ✓ String cheese
- ✓ Trail mix
- ✓ Apple
- ✓ Low-fat Yogurt
- ✓ Granola bar
- ✓ Sweet potato (microwaved)
- ✓ Nuts
- ✓ Baby carrots
- ✓ Banana

Eat them on our way to school . . .

Breakfast ideas that give you brain power . . .

✓ check your favorites.

- |   |  |
|---|--|
| <input type="checkbox"/> Fruit smoothie           | <input type="checkbox"/> Leftovers, even pizza!          |
| <input type="checkbox"/> Fruit and yogurt         | <input type="checkbox"/> Cheese or turkey sandwich       |
| <input type="checkbox"/> Oatmeal and fruit        | <input type="checkbox"/> Low-sugar cereal with banana    |
| <input type="checkbox"/> Cottage cheese and fruit | <input type="checkbox"/> Low-sugar, dry cereal with nuts |
| <input checked="" type="checkbox"/> _____         | <input checked="" type="checkbox"/> _____                |
| <input checked="" type="checkbox"/> _____         | <input checked="" type="checkbox"/> _____                |
| <input checked="" type="checkbox"/> _____         | <input checked="" type="checkbox"/> _____                |



# Dissect the Label: Part I

Directions: Identify each part of the Nutrition Facts food labels by circling the parts of the label and drawing a line to the matching description.

## EXAMPLE: Item A

Nutrition Facts	
Serving Size: 12 oz	
<b>Servings per container: 2</b>	
<b>Calories: 320</b>	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 200 mg	<b>0 %</b>
<b>Potassium</b> 105 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 79 mg	<b>26 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 41 g	
<b>Protein</b> g	
<b>Vitamin A</b>	<b>25 %</b>
<b>Vitamin C</b>	<b>100%</b>
<b>Calcium</b>	<b>0 %</b>
<b>Iron</b>	<b>0 %</b>

Serving size

Servings per container

Calories

Total fat

Sugars

Vitamin A

Vitamin C

Calcium

## EXAMPLE: Item B

Nutrition Facts	
Serving Size: 8 fl oz	
<b>Servings per container: 1</b>	
<b>Calories: 80</b>	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0.16 g	<b>0%</b>
Saturated Fat 0.16 g	<b>0%</b>
Trans Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 4.88 mg	<b>0 %</b>
<b>Sodium</b> 102.8 mg	<b>8 %</b>
<b>Potassium</b> 381.92 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 12.16 mg	<b>8 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 12.48 g	
<b>Protein</b> 64.24 g	
<b>Vitamin A</b>	<b>8 %</b>
<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>24 %</b>
<b>Iron</b>	<b>0 %</b>

**What are you really eating and drinking?** Knowing what you are eating or drinking can help you make better choices. Use the worksheet on the next page to help you decide which of these two food items would be a better choice.

# Example

**EXAMPLE: Item A**



**Sports Drink**

**EXAMPLE: Item B**



**Non-fat milk**

## Dissect the Label! Part II

**Directions:** Look at each set of labels, starting with the labels you used in Part I. Search for each part of the label and compare both to choose which item has **more** (a higher number) or **less** (a lower number) of something. Based on the information you found, decide which Item would be a better choice. Turn the labels over to find out which two items you were comparing.

EXAMPLE	<b>less</b> calories per serving?	Item A	Item B
	<b>less</b> sugar per serving?	Item A	Item B
	<b>more</b> Vitamin A?	Item A	Item B
	<b>more</b> Calcium?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE Question:** Look at the **servings per container** for Item A. How many servings total would you be eating if you had the whole thing?

1	<b>less</b> calories?	Item A	Item B
	<b>less</b> sugar?	Item A	Item B
	<b>more</b> Vitamin A?	Item A	Item B
	<b>more</b> Vitamin C?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE:** Look at the **Total Fat**. Can you tell if one item is better than the other if you were only looking at the fat grams? Why or why not?

2	<b>less</b> calories?	Item A	Item B
	<b>less</b> sugar?	Item A	Item B
	Which is a better choice?	Item A	Item B

**\*\*CHALLENGE:** Can you guess what Item B is? Why do you think it is good for us even though it doesn't have any vitamins?

3	less calories?	Item A	Item B
	less fat?	Item A	Item B
	less sugar?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Compare the two **servicing sizes**. Which one has more **grams**? Does the item with more grams also have more **calories**?

4	less calories?	Item A	Item B
	less fat?	Item A	Item B
	more Vitamin A?	Item A	Item B
	more Vitamin C?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: How are items A and B **servicing sizes** measured differently? How does that make it difficult to compare?

