

List of Materials and Handouts- Lesson 5

For Presenter's Use:

Packing List – Lesson 5

Teen Health Spa Review Sheet: Questions and Answers

For Distribution:

Final My Mini=Max Plan Reflection

Teen Health Spa Review Sheet

Presentation Sign-up Sheet

Committee Sign-up Sheet

Job Descriptions

Pacific Islander Health Spa Agenda

Post-test

Final Program Evaluation



Teen Health Spa Packing List- Lesson 5

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TO BUY (perishables)

- Cucumber
- Eggs
- Plain yogurt
- Sweet potato
- Snacks (optional)

TO PREPARE

- Microwave sweet potato
- Snacks (optional)
- Hibiscus Tea (cold)

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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

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
- Microphone
- Nametags
- Sign-in Sheet
- Folders for participants
- Lesson agenda (use whiteboard in room, or prepare poster ahead of time)

Lesson Materials

Activity 1: Check-in

- Final My Mini=Max Reflection**
- 4-6 oz cups, 1/person

Activity 2: Review Lessons 1-4

- Large poster paper
- Colored markers
- Teen Health Spa Review sheet**
- Teen Health Spa Review Sheet: Questions and Answers**
- Incentives (optional)

Activity 3: Prepare for the Pacific Islander Health Spa

- Presentation Sign-up Sheet**
 - Poster version (optional)
- Committee Sign-up Sheet**
 - Poster version (optional)
- Job descriptions**
- 2 small mixing containers
- Spoons

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 *Final My Mini=Max Plan Reflection** at each seat.
- Tables arranged in groups so teams can work on posters, write speeches and help create beauty products; space available on walls to hang the posters and room for participants to walk around to look at them.

Food

- Hibiscus Tea
- Seltzer water
- Knife
- Cutting board
- Snacks (optional)
- Oatmeal-Egg White Mask***
 - Ground oatmeal
 - Measuring cup
 - Teaspoon
 - Eggs
 - Plain Yogurt
 - Cucumber
 - Blender
 - Containers for facials (individual-sized)
- Sweet Potato Supreme***
 - Sweet potato
 - Honey
 - Containers for facials (individual-sized)
- Coconut Oil Scrub***
 - Coconut Oil
 - Sugar
 - Small containers

Activity 4: Wrap-up

- Post-test**
- Final Program Evaluation**

* Handout included in the Materials and Handouts– Lesson 5 section

** Recipe can be found in *Teen Health Spa Recipe Packet*

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Teen Health Spa Review: Questions and Answers

Directions: Use these questions or create your own for the review game.

FRUITS and VEGETABLES:

True or False:

- You should eat the same color of fruits and vegetables every day. –FALSE
- Fruits and vegetables are full of many important nutrients. –TRUE.

Short answer:

- What are two important nutrients you can get from fruits and vegetables? –Vitamin A/C, protein, folate, iron, potassium

Challenge:

- Why is Vitamin C good for you? –It is good for your hair and teeth, and it heals cuts, wounds and fights infections.

WATER:

True or False:

- Water has no sugar. -TRUE
- Drinking soda is as good as drinking water. –FALSE
- Fruits and vegetables are made of a lot of water. –TRUE

Short answer:

- How many calories does 8 ounces of water have? –Zero
- What is one thing you can change to drink more water? –answers will vary
- Will drinking water cause you to gain weight? –no

Challenge:

- What percent of your body is water? -60%

EXERCISE:

True or False:

- You can burn off 2 large slices of pizza by exercising for 20 minutes. –FALSE.
- By walking instead of watching tv you can burn almost 4 times as many calories.–TRUE.
- Extra calories not used are stored as fat. –TRUE.

Short answer:

- What are three benefits of exercise? –answers will vary.
- How many minutes of exercise a day should a teen get? -60 minutes.

Challenge:

- About how many calories would you (based on 135 lb person) burn jogging for 30 minutes? -297 calories

SUGAR:

True or False.

