



Name _____

A Food and Physical Activity Program



**OPTIONS ...
CHOICES ...
DECISIONS**

Different people have different ideas about things that affect their lives and their health. Some of those ideas are correct, but others are not.

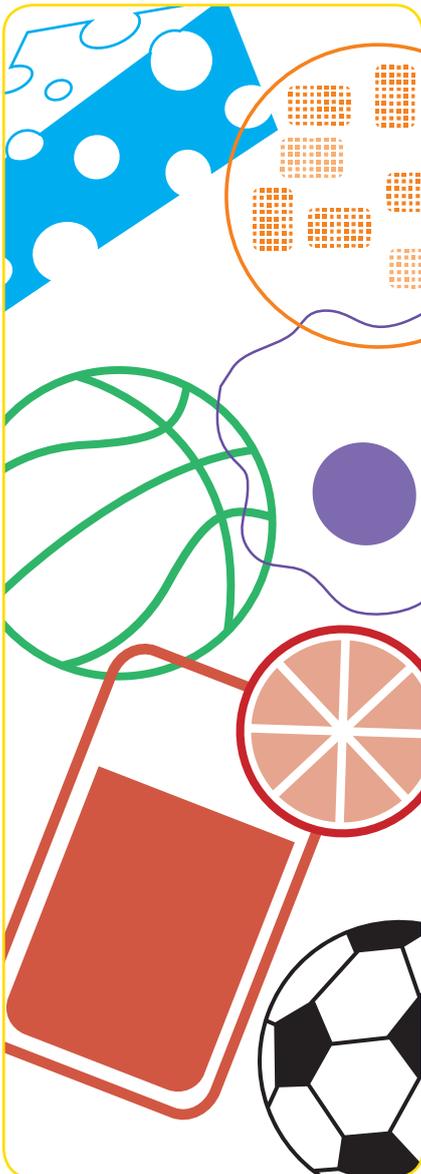
TEST YOUR KNOWLEDGE

Read each of these statements and check (✓) whether you think it is true or false.

1. Team sports, like basketball or soccer, are the best form of physical activity for students.
2. It's important for teenagers to eat foods rich in calcium so they can have strong bones for their entire lives.
3. A healthy breakfast should include foods from the Grains group, the Vegetables OR Fruits group and the Dairy OR the Protein group.
4. Eating a high-sugar snack is good way to get a quick burst of energy that will last all afternoon.
5. It's almost always difficult to select healthy foods at a fast-food restaurant.
6. Diets that severely restrict the foods I can eat are not a good way to lose weight and keep it off.
7. For normal-weight students, regular physical activity is unnecessary.
8. Famous athletes usually help advertise only healthy food products.
9. I should limit the number of carbohydrates I eat, as often as possible, to avoid gaining weight.
10. Students who eat breakfast score higher on tests than students who don't eat breakfast.
11. Skipping a meal is a good way to avoid gaining weight.
12. I will get fat if I eat foods with fat in them.
13. Serving sizes have become much larger over the last 20 years.
14. All foods can be classified as either *good* or *bad* for my body.

True

False



During the *Exercise Your Options* program, you will discover which of these statements are true and which are not!

MY HEALTH ASSESSMENT

OPTIONS ...
CHOICES ...
DECISIONS

Exercise Your Options is a program that teaches about all the options you have for the foods you eat and for the physical activities you do. Since different options work best for different people, this program is about helping you decide which options will work best for YOU to be as healthy as you can.



FOOD FOR THOUGHT

Read each of the statements and check (✓) those that are true for you right now.

I work to keep a healthy weight by:

- eating healthy foods
- exercising two to three times per week
- skipping a meal two to three times per week
- never eating foods like cookies, chips and other “extras”

I work to keep my body physically fit by:

- participating in team sports two to three times per week
- working exercise into daily chores, like walking the dog
- making a plan to start exercising during summer vacation
- walking (or riding my bike) to school sometimes instead of getting a ride

I make smart food choices by:

- picking jumbo-sized meals to always get the most food for my money
- eating breakfast before school
- choosing to eat what my friends are eating
- eating a variety of foods from all the food groups every day

When I see a food product advertised on television or in magazines, I:

- usually buy it if I like the celebrity who is advertising it
- read the label to check its nutritional value before buying it
- know it’s a healthy food if a famous athlete has his or her name on it
- usually won’t buy it

What do you hope to learn from the *Exercise Your Options* program?

Write three goals:

1. _____

2. _____

3. _____

Write notes about the food group you are researching. You may use the *Food-Group Experts* video and Pages 12–13 and 24–27 as references.

NOTES

_____ (name of food group)

Foods in this food group:

Major nutrient(s):

Benefits of the nutrients:

Amounts needed daily:

Healthy serving size:

Other interesting facts:

FOOD FOR
THOUGHT

Get together as a team to determine how you will present your food group in the next lesson. Your presentation must include the first five key points above. Your team will have five minutes to decide this.

The food-grouping system is an easy way to organize the foods you eat. Think about what you learned about each of the food groups.

Then, for each food group below, write in:

- the recommended amount you need each day
- a healthy serving size
(for example: *1 cup milk, 1 apple, 1 slice whole-grain bread*)
- the major nutrient provided by foods in that group
- the main health benefit of the nutrient

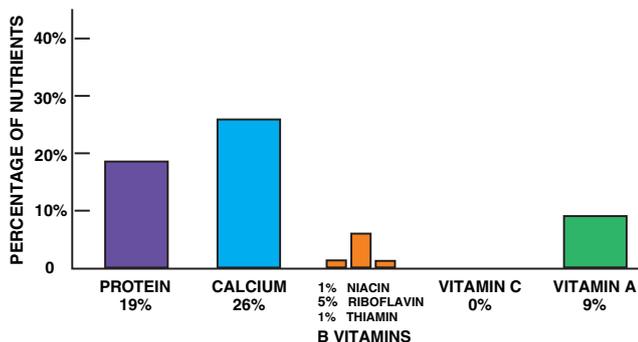
You may use the *Food-Group Experts* video and Pages 12–13 and 24–27 as references.

Food Group	Dairy: Milk, Yogurt, Cheese	Vegetables	Fruits	Grains: Breads, Cereals, Pasta	Protein: Meat, Beans, Nuts	“extras”
Amounts						
Serving Size						
Nutrient						
Health Benefit						

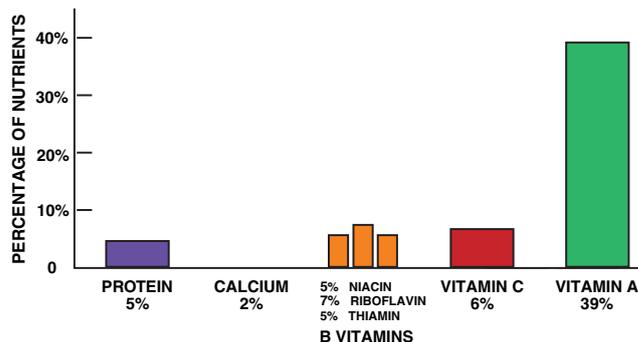


WHICH FOOD GROUP IS IT?