5	less calories?	Item A	Item B
	less fat?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Look at the **servicing sizes**. What if you had 5 items of the food for Item B, how many calories would you really be eating?

6	less calories?	Item A	Item B
	less fat?	Item A	Item B
	less sugar?	Item A	Item B
	more Calcium?	Item A	Item B
	Which is a better choice?	Item A	Item B

CHALLENGE: Which item has more **calories from fat**?

**Item A**

Nutrition Facts	
Serving Size: 1 cup (28 g)	
Servings per container: about 13	
Calories: 100	Calories from fat: 15
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 0.4 g	<b>2 %</b>
Monounsaturated Fat 0.5 g	<b>0%</b>
Polyunsaturated Fat 0.5 g	
<b>Sodium</b> 190 mg	<b>8 %</b>
<b>Potassium</b> 170 mg	<b>5 %</b>
<b>Total Carbohydrate</b> 20 mg	<b>7 %</b>
Dietary Fiber 3 g	<b>12 %</b>
Sugars 1 g	
<b>Protein</b> g	
<b>Vitamin A</b>	<b>10 %</b>
<b>Vitamin C</b>	<b>10 %</b>
<b>Calcium</b>	<b>10 %</b>
<b>Iron</b>	<b>45 %</b>

**Item B**

Nutrition Facts	
Serving Size: 1 cup	
Servings per container: about 14	
Calories: 120	Calories from fat: 18
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 1.5 g	<b>8 %</b>
Monounsaturated Fat 0.26 g	
Polyunsaturated Fat 0.26 g	
<b>Sodium</b> 230 mg	<b>10 %</b>
<b>Potassium</b> 0 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 26 mg	<b>9 %</b>
Dietary Fiber 1 g	<b>4 %</b>
Sugars 13 g	
<b>Protein</b> 1 g	<b>2 %</b>
<b>Vitamin A</b>	<b>2 %</b>
<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>
<b>Iron</b>	<b>30 %</b>

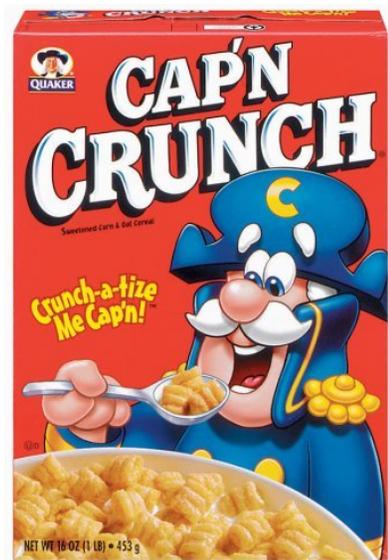
Item A

**Better choice!**



**Cheerios**

Item B



**Captain Crunch**

## Item A

Nutrition Facts	
Serving Size: 12 oz	
<b>Servings per container: 1</b>	
<b>Calories:</b> 150	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 30 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 41 mg	<b>14 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 41 g	
<b>Protein</b> 0 g	<b>0 %</b>
Not a significant source of other nutrients	

## Item B

Nutrition Facts	
Serving Size: 8 oz	
<b>Servings per container: 2.5</b>	
<b>Calories:</b> 0	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Trans Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Potassium</b> 0 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 0 mg	<b>0 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 0 g	
<b>Vitamin A</b>	0 %
<b>Vitamin C</b>	0 %
<b>Calcium</b>	0 %
<b>Iron</b>	0 %

Item A



Pepsi

Item B



Water



## Item A

Nutrition Facts	
Serving Size: 1 sandwich, 232 g	
<b>Servings per container: 1</b>	
<b>Calories:</b> 710	Calories from fat: 290
% Daily Value*	
<b>Total Fat</b> 33 g	<b>51 %</b>
Saturated Fat 12 g	<b>60%</b>
<b>Cholesterol</b> 85 mg	<b>28 %</b>
<b>Sodium</b> 1480 mg	<b>62 %</b>
<b>Total Carbohydrate</b> 70 g	<b>23 %</b>
Dietary Fiber 3 g	<b>12 %</b>
Sugars 15 g	
<b>Protein</b> 32 g	<b>64 %</b>
<b>Vitamin A</b>	4 %
<b>Vitamin C</b>	2 %
<b>Calcium</b>	20 %
<b>Iron</b>	25 %