- Eating lots of added sugar may increase the hormones that cause acne. –TRUE
- Soda is healthy because it doesn't have a lot of sugar. –FALSE
- Eating too much excess sugar could result in diabetes. –TRUE.

Short answer:

- What is one other name used for sugar? –Glucose, fructose, sucrose, honey, rice/corn syrup
- What is one nutritious alternative to soda? –water, *Melon Cooler*, milk, 100% orange juice, chocolate milk

Challenge:

- How many teaspoons of sugar does the average teen eat every day? -29 teaspoons
- How much sugar should the average teenager consume each day? – about 10 teaspoons

FAT:

True or False:

- The average teen eats about 20 teaspoons of fat a day. –TRUE.
- Large French fries have less fat than 1 ounce of chips. -FALSE

Short answer:

- What kinds of food does the average teen get most of their fat from? –fast foods
- What are some examples of fast foods that have a lot of fat? –answers will vary.

Challenge:

- How many teaspoons of fat should the average teen eat each day? -13 grams
- What percent of calories from fat are in 1 tbsp. of butter? -100%

SLEEP:

True or False:

- Eating food rich in iron (such as peanuts, eggs, and lean red meats) will help you sleep. – TRUE
- Drinking caffeine will not affect your sleep.-FALSE.
- Getting enough sleep can help you get better grades. –TRUE.

Short answer:

- How many hours of sleep does the average teenager need? -9-10 hours
- What are three benefits of getting enough sleep? –answers will vary.

Challenge:

- Who needs more sleep- an adult or a teenager? –a teenager

BREAKFAST:

True or False:

- Teens who eat breakfast have higher test scores. –TRUE.
- If you want to lose weight you should skip breakfast. –FALSE

Short answer:

- What are three benefits of eating breakfast? –answers will vary.
- What is one problem with not eating breakfast? –answers will vary.
- What are two energizing foods you could eat on the go? –string cheese, yogurt, apple, banana, granola bar, etc.

Challenge:

- What does skipping breakfast do to your metabolism? –It slows it down.
- What part of your body needs the most energy? –your brain



Final My Mini-Max Plan Reflection



Take a look at you're My Mini=Max Plan and think about your experience so far.

1. What have you been doing to work towards your goal?
2. What got in your way, or made it difficult?
3. What did you do that was helpful, or worked for you?
4. How important was it to you to achieve this goal?
5. Do you feel like you achieved your goal?
6. Do you want to continue working on the same goal? If yes, will you try something different? If no, what will be your new goal?



Teen Health Spa Review Sheet



Directions: Write down **at least two** interesting **details** or **facts** from each poster.



Fruits and Vegetables:

1. _____

2. _____



Water:

1. _____

2. _____



Exercise:

1. _____

2. _____



Sugar:

1. _____

2. _____



Fat:



1. _____

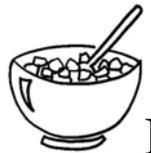
2. _____



Sleep:

1. _____

2. _____



Breakfast:

1. _____

2. _____

Additional Notes:

Pacific Islander Health Spa Presentation Sign-ups

Job:	Description:	Participant Name
Welcome	Welcome the guests to the spa and introduce the participants	
<i>Cleansing Face Wipes</i>	Aloe Vera and Witch Hazel, making your own wipes	
Tomatoes	Vitamins and nutrients in tomatoes, how it helps your skin	
Yogurt	Vitamins and nutrients in yogurt, how it helps your skin	
<i>Oatmeal-Egg White Mask</i>	Importance of oatmeal, ingredients in the facial, how it helps your skin	
<i>Sweet Potato Supreme</i>	Importance of sweet potato and use for sensitive skin	
Physical Activity Poster	Present review poster made in class	
Water Poster	Present review poster made in class	
Fruits/Veggie Poster	Present review poster made in class	
Breakfast Poster	Present review poster made in class	
Sleep Poster	Present review poster made in class	
Joboba Oil	What Jojoba is and what it does	
Olive Oil	Olive oil as a good type of fat, what it does for your skin	
Fat Poster	Present review poster made in class	
Fat Demo	Demonstrate how much fat is in 4 pieces of pizza, tell the average fat consumed compared to recommended; dangers of consuming too much fat	
<i>Coconut Oil Scrub</i>	Ingredients in the scrub, why it is good for your hands	
Sugar Poster	Present review poster made in class	
Sugar Demo	Demonstrate how much sugar is in a soda, tell average sugar consumed a day compared to recommended; dangers of consuming too much sugar	
Closing	Thank the guests for coming	

