

Background

This lesson will teach participants about the importance of breakfast, reading nutrition labels, physical activity, and sleep. The “station” design of the lesson plan provides the opportunity to offer a lot of information in an interactive and interesting format.

 Nutrition Component	 Natural Beauty Component
<p>Eat breakfast</p> <ul style="list-style-type: none"> -Keeps your metabolism up -Have more energy -Keeps you from overeating <p>Read Nutrition Labels to help with portion control</p> <ul style="list-style-type: none"> -Eating large meals can promote weight gain <p>Be active for 60 minutes a day</p> <ul style="list-style-type: none"> -Maintain weight -Sleep better -Increase metabolism and burn calories <p>Importance of sleep</p> <ul style="list-style-type: none"> -Better memory -Less depression and irritability -Maintain weight 	<p>Eating breakfast can help maintain a healthy weight.</p> <p>Breakfast gives you brain power.</p> <p>Physical activity can help keep your skin healthy and maintain weight.</p> <p>Lack of sleep can affect your skin and may cause dark circles under your eyes.</p> <p>Getting enough sleep can help you maintain weight.</p>

Objectives

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

- 1) Discuss the importance of eating breakfast
- 2) Understand how to read nutrition labels
- 3) Develop a plan to incorporate more physical activity in their day
- 4) Identify the benefits of sleep



Key Messages

- 1) To maintain weight, don't skip meals, especially breakfast.
- 2) Look before you eat!
- 3) Any movement is an improvement
- 4) Teens need at least 8 to 10 hours of sleep!

Outline

- 1) Activity 1: *My Mini=Max Plan* Check-in (5 min)
- 2) Activity 2: Stations (80 min)
 - a) Station 1: Breakfast (20 min)
 - b) Station 2: Nutrition Labels (20 min)
 - c) Station 3: Physical Activity (20 min)
 - d) Station 4: Sleep (20 min)
- 3) Review & Preview (5 min)

NOTE: See *Packing List-Lesson 3* for preparation instructions

“Healthy is beautiful”

Have the participants' folders at their seats. As participants arrive, they can take out their *My Mini=Max Plan Reflection* sheets* begin working on them. This is a great opportunity to check-in with them one-on-one regarding their plans.

Activity 1: My Mini=Max Plan Reflection

Ask the participants how they are progressing on their plan. Celebrate small improvements through words of praise, and encourage those who are having difficulty attaining their goal.



Teaching Tip

Share secrets to successful behavior change. Use suggestions on the back of the plan, or have participants talk about *how* they are making their changes and what is working for them!

What was something you did this week that made it easier to follow your plan?

I finished all my homework in the after-school program so that I could go to bed on time.

It sounds like "planning ahead" worked for you this week when you were working on your goal. Let's add that to our list of "Secrets to Behavior Change."



Taste the Flavors:
Have seltzer water and lemon and lime wedges to flavor as desired, for the participants to taste.



Water is a natural moisturizer.

Activity 2: Stations

These short, interactive activities are designed so that the participants are exposed to several different topics in a short amount of time.



Teaching Tip

- Only one adult in the room?
 - Set up the room in stations, but rotate to each station as a whole group. This still creates the sense of a changing environment to keep the lesson engaging
- More than one adult?
 - Divide the participants into 4 even groups and conduct the stations simultaneously. They can either rotate together as a group every 8-10 minutes, or rotate freely after they finish one station to go to another.

Station 1: Breakfast

Make oatmeal according to directions on the package. Have participants create their own oatmeal flavor by adding raisins, apple slices, cinnamon, and/or a small amount of brown sugar.

Make an *Extra Gentle Polishing Scrub** out of oatmeal and baking soda. Participants can take home their scrub in a baggie with a label*.

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

See Photo of this station in the Appendix.

Oatmeal is a quick and easy breakfast, but many of you probably feel rushed in the morning. Check out some of the snacks on the handout that you could easily take with you. Ask your parents to have some of these at the house so they are easy to grab when you are on-the-go!



Use the scrub to wash your face and then make oatmeal for breakfast to have long-lasting energy.



Don't skip meals, especially breakfast, to maintain weight.

Station 2: Nutrition Labels

Have the participants use the *Dissect the Label Worksheet** to identify the parts of the label. Next, using the worksheet as a guide, compare and contrast 6 sets of *Compare and Contrast Food Label Visuals** to determine which would be the better choice. Participants can then check the answer by looking at the corresponding picture of the food items on the back to see what they were comparing.

See Photo of this station in the Appendix.

This station may seem the least interesting but this is actually the most important! You will be able to use what you learn here to find out information about any packaged foods that you eat.



Look before you eat!



It's a good idea to look at beauty product labels too. The fewer ingredients the better; also look for natural ingredients.



Pacific Islander diets are moving from traditional to more processed foods. Understanding how to read labels can help participants learn which packaged foods are better than others.

Station 3: Physical activity

See how physical activity doesn't have to feel like exercise? Any kind of movement is a good way to be more active!

Review the Physical Activity Handout* (*The Wonderful World of Fitness/No Time, No Place to Exercise*). Have the participants brainstorm how they can incorporate different activities into their daily routine. Review the Calorie Burning Handout* (*How Long Would it Take to Burn Off Your Lunch/Maintain a Healthy Weight*).

Use the remaining station time to play with balloons. Try to keep them up in the air.



Teaching Tip

No room for Balloon activity?
Try stretching or seated exercises instead.

See Photo of this station in the Appendix.



Teens should be active for at least 60 minutes everyday.



Any movement is an improvement!



Regular physical activity gives your skin a healthy glow and tones your muscles.



Someone to be proud of! Boxer Paea Wolfgram won the silver medal at the 1996 Atlanta Summer Olympics. He was the first to win a medal when representing a Pacific Island nation. Because Tonga has only a population of one hundred and ten thousand it statistically makes Tonga the most successful nation in Olympic history! Pacific Islander women are also known to be strong and naturally have more muscle.

Station 4: Sleep

Pass out the Sleep Handout* (*Get Your Zzzzs*) and discuss the benefits of sleep.

Make their own nighttime *Jojoba-Aloe Moisturizer** using aloe vera and jojoba. Apply the moisturizer and relax, smell the lavender and discuss bedtime routines, and the importance of sleep. Participants can take home their moisturizer in a small spray bottle with a label*.

See Photo of this station in the Appendix.

People always joke about teens being “lazy,” but they actually need more sleep than adults! Teens need to sleep about 8 to 10 hours a day.



Aloe vera and jojoba oil make a great soothing moisturizer for morning or night.



Sleep is an important component of obesity prevention!



Teens need 8 to 10 hours of sleep each night.



Your skin repairs while you are sleeping.

Review & Preview

- 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.



Teaching Tip

When previewing the lesson for next week, ask them a question to give them something to think about.

NEXT WEEK: Healthy = Beautiful

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

Who is your role model? Next week we are going to talk about people we admire. You are also going to get to invite someone to the final Pacific Islander Health Spa, so be thinking about who you might want to invite!