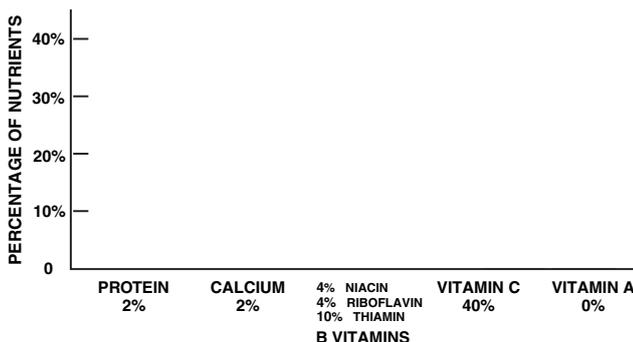
Each graph below shows the nutrients provided by one serving of a certain food. Look at each graph and determine the main nutrient and in which group you would find the food. Two graphs are already drawn for you. You will need to finish drawing the other four graphs using the nutrient information provided.



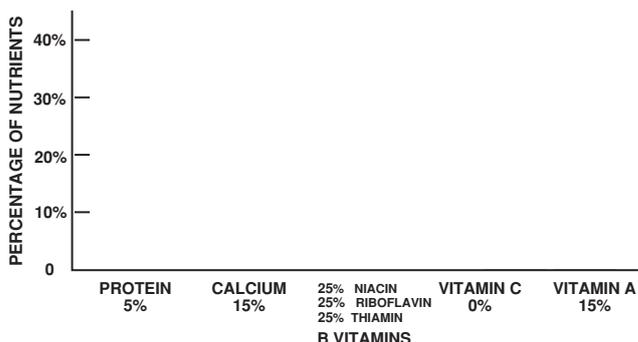
The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.



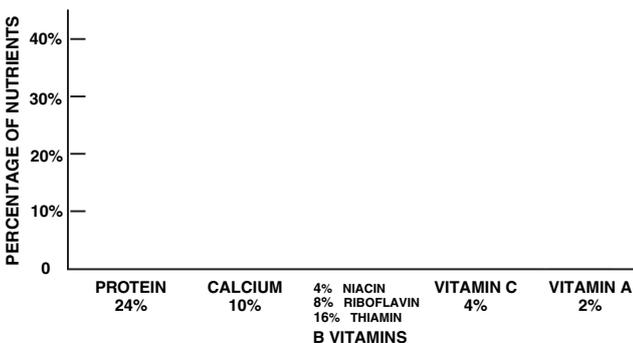
The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.



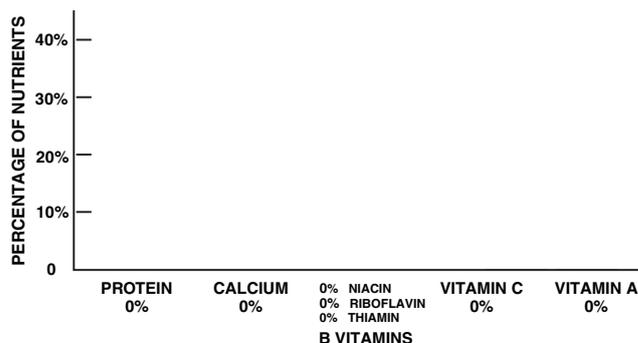
The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.



The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.



The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.



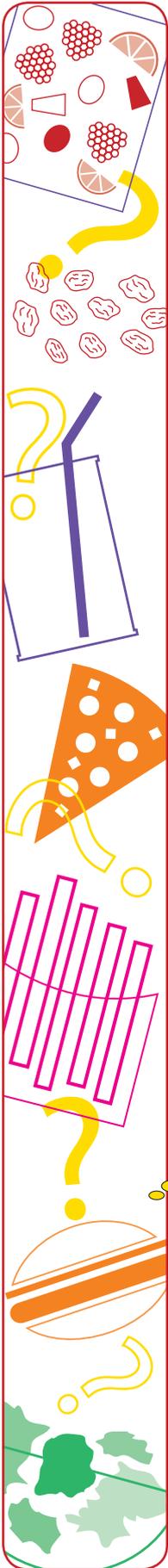
The major nutrient shown in this graph is _____, so the graph represents a food from the _____ food group.

FOOD FOR THOUGHT

1. What if you don't always eat food from all the food groups?

2. What if you eat more "extras" than food-group foods?

LUNCH AT THE MALL ... WHAT ARE MY OPTIONS?



Imagine that you're at the mall with some friends. You have \$7.00 to spend for lunch. Look at the restaurant menus (Pages 8–9) to order a tasty, healthy lunch that includes a variety of food-group foods.

Choose foods from the following food groups:

- Dairy
- Vegetables
- Fruits
- Grains
- Protein

Contains no more than 700 total calories (about one-third of the calories needed in a day)

Costs no more than \$7.00

Write your food and drink choices, calories and prices.
You may pick items from more than one restaurant menu.

Food or Drink	Calories	Price
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL	_____	_____

FOOD FOR THOUGHT

Write a goal around making healthy food choices when eating out. **GOAL:**



TODAY'S SPECIALS

Super Burger Meal Deal

(Super Burger, large french fries, large soda, your choice of cookie or pie)

Calories	Price
1579	\$3.50

You Choose Meal Deal

(Your choice of a regular hamburger or cheeseburger, side salad or baked potato, small drink)

Calories	Price
638	\$3.00

Burgers

	Calories	Price
Hamburger	272	\$2.25
Cheeseburger	295	\$2.45
Fried Fish Burger	710	\$2.95

Sandwiches

All sandwiches served on 6-inch sub roll with lettuce, tomatoes, pickles, mustard and mayonnaise

	Calories	Price
Roast Beef	264	\$3.50
Vegetable and Cheese	200	\$3.50
The Super Sub (ham, turkey, cheese and bacon)	350	\$4.65

OTHER ENTREES

	Calories	Price
Crispy Chicken Strips (fried, breaded chicken strips with dipping sauce)	380	\$3.50
Hot Dog	295	\$2.25

Salads

	Calories	Price
Garden Salad (with vinaigrette dressing)	190	\$2.50
Grilled Shrimp Salad (with ranch dressing)	287	\$3.95
Caesar Salad (romaine lettuce, parmesan cheese, croutons, Caesar dressing)	338	\$3.95

Side Dishes

	Calories	Price
Small French Fries	210	\$1.75
Large French Fries	540	\$2.25
Baked Potato	310	\$2.25
Chili Bowl (with crackers)	226	\$1.95