Pacific Islander Health Spa Committee Sign-ups

	Job:	Description:	Participant Name
Welcoming Committee	Welcome	Welcome guests into room	1.** 2. 3.
	Serve Tea	Serve tea to adults, check back to see if guests need refills	4. 5.
Facial Committee	Pass out materials	Pass out face wipes, jojoba oil	1.** 2.
	Pass out Paper Towels	Replace paper towels in bowls as needed	3. 4.
	Check garbage bins	Check garbage bins and empty as needed	5.
Nail Committee	Pass out nail oil	Pass out cotton balls with oil	1.** 2.
	Pass out scrub	Pass out hand scrub	3. 4.
	Rinse hands	Pour water/hold bowl to allow guests to wash their hands after the scrub	5.

** Committee Leader

Job Descriptions

1. Welcome

I will: **Welcome the guests to the spa and introduce the presenters**

- Welcome to the Pacific Islander Health Spa
- You were specially invited by someone to enjoy this spa and see what we have learned.
- Today you will learn nutrition and beauty secrets.

2. Cleansing Face Wipes

I will present information on **Aloe Vera and Witch Hazel and how to make your own cleansing facial wipes**

- The wipes are made of aloe vera, witch hazel, and some warm water. Use the wipes to clean your face before we do the facials
- Aloe Vera is a moisturizer and witch hazel is a toner and cleanser.
- Aloe Vera and Witch Hazel are what you find in some of the wipes you buy in the store.

Job Descriptions

3. Tomatoes

I will present information on the **vitamins and nutrients in tomatoes and explain how they are good for your skin.**

- Rub the tomato juice on your nose and forehead.
- Tomatoes are an excellent skin treatment to remove oil and brighten dull skin.
- Tomatoes are good to eat because they are rich in Vitamin A which is good for eyes, teeth and skin.

4. Yogurt

I will present information on the **vitamins and nutrients in yogurt and how it is good for your skin,**

- Rub the yogurt all over your face.
- Yogurt is a natural moisturizer and also improves overall skin texture.
- Yogurt is also good to eat for the calcium which builds strong bones and teeth and even can help keep a healthy blood pressure.

Job Descriptions

5. *Oatmeal Egg-white Mask*

I will present information on the **importance of oatmeal and why it is good for you.**

- This facial is made of oatmeal, egg white, yogurt and cucumber. Spread the oatmeal all over your face using your fingertips, do not put it close to your eyes.
- The oatmeal will pull out all of the dirt and oil from your pores.
- Oatmeal does the same thing for your gut, it pulls all the bad stuff, like cholesterol, out.

If you have sensitive skin, you will use the *Sweet Potato Supreme* instead.

6. *Sweet Potato Supreme*

I will present information on the **importance of sweet potatoes for your sensitive skin**

- This facial is made of sweet potato and honey, use only if you have REALLY sensitive skin, put all over your face using your fingertips.
- The sweet potato will moisturize and the honey will condition your skin.
- Sweet potatoes are the number 1 best vegetable because they have the most vitamins and nutrients.

Job Descriptions

7. Jojoba Oil

I will present information on **Jojoba Oil and why it is good for our skin.**

- Jojoba is a natural oil similar to the skin's oil.
- Good for all skin types
- You can find it in most grocery stores in the cosmetics section.

8. Physical Activity Poster

I will present information on **what we learned about Physical Activity.**

- Some of the facts we learned about Physical Activity are...