## Item B

Nutrition Facts	
Serving Size: 350 g	
<b>Servings per container: 1</b>	
<b>Calories:</b> 200	Calories from fat: 63
% Daily Value*	
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 3g	<b>15 %</b>
Trans Fat	
<b>Cholesterol</b> 75 mg	<b>25 %</b>
<b>Sodium</b> 440 mg	<b>18 %</b>
<b>Total Carbohydrate</b> 12 mg	<b>4 %</b>
Dietary Fiber 4 g	<b>16 %</b>
Sugars 3 g	
<b>Protein</b> 25 g	
<b>Vitamin A</b>	<b>80 %</b>
<b>Vitamin C</b>	<b>8 %</b>
<b>Calcium</b>	<b>15 %</b>
<b>Iron</b>	<b>10 %</b>

**Item A**



**Western Bacon  
Cheeseburger**

**Item B**



**Charbroiled  
Chicken Sandwich**

## Item A

Nutrition Facts	
Serving Size: 1 bag, 175 g	
Servings per container: 1	
Calories: 50	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	<b>0%</b>
<b>Sodium</b> 200 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 13 mg	<b>4 %</b>
Dietary Fiber 4 g	<b>16 %</b>
Sugars 7 g	
<b>Protein</b> 1 g	
<b>Vitamin A</b>	<b>220%</b>
<b>Vitamin C</b>	<b>60 %</b>
<b>Calcium</b>	<b>4 %</b>
<b>Iron</b>	<b>6 %</b>

## Item B

Nutrition Facts	
Serving Size: 1 oz	
Servings per container: 2.4	
Calories: 170	Calories from fat: 100
% Daily Value*	
<b>Total Fat</b> 11 g	<b>17 %</b>
Saturated Fat 1.5 g	<b>8 %</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 250 mg	<b>10 %</b>
<b>Total Carbohydrate</b> 15 mg	<b>5 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 2 g	<b>4 %</b>
<b>Vitamin A</b>	<b>0 %</b>
<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>
<b>Iron</b>	<b>0 %</b>

**Better  
choice!**

**Item A**



### **Hot Veggies\*\***

**Ingredients:**

- 7 baby carrots
- ½ cup cucumber slices
- ½ cup thinly chopped jicama
- ¼ cup cantaloupe
- Dash of salt
- Lime
- Hot pepper
- Sandwich bag

**Directions:**

1. Combine vegetables, fruit, and salt into sandwich bag.
2. Squeeze desired amount of lime juice. Add desired amount of hot pepper and salt.
3. Shake bag and eat your vitamins and minerals!

**Item B**



**Flamin' Hot  
Cheetos**

## Item A

Nutrition Facts	
Serving Size: 5 items (17 g)	
Servings per container: about 14	
Calories: 70	Calories from fat: 15
% Daily Value*	
<b>Total Fat</b> 1.5 g	<b>2 %</b>
Saturated Fat 0.5 g	<b>3 %</b>
Trans Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 100 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 13 mg	<b>4 %</b>
Dietary Fiber less than 1g	<b>3 %</b>
Sugars 0 g	
<b>Protein</b> 2 g	
Not a significant source of Vitamin A, Vitamin C, Calcium and Iron.	

## Item B

Nutrition Facts	
Serving Size: 1 item (33 g)	
Servings per container: 1	
Calories: 160	Calories from fat: 63
% Daily Value*	
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 2 g	<b>10 %</b>
<b>Cholesterol</b> 10 mg	<b>3 %</b>
<b>Sodium</b> 95 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 22 mg	<b>7 %</b>
Dietary Fiber 1 g	<b>4 %</b>
Sugars 14 g	
<b>Protein</b> 2 g	<b>4 %</b>
<b>Vitamin A</b>	<b>4 %</b>
<b>Calcium</b>	<b>2 %</b>
<b>Iron</b>	<b>6 %</b>

**Item A**

**Better  
choice!**



**Whole wheat  
crackers**

**Item B**



**Chocolate chip  
cookie**

## Item A

Nutrition Facts	
Serving Size: 1.42 oz	
<b>Servings per container:</b> 1	
<b>Calories:</b> 214	Calories from fat: 130
% Daily Value*	
<b>Total Fat</b> 14.5 g	<b>22 %</b>
Saturated Fat 3.5 g	<b>18 %</b>
Trans Fat 0.1 g	
<b>Cholesterol</b> 9.6 mg	<b>3 %</b>
<b>Sodium</b> 143.2 mg	<b>6 %</b>
<b>Potassium</b>	
<b>Total Carbohydrate</b> 17.5 mg	<b>6 %</b>
Dietary Fiber 2 g	<b>8 %</b>
Sugars 12.4 g	
<b>Protein</b> 6 g	
<b>Vitamin A</b>	<b>3 %</b>
<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>2 %</b>
<b>Iron</b>	<b>2 %</b>