Desserts

	Calories	Price
Apple or Cherry Pie	260	\$1.00
Large Cookie	170	\$1.00
Frozen Yogurt (chocolate)	230	\$1.50
Fresh Fruit Cup	137	\$1.50

Beverages

	Calories	Price
Small Soda (12 oz.)	175	\$1.25
Large Soda (24 oz.)	349	\$1.55
Super Soda (42 oz.) <i>Keep the cup! Free refills!</i>	611	\$1.85
1% Low-Fat Milk (8 oz.)	102	\$1.25
1% Low-Fat Chocolate Milk (8 oz.)	158	\$1.25
Lemonade (8 oz.)	99	\$1.25

CASA MARTA



Main Dishes

	Calories	Price
Burrito (flour tortilla, refried beans, cheese)	189	\$3.25
Chicken Chimichanga (fried burrito)	559	\$3.25
Quesadilla (flour tortilla, melted cheese)	183	\$2.95
Fajita (flour tortilla, grilled chicken, grilled vegetables)	363	\$3.95
Taco Salad (chicken, lettuce, cheese, beans, avocado, tomatoes served in a taco-shell bowl)	740	\$4.00

Side Dishes

	Calories	Price
Chips and Salsa	445	\$1.95
House Salad (with ranch dressing)	240	\$1.95
Guacamole (avocado, tomato, spices)	366	\$1.65
Refried Beans	238	\$1.65

Desserts

	Calories	Price
Churros (two deep-fried dough strips, dipped in sugar)	332	\$2.00
Flan (caramel custard)	225	\$2.25
Arroz con Leche (rice pudding)	200	\$2.25

Drinks

	Calories	Price
Soda (12 oz.)	175	\$1.25
Diet Soda (12 oz.)	1.5	\$1.25
1% Low-Fat Milk (8 oz.)	102	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25



China Palace

LUNCH SPECIALS

	Calories	Price
Sweet and Sour Pork (batter-dipped pork, fried and tossed with pineapple, red pepper, onion, in a sweet and sour sauce) with Fried Rice	696	\$3.50
Kung Pao Chicken (stir-fried spicy chicken, peanuts, red pepper) with Steamed Rice	1104	\$3.50
Chow Mein (stir-fried noodles, cabbage, celery in soy sauce)	216	\$3.95
Tofu With Vegetables (tofu cubes simmered in chicken broth, tossed with a blend of broccoli, mushrooms, carrots and green pepper) with Steamed Rice	362	\$3.50
Steamed Fish Fillet With Vegetables and Steamed Rice	401	\$3.95
Spring Rolls (mixed vegetables wrapped inside two fried flour wraps) with Fried Rice	637	\$3.00
Chinese Chicken Salad	180	\$3.50

DRINKS

	Calories	Price
Hot Tea (8 oz.)	2	\$1.25
Sweetened Iced Tea (12 oz.)	135	\$1.25
Cola (12 oz.)	175	\$1.25
Diet Cola (12 oz.)	1.5	\$1.25
Bottled Water (16 oz.)	0	\$1.00

DESSERTS

	Calories	Price
Fresh Fruit Cup	137	\$2.00
Frozen Yogurt (Vanilla)	229	\$2.00
Almond Cookies (2)	75	\$1.75

PETE'S RISTORANTE

Pizza By The Slice

All of Pete's pizzas are made with homemade tomato sauce, fresh herbs and spices and the best imported cheeses.

	CALORIES	PRICE
Cheese Pizza (1 slice)	140	\$2.25
Pepperoni Pizza (1 slice)	181	\$2.55
Mushroom and Olive Pizza (1 slice)	235	\$2.45
Vegetable Pizza (1 slice)	192	\$2.45
The Everything-on-It Pizza (1 slice with pepperoni, ham, bacon, anchovies, mushrooms and olives)	390	\$2.95

Side Dishes

	CALORIES	PRICE
Side Salad (with ranch dressing)	281	\$2.25
Fried Breadsticks (2)	232	\$1.95
Minestrone Soup (with crackers)	108	\$2.25

Desserts

	CALORIES	PRICE
Gelato (ice cream)	178	\$2.00
Dessert Pizza (sweet dough with butter, cinnamon, sugar topping)	260	\$2.45

Beverages

	CALORIES	PRICE
Cola (12 oz.)	175	\$1.25
Root Beer (12 oz.)	152	\$1.25
1% Low-Fat Milk (8 oz.)	102	\$1.25
Mineral Water (12 oz.)	0	\$1.25
Orange Juice (8 oz.)	112	\$1.25

You've learned why breakfast is important and what combination of foods make a healthy breakfast. Write what you ate for breakfast this morning.

Food or Drink	Food Group

A balanced **breakfast** includes one food from each of the three groupings below—this is called the “3 out of 5” model.

Group #1—Grains

Group #2—Vegetables **OR** Fruits

Group #3—Dairy **OR** Protein

My breakfast included:

Evaluate whether or not you had a healthy breakfast by checking (✓)

Yes or No next to each statement:

	Yes	No
Foods from all food-group categories using the “3 out of 5” model:		
<ul style="list-style-type: none"> • Grains • Vegetables OR Fruits • Dairy OR Protein 		
Foods that were filled with nutrients to give my body a steady stream of energy all morning.		
Foods that were not filled with a lot of added sugar or fat.		

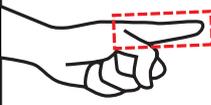
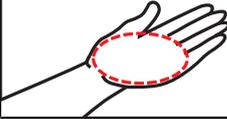
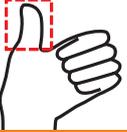
Did you answer NO to any of the statements? How could you change your breakfast tomorrow morning so that your checklist is filled with only YES answers?

Tomorrow, I can exercise **healthier breakfast options** if I eat:

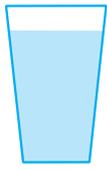
Food or Drink	Food Group


 FOOD FOR
THOUGHT

If you had to choose breakfast at a convenience store or a fast-food restaurant, what would you choose to order and why?

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)			Pointer finger 1½ ounces
Milk and yogurt (glass of milk)			One fist 1 cup
Vegetables			
Cooked carrots			One fist 1 cup
Salad (bowl of salad)			Two fists 2 cups
Fruits			
Apple			One fist 1 medium
Canned peaches			One fist 1 cup
Grains: Breads, Cereals, Pasta			
Dry cereal (bowl of cereal)			One fist 1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful ½ cup
Slice of whole wheat bread			Flat hand 1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)			Palm 3 ounces
Peanut butter (spoon of peanut butter)			Thumb 1 tablespoon

FOOD LIST



What about beverages?

All food and beverage choices matter.

Fuel up with milk at meals or snacks to meet your nutrient needs. Lactose free milk and fortified soy beverages are good choices for those with lactose intolerance.