Job Descriptions

9. Water Poster

I will present information on **what we learned about Water.**

- Some of the facts we learned about Water are...

10. Fruits/Veggie Poster

I will present information on **what we learned about Fruits and Vegetables.**

- Some of the facts we learned about Fruits and Vegetables are...

Job Descriptions

11. Breakfast Poster

I will present information on **what we learned about Breakfast**

- Some of the facts we learned about Breakfast are...

12. Sleep Poster

I will present information on **what we learned about Sleep.**

- Some of the facts we learned about Sleep are...

Job Descriptions

13. Olive Oil

I will present information on **olive oil as a healthy type of fat and how it is good for our body.**

- Rub the olive oil on your nails and cuticles.
- Olive oil will strengthen weak or brittle nails.
- Healthy fats, like Olive Oil, protect your cells and the body's organs.

14. Fat Poster

I will present information on **what we learned about Fat.**

- Some of the facts we learned about Fat are...

Job Descriptions

15. Fat Demo

I will present information on **how much fat is in pizza**

- One piece of pizza has about 4 teaspoon of fat, so if you eat 4 slices, you will eat 16 teaspoons of fat. (Measure out 16 teaspoons of fat on a plate).
- (Add 4 more tsp of fat to equal 20 teaspoons). The average teen eats about 20 teaspoons of fat a day. Teens should have less than 13 teaspoons of fat a day.
- Too much fat can cause many health problems including weight gain and heart disease.

16. *Coconut Oil Scrub*

I will present information on **coconut oil and how the scrub is good for your hands**

- This scrub is made of coconut oil and sugar. Rub all over your fingernails and hands.
- Coconut oil is another type of healthy fat.
- You can also use coconut oil on your hair to give it more shine.

Job Descriptions

17. Sugar Poster

I will present information on **what we learned about Sugar.**

- Some of the facts we learned about Sugar are...

18. Sugar Demo

I will present information on **how much sugar is in a soda**

- One soda has about 10 teaspoon of sugar (measure 10 teaspoons of sugar in a cup).
- The average teen has 29 teaspoons of sugar everyday, they should only have 10 teaspoons or less a day.
- Too much sugar can cause weight gain and could lead to PCOS.

Job Descriptions

21. Closing

I will **thank the guests for coming**

- Thank you for coming to the spa.
- I hope you learned something new today.
- All of the recipes are in the packet.

Welcoming Committee

Committee Job Descriptions:

- Welcome guests
 - Welcome adults as they arrive
 - Show them where to sit
- Serve tea, offer refreshments
 - Serve drinks to guests, check back if they need refills
 - Show them where they can get refreshments

Job Descriptions

Facial Committee

Committee Job Descriptions:

- Pass out materials
 - Pass out *Cleansing Face Wipes*
 - Pass out Jojoba oil
- Replace paper towels as needed
- Check garbage bins
 - Check garbage bins and empty as needed

Nail Committee

Committee Job Descriptions:

- Pass out materials
 - Pass out cotton balls with oil
 - Pass out *Coconut Oil Scrub*
- Hand washing
 - Pour water/hold bowl to allow guests to wash their hands
 - Give out paper towels for drying hands

Pacific Islander Health Spa Agenda

1. Welcome
2. *Cleansing Face Wipes*
3. Tomatoes
4. Yogurt
5. *Oatmeal-Egg White Mask*
6. *Sweet Potato Supreme*
7. Jojoba Oil
8. Physical Activity Poster
9. Water Poster
10. Fruits/Veggie Poster
11. Breakfast Poster
12. Sleep Poster
13. Olive Oil
14. Fat Poster
15. Fat Demo
16. *Coconut Oil Scrub*
17. Sugar Poster
18. Sugar Demo
19. PCOS Presentation (adult presenter)
20. My Mini=Max Plan (adult presenter)
21. Closing

Welcoming Committee

- Welcome guests
- Serve tea, offer refreshments

Facial Committee

- Pass out materials
- Replace paper towels as needed
- Check garbage bins

Nail Committee

- Pass out materials
- Hold pitchers for hand washing



Post-Test

Birthdate: _____

Directions: This post-test is to measure what you do and what you know about health! All of your answers will be confidential; please do **NOT** put your name on this paper.