## Item B

Nutrition Facts	
Serving Size: 6 oz	
<b>Servings per container:</b> 1	
<b>Calories:</b> 60	Calories from fat: 0
% Daily Value*	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Trans Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 5 mg	<b>2 %</b>
<b>Sodium</b> 80 mg	<b>3 %</b>
<b>Potassium</b> 230 mg	<b>7 %</b>
<b>Total Carbohydrate</b> 10 mg	<b>3 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Sugars 7 g	
<b>Protein</b> 5 g	
<b>Vitamin A</b>	<b>10 %</b>
<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>20 %</b>
<b>Iron</b>	<b>0 %</b>

**Item A**



**Snickers  
candy bar**

**Item B**



**Non-fat Vanilla  
yogurt**



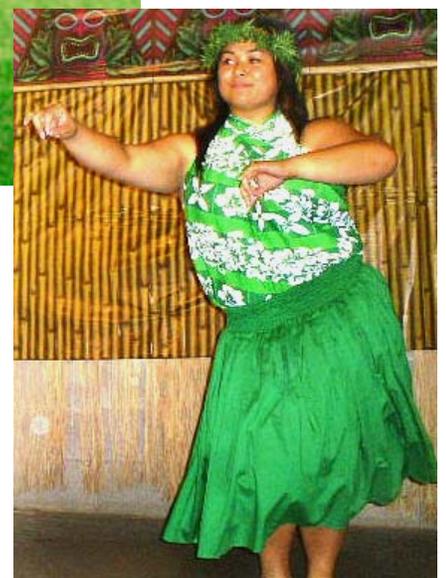
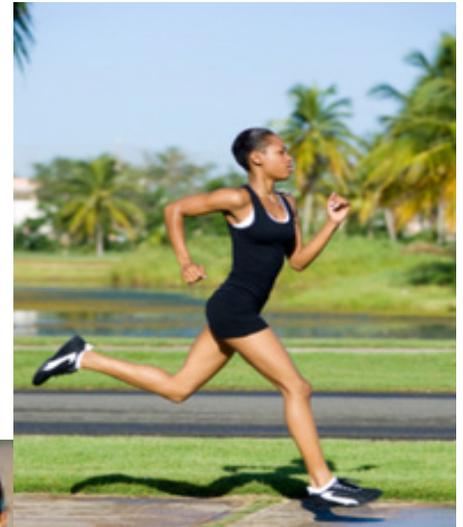
# The Wonderful World of Fitness



Here are some of the **many benefits you may get by** being active every day for 60 minutes!

**Check all those that are important to you:**

- Reduce stress
- Reduce feelings of depression
- Reduce menstrual cramps
- Increase muscle tone
- Increase metabolism
- Smaller jean size
- Be more alert
- Sleep better
- Control appetite
- Strong immune system– fewer colds
- Burn stored calories (fat)
- Have better grades
- Feel more energetic
- Improve self-esteem
- Feel good





# No Time, No Place to Exercise?



## Instead of...

- ◆ Watching TV
- ◆ Sitting and talking on the phone
- ◆ Playing video games
- ◆ Surfing the net



## You could be...

- ◆ Dancing to your favorite CD
- ◆ Walking and talking with your friends
- ◆ Exercising with a video
- ◆ Taking a dance class

## No Place To Exercise?

1. Walk or run on your school's track.
2. Join a sports team or make one with your friends.
3. Rent an exercise video from the library and have fun at home with your family and friends.
4. Search for local hiking trails or parks:



## Be Active Any Time, Anywhere ...



- Take the stairs instead of the elevator.
- Walk to the store instead of getting a ride.
- Take a few extra rounds in the mall or grocery store.
- Try doing push-ups during the TV commercials