With the exception of fortified soy beverage, drinks made with almonds and other nuts, rice or coconuts often contain little or no protein and lack other key nutrients for growth.

One hundred percent fruit juices are in the fruit group; limit to no more than 8 ounces daily.

Water does not belong to any food group, but next to air (oxygen), it is the most important substance you need to survive. Water is essential for maintaining body temperature and transporting nutrients through the body. Drink plenty of water between meals.



Dairy: Milk, Yogurt, Cheese

Main Nutrient = Calcium

Why your body needs it:
Strong bones and teeth

- Milk
 - fat-free
 - lactose free
 - low-fat (1%)
 - reduced fat (2%)
- Milk, flavored
 - fat-free
 - low-fat (1%)
 - reduced fat (2%)
- Yogurt
 - fat-free
 - low-fat
- Cheese
 - cheddar cheese
 - cottage cheese
 - Monterey Jack cheese
 - mozzarella or string cheese
- Dairy Desserts
 - frozen yogurt
 - ice cream
 - pudding, custard or flan
- Calcium-fortified soy beverages

Servings per day = 3

1 cup = 1½ ounces hard cheese or 2 ounces processed cheese
Choose fat-free or low-fat most often when you choose milk, yogurt and other dairy foods.



Vegetables

Main Nutrient = Vitamin A

Why your body needs it:
Healthy skin and eyes

- Fresh, frozen or canned vegetables
 - artichoke
 - bok choy
 - broccoli
 - cabbage
 - cactus
 - carrots
 - cauliflower
 - corn
 - green beans
 - lettuce or salad
 - peas
 - peppers
 - potato
 - spinach
 - squash
 - sweet potatoes,
 - yams
 - tomato
 - zucchini
- Hash browns
- Oven-baked fries
- Salsa
- Tomato sauce or pizza sauce
- Vegetable juice
- Vegetable soup

Servings per day = 3

1 cup = 1 cup cut-up vegetables
1 cup 100% juice
2 cups leafy salad greens
Try to vary your vegetable choices each day.

No Nutrients = No Health Benefit

- Soft drinks
- Syrup, honey or sugar
- Mustard or ketchup
- Candy
- Salad dressing or mayonnaise
- Margarine

“extras”

- Cream cheese or sour cream
- Whipped cream
- Butter

“extras”

- Pickles, olives or relish
- Fried onion rings
- Fast-food french fries
- Potato or corn chips



Fruits

Main Nutrient = Vitamin C

Why your body needs it: Healing

Fresh, frozen or canned fruits

- apple
- apricot
- banana
- blueberries
- cantaloupe
- cherries
- grapefruit
- grapes
- honeydew
- kiwi
- mango
- orange
- papaya
- peach
- pear
- pineapple
- plum
- raspberries
- strawberries
- tangerine
- watermelon
- 100% fruit juice
- Cranberries, raisins, dried fruit

Servings per day = 2

- 1 cup = 1 cup cut-up fruit
- 1 cup 100% juice
- 1 banana or large apple

Make most choices whole fruit.



Grains: Breads, Cereals, Pasta

Main Nutrient = B-Vitamins

Why your body needs it: Energy

Breads

- bagel or English muffin
- bun or roll
- cornbread or biscuit
- pita bread
- tortilla (flour or corn)

Cereals

- cereal
- oatmeal
- other cooked cereal

Pasta

- macaroni
- noodles
- spaghetti, other pasta

Rice, brown or white

Snack grains

- granola, granola bar
- pancake or waffle
- popcorn
- pretzels
- whole-grain or graham crackers

**Whole-grains are best*

Servings per day = 6

- 1 ounce = 1 slice bread
- 1 cup dry cereal, or
- ½ cup rice or pasta

Make at least half of your grains whole grains.



Protein: Meat, Beans, Nuts

Main Nutrient = Protein

Why your body needs it: Strong muscles

Meat

- beef, hamburger
- chicken or turkey
- fish or shrimp
- ham
- lunch meat
- pork chop

Beans

- black pinto
- garbanzo refried beans
- kidney white

Nuts

- almonds
- peanuts, peanut butter
- walnuts

Seeds

- pumpkin
- sunflower

Chili

- Eggs
- Hummus
- Tofu

Servings per day = 2

- 2 – 3 ounces meat, fish or poultry = 1 serving
- 1 ounce = 1 tablespoon peanut butter,
- ½ ounce nuts, ¼ cup dry beans

Choose lean meat and poultry. Vary your choices—more fish, beans, nuts and seeds.

“extras”

- Jam or jelly
- Fruit roll or fruit snack
- Fruit drink or punch
- Fruit gelatin

“extras”

- Cookies, cake or pie
- Toaster pastry
- Doughnut or pastry

“extras”

- Bacon
- Beef jerky

Select *one* student in the *Today I Ate ...* video and list everything he or she eats and drinks in one day. Be sure to include the amounts.

'S FOOD RECORD

(name of student in video)

	FOODS (INCLUDE THE AMOUNTS EATEN)	Dairy: Milk, Yogurt, Cheese	Vegetables	Fruits	Grains: Breads, Cereals, Pasta	Protein: Meat, Beans, Nuts	"extras"
BEFORE SCHOOL	carton of low-fat yogurt	1 cup					
	toaster pastry						✓
	BEVERAGE						
AT SCHOOL							
	BEVERAGE						
AFTER SCHOOL							
	BEVERAGE						
DINNER							
	BEVERAGE						
(TOTAL AMOUNTS)							
Daily Recommended Number of Servings		3	3	2	6	2	

For each glass of water consumed, check a box:

List everything you eat and drink in one day. Be sure to include the amounts.

MY FOOD RECORD

	FOODS (INCLUDE THE AMOUNTS EATEN)	Dairy: Milk, Yogurt, Cheese	Vegetables	Fruits	Grains: Breads, Cereals, Pasta	Protein: Meat, Beans, Nuts	"extras"
BEFORE SCHOOL							
	BEVERAGE						
AT SCHOOL							
	BEVERAGE						
AFTER SCHOOL							
	BEVERAGE						
DINNER							
	BEVERAGE						
(TOTAL AMOUNTS)							
Daily Recommended Number of Servings		3	3	2	6	2	

For each glass of water consumed, check a box:

List everything you eat and drink in one day. Be sure to include the amounts.

MY FOOD RECORD

	FOODS (INCLUDE THE AMOUNTS EATEN)	Dairy: Milk, Yogurt, Cheese	Vegetables	Fruits	Grains: Breads, Cereals, Pasta	Protein: Meat, Beans, Nuts	"extras"
BEFORE SCHOOL							
	BEVERAGE						
AT SCHOOL							
	BEVERAGE						
AFTER SCHOOL							
	BEVERAGE						
DINNER							
	BEVERAGE						
	(TOTAL AMOUNTS)						
	Daily Recommended Number of Servings	3	3	2	6	2	

For each glass of water consumed, check a box:

List everything you eat and drink in one day. Be sure to include the amounts.