1. How many times last week did you eat breakfast?

0 times 1-2 times 3-5 times 6-7 times

2. How many times did you eat fruit yesterday?

0 times 1-2 times 3-5 times 6 or more times

3. How many times did you eat vegetables yesterday?

0 times 1-2 times 3-5 times 6 or more times

4. How many cans or bottles of regular soda (not diet) did you drink yesterday?

0 times 1-2 times 3-5 times 6 or more times

5. How many sugary drinks (punch, sports drinks, juice, etc) did you drink yesterday?

0 times 1-2 times 3-5 times 6 or more times

6. How many times did you drink water yesterday?

0 times 1-2 times 3-5 times 6 or more times

7. How many minutes did you exercise yesterday?

0-20 min 21-40 min 41-60 min 60 or more min

8. How many hours of sleep do you usually get at night?

0-2 hours 3-5 hours 6-8 hours 8+ hours

9. How much time do you spend in front of a TV and/or computer each day?

0-2 hours 3-5 hours 6-8 hours 8+ hours



Post-Test



10. How much sugar is in one can of soda? _____ teaspoons of sugar

11. Name two reasons why exercise is good for you.

12. Name two reasons why sleep is good for you.

13. Check off how many times in a normal week you usually eat/drink these items:

Food/Drink	7 or more times a week	5-6 times a week	3-4 times a week	1-2 times a week	Never
Cheetos	<input type="checkbox"/>				
Potato chips	<input type="checkbox"/>				
Pizza	<input type="checkbox"/>				
French Fries	<input type="checkbox"/>				
Donuts	<input type="checkbox"/>				
Spam/Corn beef	<input type="checkbox"/>				
Cookies	<input type="checkbox"/>				
Candy	<input type="checkbox"/>				
Ice cream	<input type="checkbox"/>				
Soda	<input type="checkbox"/>				
Kool aid, punch, juice	<input type="checkbox"/>				
Energy drinks (Monster, Red Bull, etc)	<input type="checkbox"/>				



Post-Test



Food/Drink	7 or more times a week	5-6 times a week	3-4 times a week	1-2 times a week	Never
Sports Drinks (Gatorade, Vitamin Water, etc)	<input type="checkbox"/>				
Fast foods (McDonalds, Carls Jr, Taco Bell, etc)	<input type="checkbox"/>				
Bread	<input type="checkbox"/>				
Rice	<input type="checkbox"/>				
Sugary Cereal (Fruit Loops, Lucky Charms, Captain Crunch, etc)	<input type="checkbox"/>				
Mangoes	<input type="checkbox"/>				
Papaya	<input type="checkbox"/>				
Low-sugar cereal (Cheerios, Wheaties, etc)	<input type="checkbox"/>				
Oatmeal	<input type="checkbox"/>				
Pele/Taro Leaves	<input type="checkbox"/>				
Bananas	<input type="checkbox"/>				
Oranges	<input type="checkbox"/>				
Coconut (milk or cream)	<input type="checkbox"/>				
Cassava	<input type="checkbox"/>				
Eggs	<input type="checkbox"/>				
Fish	<input type="checkbox"/>				
Sweet potato/Yam	<input type="checkbox"/>				
Taro	<input type="checkbox"/>				



Final Program Evaluation: Pacific Islander Teen Health Spa



Tell us what you think!

1. What was the most important thing you learned in this class?
2. What changes have you made since you started this class?
3. Was the My Mini=Max Plan worksheet helpful for setting goals?
4. What was your favorite part about this class?
5. What could we do to improve the class?
6. List five things that will help you maintain a healthy weight?
7. Is there anything else you would like to share with us?