

Activity 1: Are You Meeting Your Nutrition and Physical Activity Recommendations?

Purposes:

- Youth will assess their diet and physical activity behaviors.
- Youth will identify ways to improve their diet and physical activity choices.

Session One

Before the session:

Make copies of *My Food Record* (page 105) and *My Physical Activity Record* (page 106) handouts.

What to do:

1. Tell youth that they will be collecting information on their eating and physical activity patterns. Distribute *My Food Record* and *My Physical Activity Record* handouts. Have youth keep a record of all the food they eat and how much physical activity they get for an entire day.
2. Provide instruction on how to complete the records.
 - Explain that it is very important that they be specific about the kinds of food and the amount they eat.

Specific examples:	Non-specific examples:
■ 2 slices of cheese pizza	pizza
■ Pint carton of lowfat milk	milk
■ One 12-oz. can of diet or regular soda	soda
■ A turkey sandwich, 3 slices of turkey, 2 slices of bread w/lettuce, tomato	sandwich
■ 3 pieces of fried chicken with skin	chicken
 - Explain that physical activity also includes things such as walking to and from school, or household chores like mowing the lawn, washing the car, sweeping, and vacuuming. This is in addition to traditional exercise such as playing basketball, running, or bike riding. Tell them to keep track of all of it!

Session Two

Before the session:

Make copies of *Are You Meeting Your Nutrition and Physical Activity Recommendations?* (pages 107 and 108).

What to do:

1. Distribute copies of *Are You Meeting Your Nutrition and Physical Activity Recommendations?* handout for the youth to complete.
2. Review the nutrition recommendations.

Recommendations for each food group:

- **Grains:** Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day.
- **Vegetables:** Vary your veggies. Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.
- **Fruits:** Focus on fruits. Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.
- **Milk:** Get your calcium-rich foods. Go lowfat or fat-free when you choose milk, yogurt, and other milk products.
- **Meat and Beans:** Go lean with protein. Choose lowfat or lean meats and poultry, fish, beans, peas, nuts, and seeds.

3. Review the physical activity recommendation for children and adolescents.

Recommendation for physical activity:

Aim for at least 60 minutes a day on most, preferably all, days of the week.

- Be spontaneously physically active
- Play tag
- Jump rope
- Ride a bike
- Walk or run
- Play during recess
- Roller skate or in-line skate

- Take part in physical education classes during school
 - Join after-school or community physical activity programs
 - Dance
 - Prevent dehydration by drinking water regularly during the activity and after the physical activity is completed.
4. Review what happens when you don't meet your nutrition and physical activity recommendations. You may:
- Get cranky, moody, not be able to concentrate
 - Become overweight or underweight
 - Become constipated
 - Suffer from:
 - stroke
 - high blood pressure
 - type 2 diabetes
 - certain types of cancers
5. Discuss the following:
- Were you surprised by the amounts or types of food you ate?
 - Were you more physically active or less physically active than you expected?
 - Did you meet the nutritional and physical activity recommendations?
 - What ideas did you come up with to improve your choices?

Tip: Youth can track their eating habits on-line with the United States Department of Agriculture's *MyPyramid Tracker* at MyPyramid.gov. They can create an online profile by entering in the foods they eat and tracking their calorie, vitamin, fat, fiber, cholesterol, and protein intake. A 20-day log will help them to document their eating patterns.

My Food Record

Name:

Date:

List All Food and Drink

Amount

MORNING:

BEFORE LUNCH:

LUNCH:

AFTERNOON:

DINNER:

AFTER DINNER:

Are You Meeting Your Nutrition and Physical Activity Recommendations?

Use your completed food and physical activity records to answer these questions and see!

Fruits and vegetables provide important nutrients and other substances that can help you:

- Keep your skin and eyes healthy
- Avoid getting sick
- Avoid getting constipated
- Reduce your risk of cancer and other diseases
- Heal wounds faster

For a 2,000-calorie diet, you need at least 2 cups of fruit and 2 1/2 cups of vegetables a day!!

Did you meet the recommendations?

- Yes No

Foods from the Milk group are important for:

- Building strong bones and teeth
- Making muscles work

Because you are still growing, you need at least 1300 mg of calcium a day. *That means 3 cups of foods high in calcium every day.*

Did you meet the recommendations?

- Yes No

What about soda?

Drinking too much sugary soda may:

- Cause weight gain
- Give you cavities

The average 12- to 19-year-old male youth consumes about 18 oz. of soda a day. This adds up to more than an extra 14 tsp. of sugar per day! And this doesn't include the sugar from eating other foods such as candy, cookies, cakes, or ice cream.

How many tsp. of sugar from soda did you have? (Multiply the ounces of soda you drank by 8 and divide by 10) ____ oz. of soda x 8 = ____ ÷ 10 = ____ tsp. of sugar

One cup of fruit and vegetable is:

- 1 medium size pear or large orange or banana
- 1 cup 100% fruit juice
- 1 cup canned or chopped fruit
- 1 cup cooked or chopped raw vegetables
- 2 cups raw leafy vegetables – spinach, romaine, etc.
- 1/2 cup dried fruit
- 1 cup tomato or mixed vegetable juice

The following amounts of these foods provide similar amounts of calcium:

- 1 cup fat-free or lowfat milk, yogurt, or pudding
- 1 1/2 oz. lowfat cheese
- 1 cup calcium-fortified juice or calcium-fortified cereal
- 3 cups broccoli
- 6 medium corn tortillas

Physical Activity

Every day, or most days, you should get at least 60 minutes of physical activity. This includes moderate activity such as playing basketball or football, swimming laps, or jumping rope, and other activity such as walking your dog, biking to school or to visit friends, or using the stairs.

Did you get at least 60 minutes of moderate physical activity? Yes No

What happens when you don't meet the food and physical activity recommendations?

Now...

- You may become cranky or moody, or not be able to concentrate
- Become overweight or underweight
- Get constipated

Later...

Suffer from:

- Stroke
- High blood pressure
- Type 2 diabetes
- Certain types of cancers

Improving Your Food and Physical Activity Choices

What changes can you make to improve your food and physical activity choices? Check all that apply and add a brief comment on how you will make improvements.

<i>Improvement</i>	<i>How:</i>
<input type="checkbox"/> Eat more fruits and vegetables	
<input type="checkbox"/> Eat/drink more from the milk group	
<input type="checkbox"/> Drink less soda	
<input type="checkbox"/> Make at least half of grains whole	
<input type="checkbox"/> Add more physical activity into my day	