MY FOOD RECORD

	FOODS (INCLUDE THE AMOUNTS EATEN)	Dairy: Milk, Yogurt, Cheese	Vegetables	Fruits	Grains: Breads, Cereals, Pasta	Protein: Meat, Beans, Nuts	"extras"
BEFORE SCHOOL							
	BEVERAGE						
AT SCHOOL							
	BEVERAGE						
AFTER SCHOOL							
	BEVERAGE						
DINNER							
	BEVERAGE						
	(TOTAL AMOUNTS)						
	Daily Recommended Number of Servings	3	3	2	6	2	

For each glass of water consumed, check a box:

- Use your 3-day records to fill out the chart below to determine where you could improve your daily food and beverage choices.
- Use the chart below to answer the questions on the bottom half of the page.

Food Group / "extras"	Day 1	Day 2	Day 3	Average intake for all three days (day 1 + day 2 + day 3 ÷ 3 = average)	Recommended number of daily servings	Additions, as needed, to meet requirements (recommended minus average)
Dairy						
Vegetables						
Fruits						
Grains						
Protein						
"extras"						

- Look at the chart above and write the name of the food groups for which you did not consume the recommended number of daily servings.

- Using the chart above, name some foods you could ADD to give you the servings you need in the food groups in which you are low.

Add _____ When? _____

Add _____ When? _____

- Did you eat a lot of "extras" instead of food-group foods? What are some of the foods you could TRADE for food-group foods that would help you meet the daily recommended serving amounts?

Trade _____ for _____

Trade _____ for _____

- Using the information above, write two goals for yourself that would help you make healthier food and beverage choices.

Goal #1: _____

Goal #2: _____

So, how much activity do you need to do? Health professionals recommend that middle school students get at least 60 minutes of moderate-to-vigorous activity every day.

On your activity record, circle the totals for any days that are **under** 60 minutes—that is, the days you got less than 60 minutes of moderate to vigorous activity. Then answer the questions below:

- Do I get at least 60 minutes of moderate to vigorous activity every day? ___ YES ___ NO
- If not, on which days do I need more activity and how much do I need?

Day: _____ Time needed: _____

Day: _____ Time needed: _____

Day: _____ Time needed: _____



WHAT ARE MY ACTIVITY OPTIONS?

Just as you had options with your food choices, you also have options to make sure you get the activity time you need. You could:

- trade some of your easier activities for activities with more intensity, like riding your bike instead of playing video games.

EXAMPLE:

I could rollerblade instead of playing video games
(when?) When I get home from school

- do more of what you're already doing, like rollerblading for 30 minutes instead of 15 or working harder during PE or soccer practice.

I could _____ instead of _____
(when?) _____

- add new activities, like walking to school instead of getting a ride.

I could _____ instead of _____
(when?) _____

I could _____ instead of _____
(when?) _____

THE OPTIONS I CHOOSE ...

You know what you could do. NOW, what are you really going to do? From the OPTIONS you listed above, set one or two goals on how you will be more active.

Goal #1: _____

Goal #2: _____

You've seen how some common roadblocks, or obstacles, can get in the way of plans to exercise better food and activity choices. Use this page to help you organize your ideas about alternative ways around the obstacle you have been assigned.

OBSTACLE: **EXAMPLE:** Choosing lunch at a fast-food restaurant.

Alternative plan #1

ACTION

EXAMPLE: Order a side salad instead of french fries.



RESULT

EXAMPLE: Eating foods from food groups instead of "extras" to get important nutrients.

Alternative plan #2

ACTION



RESULT

Alternative plan #3

ACTION



RESULT

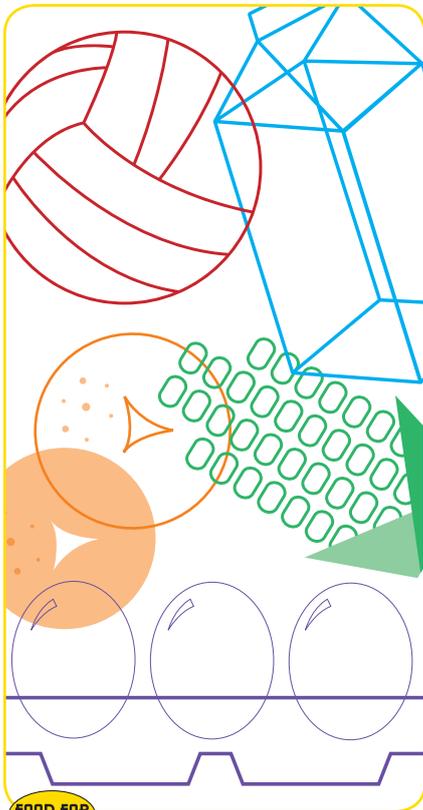
Alternative plan #_____ is my first choice because:

FOOD FOR THOUGHT

Have you ever been faced with an obstacle when trying to carry out a plan to exercise smart food or physical-activity options? What was the obstacle, and how did you get around it?

RE-TEST YOUR KNOWLEDGE

Now that you've completed the *Exercise Your Options* program, your understanding about the things that affect your life and your health are probably different than they were at the beginning of the program. Check yourself to find out if that's true!



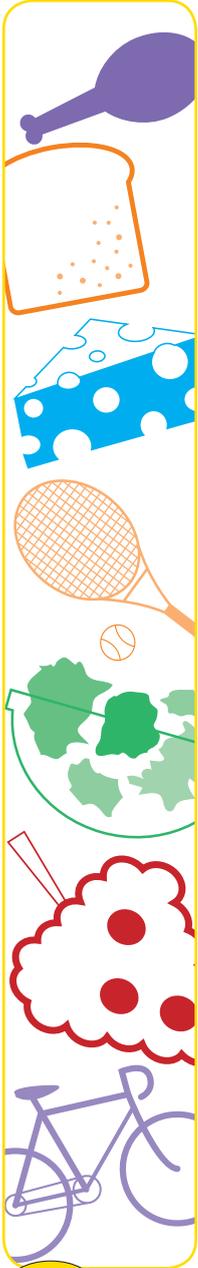
FOOD FOR THOUGHT

Read each of these statements and check (✓) whether you think it is true or false.