# How long would it take to burn off your lunch?

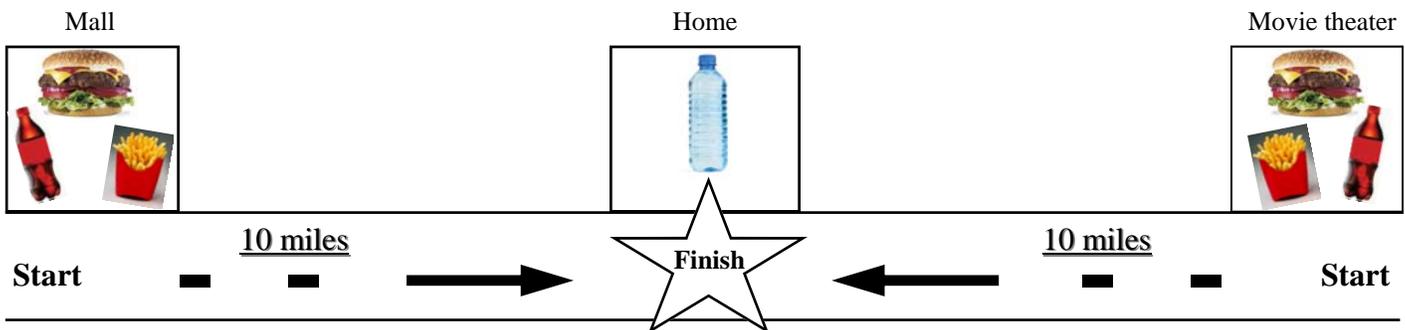


The amount of minutes a 150 pound person needs to **walk** (2.5 mph) to burn calories:

Food	Calories	Minutes
Cola (12 oz.)	145	35
Donut	192	46
Taco Supreme <sup>®</sup>	240	57
Cola (20 oz.)	240	57
Hot Cheetos <sup>®</sup> (2 oz.)	340	81
Quarter Pounder McDonalds <sup>®</sup>	410	98
KFC Chicken <sup>®</sup> , 1 extra crispy breast	490	117
French Fries, large	500	119
Pepperoni Pizza, 2 large slices	596	142
Whopper w/cheese <sup>®</sup>	720	171

**Walk 4 hours or 10 miles!**

To burn the calories in a Whopper with cheese and a 20 oz. cola you would have to walk **TEN miles**, or walk a total of **FOUR hours**.





# Maintain a Healthy Weight!

When you **add daily exercise** and **eat healthy snacks without extra calories**, you can reach a healthy and desirable weight.



For example, if you walk instead of watch TV, you burn almost 4 times as many calories\*! This means you would burn enough calories to lose about 13 pounds just by walking 30 minutes a day for a year.



Activity	Calories burned in 30 minutes*	Weight loss in 1 year by adding this daily activity
Walking (3 mph)	90	9 pounds
Bicycling (12 mph)	270	28 pounds
Dancing	180	18 pounds
Jogging (5.5 mph)	270	28 pounds

\*Calories burned are approximate and based on a 150 pound person.



## Swap Your Chips for Fruits and Veggies

Try these no fat, low calorie items to help you maintain a healthy weight.

Fruit/Veggie	One Serving	Calories
Broccoli	½ cup	22
Baby Carrots	5 pieces	25
Orange	1 medium	64
Apple	1 medium	81
Banana	1 medium	105



# Get Your Zzzzzzzs

Here are some of the **many benefits** of getting a good night's rest every night.

**Check those that are important to you:**

- ◇ Good memory
- ◇ Better concentration
- ◇ Better grades
- ◇ Healthy weight
- ◇ Feeling strong
- ◇ Good decision-making
- ◇ Being alert
- ◇ Being sociable

**Sleep More and You Can Prevent...**

- Depression
- Car accidents
- Pimples
- Sickness
- Eye bags
- Feeling tired
- Feeling grumpy or cranky

**Having trouble falling asleep?  
Or are you waking up in the middle of the night?**



## **Limit caffeine**

Avoid drinking caffeinated drinks several hours before bedtime.



## **Eat iron-rich foods**

An iron deficiency may cause you to have poor sleep. Keep foods such as eggs, lean red meats and beans in your diet.



## **Don't eat a large, heavy meal before bed**

Eat dinner at least 3 hours before bedtime.



## **Try a bedtime snack**

Tryptophan, found in milk, turkey and peanuts, helps the brain produce serotonin to help you relax. A warm glass of milk, or oatmeal may help soothe you to sleep.

## **Sleep less, gain more weight!**

Not getting enough sleep increases your appetite, and may cause you to overeat and gain weight.

*Get at least 9 hours of sleep*

## Jojoba-Aloe Moisturizer

★ For all skin types – prepares 6-month supply

The two inexpensive ingredients can be found at your local grocery store.

It may be used every day to moisturize and soften skin.

### Ingredients:

- ¼ cup jojoba oil
- ¼ cup aloe vera



### Directions:

1. Stir ingredients together and pour into small spray bottle.
2. Spray and rub onto skin.



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