	True	False
1. Team sports, like basketball or soccer, are the best form of physical activity for students.		
2. It's important for teenagers to eat foods rich in calcium so they can have strong bones for their entire lives.		
3. A healthy breakfast should include foods from the Grains group, the Vegetables OR Fruits group and the Dairy OR the Protein group.		
4. Eating a high-sugar snack is good way to get a quick burst of energy that will last all afternoon.		
5. It's almost always difficult to select healthy foods at a fast-food restaurant.		
6. Diets that severely restrict the foods I can eat are not a good way to lose weight and keep it off.		
7. For normal-weight students, regular physical activity is unnecessary.		
8. Famous athletes usually help advertise only healthy food products.		
9. I should limit the number of carbohydrates I eat, as often as possible, to avoid gaining weight.		
10. Students who eat breakfast score higher on tests than students who don't eat breakfast.		
11. Skipping a meal is a good way to avoid gaining weight.		
12. I will get fat if I eat foods with fat in them.		
13. Serving sizes have become much larger over the last 20 years.		
14. All foods can be classified as either <i>good</i> or <i>bad</i> for my body.		

1. How many of your answers on this page are different from your answers on Page 2? _____

2. Which statement above surprised you the most and why? _____



During the *Exercise Your Options* program, you have learned about all the choices you can make in the foods you eat and in your physical-activity options. Now it's time to *exercise your options* and make your own health plan:

MY HEALTH PLAN

Evaluate each of the three goals or expectations you identified in the pre-assessment. How well did you meet your goals or expectations? If you did not meet your goals or expectations, explain your plan, including obstacles and solutions to overcome the obstacles.

1. _____

2. _____

3. _____

FOOD FOR THOUGHT

Write at least one physical-activity goal below. Include your plan, possible obstacle(s) and solutions to overcome the obstacle(s).

DAIRY: MILK, YOGURT, CHEESE

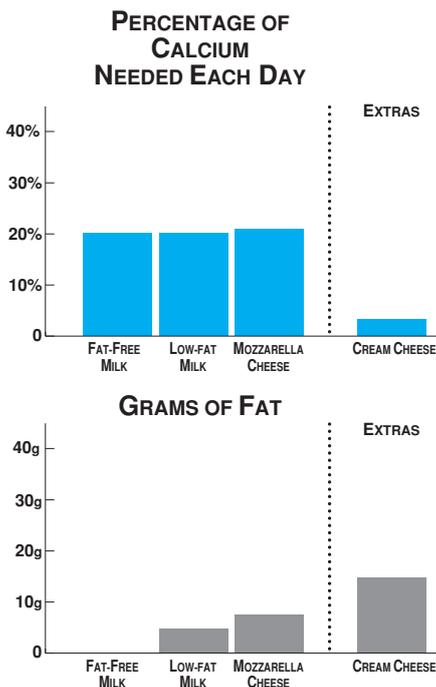
What foods are in this group and why?

Milk, of course, is in the Dairy group! All kinds of milk are in this group—low-fat, fat-free, buttermilk, low-fat flavored. Also in this group are foods made from milk—foods such as cheese or yogurt—that provide you with the calcium you need. There's the key. Foods in this group are good sources of calcium.

If a food is made from milk, but we can't count on it to get the calcium we need, then that food is not in the Dairy group. That food is an "extra" food. Foods such as butter, cream cheese and whipped cream are made from milk, but they contain primarily fat. You can see on the graphs that foods in the Dairy group provide high levels of calcium, but when the amount of fat in a food outweighs its nutritional contribution, as with cream cheese, the food is classified as an "extra."

Why do I need these foods?

So, why do you need calcium? For your bones! You need calcium to build your bones now and to keep your bones strong later in life.



As a child, you needed calcium to help your bones grow. You need even more calcium now! Your bones are still growing—longer and stronger—and you're also storing bone calcium that you'll need for the rest of your life. The only time available for you to store this calcium is during your teen and young-adult years. The amount of bone you build during these years is your PEAK BONE MASS. This is the strongest your bones will ever be.

Dairy provides four of the seven most critical nutrients lacking in American diets: vitamin A, calcium, magnesium and potassium.

Your best source of calcium is Dairy. Calcium is also found in other foods—sardines, tofu and dark, leafy green vegetables such as broccoli. But these foods tend not to be eaten very often. So, to get the calcium you need, count on foods in the Dairy group.

How much do I need?

As a teenager, you need **three servings of Dairy each day**. Those three servings will give you the amount of calcium you need for strong bones and teeth and for building your peak bone mass. Three servings of Dairy will also provide you with other nutrients—protein, vitamin A and riboflavin—that help your body use the calcium.

Do you get enough Dairy every day? If you're a teenage boy, it's more likely that you do. If you're a teenage girl, however, it's likely that you don't get enough! Remember, girl or boy, as a teenager, you need at least three cups a day to get the calcium your body needs.

Worried about excessive calories with Dairy? Don't be. There are many fat-free and low-fat versions of milk, yogurt and cheese available. And experts agree that teenagers don't have to avoid milk because of concerns with weight gain. Dairy plays a key role in maintaining a healthy weight.

VEGETABLES

What foods are in this group and why?

Vegetables are, of course, in the Vegetables group—vegetables from "A to Z" ... from artichokes to zucchini, and every vegetable in between!

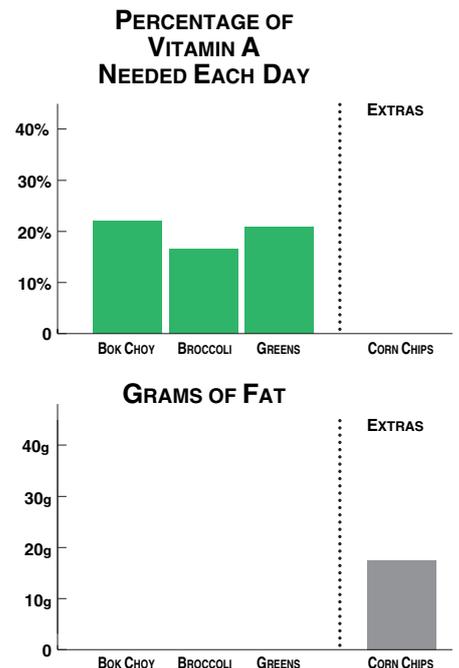
Vegetables all come from plants, but we get them in many forms:

Fresh, Frozen, Canned, Dried

Processed into products such as tomato salsa

Juices, such as tomato juice or carrot juice

Vegetables are our **main source of vitamin A**. The deeper the green (like broccoli) and the darker the yellow (like sweet potatoes), the more vitamin A the vegetable contains. Almost all vegetables are naturally low in fat. Sometimes, however, when we prepare vegetables to eat, fat and oils are added. If too much fat is added, that vegetable becomes an "extra" food, as is the case when making corn chips from corn!



Why do I need these foods?

Vegetables provide you with vitamin A, and vitamin A helps keep you healthy. It is particularly good for your skin and your eyes. Some vegetables are also good sources of vitamin C, and all vegetables provide dietary fiber, which helps with digestion and is thought to reduce your risk of certain kinds of cancer. Potassium, which helps maintain healthy blood pressure, is also found in vegetables.

While vitamin A is the main nutrient in vegetables, the combination of all the nutrients in vegetables, or in any food, is often thought to be what is really good for us.

How much do I need?

The recommended amount of vegetables is **two and one-half cups a day**. Try to vary the types of vegetables you eat each week:

Dark green, like broccoli, spinach or romaine lettuce

Orange, like carrots or sweet potatoes

Dried beans and peas, like kidney beans, pinto beans or lentils (These are also included in the Protein group.)

Starchy vegetables, like white potato, corn and peas

Round out your choices with vegetables like tomatoes, green beans, lettuce and mushrooms.

What foods are in this group and why?

Fruits are in the Fruits group, fruits you've heard of—like apples, bananas, oranges, plums and cantaloupe—and fruits you may not have heard of—like starfruit, papaya, guava, olallieberries and crenshaw melon. All fruits come from plants, but we can get them in many forms:

Fresh, Frozen, Canned, Dried

Processed into products such as applesauce

Juices, such as orange juice or cranberry juice

Fruits, in any form, are our **main source of vitamin C**. And fruit is naturally low in fat, with the exception of coconut. However, sometimes when we prepare fruits to eat, fat and/or sugar may be added.

If too much fat or sugar is added, that fruit can become an “extra” food! For example, raspberries are a fruit, but a raspberry fruit roll is an “extra” because it is higher in sugar. And cherries are a fruit, but cherry pie is an “extra,” as you can see on the graph.

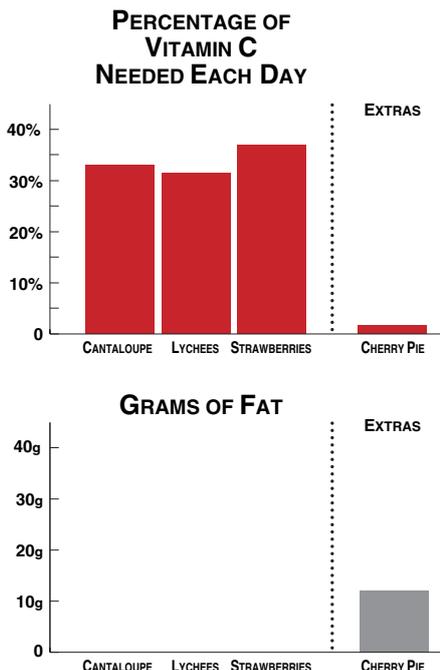
Why do I need these foods?

Have you ever cut your finger or skinned your knee? It's vitamin C, the main nutrient you get from fruits, that helps your body heal and grow new cells. Many fruits are good sources of vitamin A as well, which is important for healthy skin and eyes. You can also count on fruits to provide dietary fiber, which helps with digestion and is thought to reduce your risk of certain kinds of cancer. And, like vegetables, fruits contain potassium.

The vitamin C you get from fruits is also important to help your body use the iron you get from other foods. You can see how all the foods you eat really do work together to keep you healthy!

How much do I need?

The recommended amount of fruits is **two cups each day**. Keep the amount of fruit juice you drink to less than half of your total fruit intake. Whole or cut-up fruits might be a better snack option.



GRAINS: BREADS, CEREALS, PASTA

What foods are in this group and why?

Any food that is a grain or is made from grains is in the Grains group. Foods in this group include:

Breads of all types—whole wheat and rye, buns, muffins and bagels

Cereals, including hot ones (like oatmeal) and cold ones (like cornflakes)

Rice of all types, like brown rice

Pasta, such as spaghetti, macaroni, noodles

Other foods made from flour, such as tortillas, crackers, pancakes

Grains **supply you with B-vitamins**, as well as long-lasting energy. Grains are naturally low in fat, but sometimes when the grains are processed or cooked, fat and/or sugar is added, increasing the fat content of some foods in this group. When the fat or sugar content gets so high that it outweighs the nutrient content, then the food becomes an “extra,” as is the case with cookies, cakes and doughnuts.

Why do I need these foods?

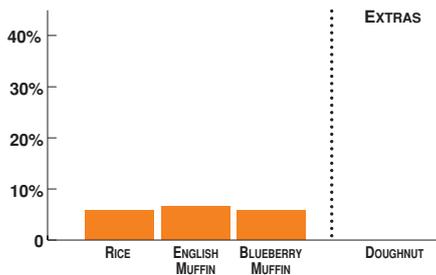
With grains, you get a whole family of vitamins, the B-vitamins—niacin, thiamine and riboflavin. The main job for this B-vitamin family is to release energy from the foods you eat so that your body can use the energy. B-vitamins also play a role in keeping you healthy, especially your blood, your skin and your nervous system.

Along with fruits and vegetables, foods in the Grains group add fiber to your diet. This dietary fiber helps with digestion and is thought to reduce your risk of certain kinds of cancer. Grains also provide complex carbohydrates, an important source of energy. Complex carbohydrates are different than the simple carbohydrates found in soda and candy. Complex carbohydrates are burned at a slow rate, rather than all at once, which means that your body can use them for several hours after you’ve eaten them. That’s why athletes involved in endurance activities load up on complex carbohydrates before a competition.

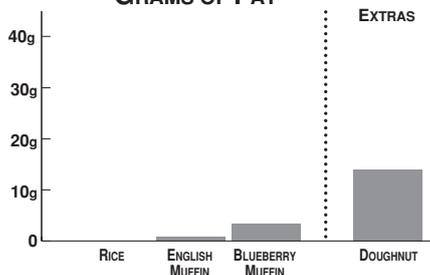
How much do I need?

The recommended amount of Grains is **six ounces each day**. Make at least half of your choices in this group whole grain. Some examples include brown rice, oatmeal, wild rice and whole-wheat bread.

PERCENTAGE OF B-VITAMINS NEEDED EACH DAY



GRAMS OF FAT



PROTEIN: MEAT, BEANS,

What foods are in this group and why?

Foods in this group include:

Meat includes any kind of beef, chicken, turkey, pork or fish.

Beans include dry beans such as pinto beans, lima beans, split peas and lentils. Tofu is included here too, because it’s made from soybeans.

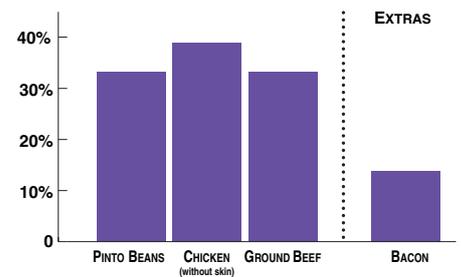
Nuts include any kind of nuts or seeds, as well as peanut butter or other nut butters.

Eggs are in this group, too.

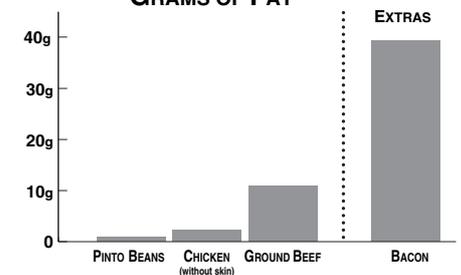
As you can see, foods in this group come from both animal and plant sources. So, why are meat, beans and nuts all in the same group? **They all provide protein.**

Some “meat” foods are actually **not** in the Protein group. That’s because the amount of fat they contain outweighs the amount of protein they provide. You can see on the graphs that pinto beans, chicken and ground beef provide high levels of protein, unlike bacon, which provides primarily fat. Bacon is, therefore, an “extra” food.

PERCENTAGE OF PROTEIN NEEDED EACH DAY



GRAMS OF FAT



Why do I need these foods?

You need protein to build strong muscles. Protein is particularly important when you are growing because not only does it build muscles, it also helps repair and build new body tissue.

Protein also provides you with iron, which is needed to carry oxygen through your blood to all the cells in your body.

How much do I need?

Five and a half to six ounces each day are recommended from the Protein group. This amount will give you plenty of protein, as well as other nutrients, such as iron, found in these foods.

Most Americans consume more than enough protein. The reason is that a healthy serving of meat is only about the size of the palm of your hand (two ounces), certainly smaller than the size of a steak or hamburger you typically see! If you eat large servings of foods in this group—a double cheeseburger or two pieces of chicken—count as four ounces. On the other hand, if you eat small servings—beans in a soup, peanut butter on a piece of toast—count as one-half or one ounce.

What are “extra” foods and why?

Not all the foods you probably eat fit into the five food groups—Dairy; Vegetables; Fruits; Grains; Protein. Foods that do not fit into any of these food groups are called “extra” foods. These foods normally do not contain many important nutrients and/or they are higher in sugar or fat.

For example, “extras” higher in sugar include soda, jam and hard candy. “Extras” higher in fat include chips, gravy, margarine and salad dressing. Some “extras” higher in both fat and sugar include doughnuts, chocolate bars, cookies, cakes and pies.

Not all “extras” are higher in sugar or fat; some of them just do not provide us with the nutrients we need and get from foods in the food groups. These “extras” include ketchup, mustard, pickles, soy sauce and diet soft drinks.

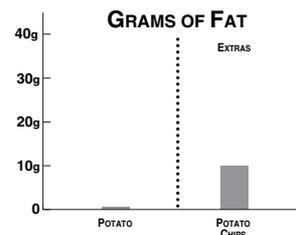
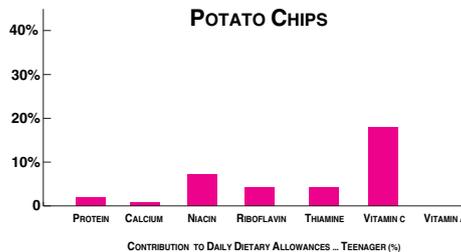
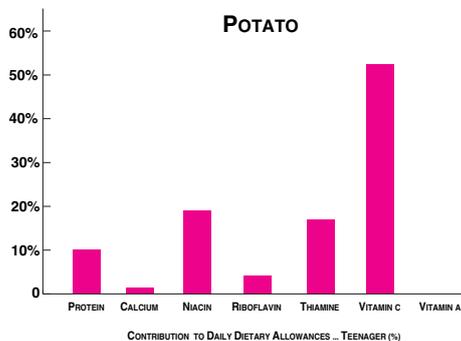
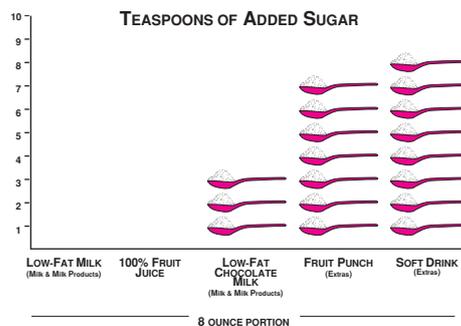
Some “extra” foods may start out as food-group foods, but during processing, fat and/or sugar is added so that the food-group food becomes an “extra.” The nutrient value decreases and the fat or sugar content increases. Look at the graphs to see the sugar added to fruit punch and soft drinks and to see what happens when making potato chips from a potato!

Should I eat “extra” foods?

“Extra” foods are just that—extra! They provide flavor and fun, but you can’t count on them for nutrients. And, they could add unnecessary calories. “Extras” can be part of healthy food choices as long as they are **not eaten in excess** or are **not eaten instead of food-group foods**.

“Extra” foods that are higher in fat and sugar are also usually higher in calories. So, if you’re concerned about limiting calories and fat or about watching your weight, start by cutting down on “extra” foods.

If you find you’re eating “extra” foods in place of food-group foods—a doughnut for breakfast instead of cereal, french fries and cookies for lunch instead of a sandwich, a soda at dinner instead of milk—then you may not be getting the nutrients you need. Substituting a food-group food for that “extra” food you usually eat can reduce the calories you eat while providing you with important nutrients.

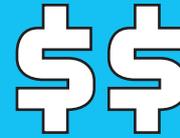


BANKING ON STRONG BONES



Bones—you probably don't think too much about them, unless perhaps you break one. Strong bones are important, and now, as a teenager, is the best time for you to build those bones.

Think of your bones as a savings account. Into that account, you deposit calcium from the foods you eat and beverages you drink. Your bones are “storing” the calcium—using it to build your bones now and to keep your bones strong later in life.



EAT BONE-BUILDING FOODS

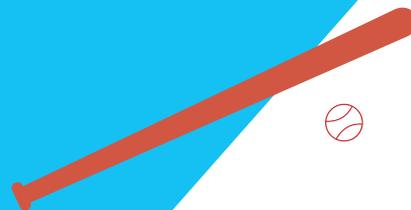
- Drink at least three 8-ounce glasses of milk every day.
- Milk, yogurt and hard cheese are an easy, convenient way to get calcium.



Low-fat milk

DO BONE-BUILDING ACTIVITIES

- Bone-building activities are activities that put weight on the bones, such as running, jumping or dancing.
- Bone-building activities move your skeleton against gravity with force and impact.



1 serving of milk gets you 1/3 of the way to your daily recommended value for calcium.

Nutrition Facts		
4 serving per container		
Serving size		1 cup (245g)
Amount Per Serving		105
Calories		
%Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	130mg	5%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Total Sugars	12g	
Includes	0g	Added Sugars 0%
Protein	8g	
Vitamin D	2.5mcg	25%
Calcium	300mg	30%
Iron	0.12mg	0%
Potassium	397mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This program, brought to you by Dairy Council of California, aligns with the Dietary Guidelines for Americans.