

DOCUMENT RESUME

ED 388 817

CE 070 212

TITLE Improving Individual, Child, and Family Nutrition, Health and Wellness. Learning Guide 8. Project Connect. Linking Self-Family-Work.

INSTITUTION Emily Hall Tremaine Foundation, Inc., Hartford, CT.; Southern Illinois Univ., Carbondale.

SPONS AGENCY Illinois State Board of Education, Springfield. Dept. of Adult, Vocational and Technical Education.

PUB DATE 94

CONTRACT WOCO945

NOTE 69p.; For related guides, see CE 070 204-235.

PUB TYPE Guides - Classroom Use - Teaching Guides (For Teacher) (052)

EDRS PRICE MF01/PC03 Plus Postage.

DESCRIPTORS Adult Education; Behavioral Objectives; Competency Based Education; Educational Resources; \*Health; Health Activities; Health Education; Health Promotion; Homemaking Skills; Learning Activities; Life Satisfaction; \*Mental Health; \*Nutrition; Out of School Youth; Quality of Life; Self Concept; Self Esteem; State Curriculum Guides; Teaching Guides; \*Well Being

IDENTIFIERS Illinois

ABSTRACT

This learning guide is designed to connect personal, family, and job responsibilities for adults and out-of-school youth in economically depressed areas of the state (including transitional ex-offenders and corrections populations) so that these individuals learn to manage and balance these aspects of their lives in order to prepare for or continue successful employment. This learning guide contains four competency units that provide information on health and wellness. The competency units cover the following topics: (1) defining wellness; (2) planning food choices to meet nutritional needs for individual, child, and family; (3) assessing mental and emotional health; and (4) assessing one's state of physical fitness and identifying needed improvements. Each competency unit consists of learner outcomes, key ideas, definitions, teaching strategies and methods, and suggested learning activities. Twenty-seven supplements include information and activity sheets on the following: physical, mental, and social health; health habits; wellness; nutrition; food pyramid; fast-food; dietary guidelines; nutritional needs of various age groups; mental health habits; personal strengths; self-esteem; fitness; and the new food label. A bibliography lists 67 references. The Illinois goals for world-class education for the 21st century also are included. (KC)

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8

# Improving Individual, Child, and Family Nutrition, Health and Wellness

CE 070212

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This Learning Guide was developed for the PROJECT CONNECT program under contract from Flora Community School District, Mary Beth Stine, Director. The CONNECT program is funded 100% by the Illinois State Board of Education through the Carl D. Perkins Vocational and Applied Technology Education Act of 1990.

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## General Guidelines/Checklist For Users

The terms "facilitator" and "learner" are used throughout to describe the instructor and participants.

STRATEGIES (for facilitators) and ACTIVITIES (for learners) as stated in the guide, are not always parallel as to numbering system.

Facilitators need to find out where learners are with each of the competencies. For example, if working with a group of out-of-school youth who may have had nutrition or health classes, the facilitator may choose not to do all the competencies. If working with a JTPA client, for example, it might be necessary to cover all competencies.

**Key to Symbols** - The following symbols are used throughout the guides to designate enhancement activities:

-  related basic skills, giving particular attention to language arts and mathematics
-  related decision-making and problem-solving skills, including the application and transferability of these skills to personal, family, and work responsibilities to be demonstrated
-  enrichment activities according to learner abilities and experiences
-  interrelationship of concepts to personal, family, and work
-  influence of technology on the subject matter, application of knowledge, and related work
-  pre- and/or posttest assessment activities

Before addressing any of the competencies, the facilitator should check in advance to see what materials or preparations are needed for the competency as numbered.

### Competency #1 - Define wellness.

\_\_\_\_\_ For Method 1, the facilitator may need to have blank newsprint or chalkboard ready if using as a pretest of learners' ability to define health and for listing examples of physical, mental (emotional), and social health.

\_\_\_\_\_ Duplicate Supplement 1, "Three Sides of Health," to illustrate the three components of health as needed.

\_\_\_\_\_ Duplicate Supplement 2, "Your Health Habits," as needed.

\_\_\_\_\_ The facilitator should be prepared to give some examples of good and bad health habits which may be suited to learner group.

\_\_\_\_\_ Duplicate Supplement 2, "Your Health Habits," for assessing learners' states of wellness. The facilitator may adapt items to fit learner group. (Method 5)

\_\_\_\_\_ Duplicate Supplement 3 if discussing factors that influence wellness. Supplement 4 can be used as a facilitator's guide to Supplement 3. (Method 4)

\_\_\_\_\_ The facilitator may need to create a form to be used by learners interested in developing an individual wellness plan. (Method 5)

\_\_\_\_\_ The facilitator should have pictures available from magazines or newspapers that depict three aspects of health (physical, mental/emotional, and social). (Activity 2)

\_\_\_\_\_ If using the visual health triangle to illustrate the importance of balance in health, the facilitator can arrange seating in a circle to permit students to actively participate. (Activity 3)

### Competency #2 - Plan food choices to meet nutritional needs for individual, child, and family.

\_\_\_\_\_ If to be used, duplicate Supplement 5, "Nutrition Pretest."

\_\_\_\_\_ Duplicate Supplement 6, "Nutrition Scoreboard," if used as an alternative to the pretest.

\_\_\_\_\_ Duplicate Supplement 7, "Food Guide Pyramid," and/or Supplement 14, "Eating Right Checklist," if to be used to review food groups. (Method 4)

\_\_\_\_\_ The facilitator will need to assemble dry and liquid measuring cups and measuring spoons as well as an assortment of foods which could be portioned out for learners to see standard serving sizes for Method 6.

\_\_\_\_\_ Duplicate Supplement 14, "Eating Right Checklist," if to be used for learner's food diary. Several copies of Supplement 14 per learner may be needed depending upon number of days a food

diary will be kept.  
Supplement 14 might also be duplicated for use in planning/analyzing diet for different age groups.

\_\_\_\_\_ Duplicate Supplement 8, "A Day in the Life of an Overweight," if to be used in Method 8.

\_\_\_\_\_ The facilitator might need to have on hand pictures from magazines which show foods that are good sources of various nutrients or to illustrate nutritious low-cost foods. (Method 9)

\_\_\_\_\_ Duplicate Supplement 9, "Nutrients," and Supplement 10, "Nutrient Contributions to the Body," if needed. (Method 9)

\_\_\_\_\_ Duplicate Supplement 12, "Dietary Guidelines for Americans," and Supplement 12A, "Goals for a Healthy Diet," if used to compare food intake to guidelines.

\_\_\_\_\_ Duplicate Supplement 13, "How Much Sugar Does It Contain?" Assemble measuring spoons, small plastic bags, and granulated sugar if measuring and displaying sugar content in selected foods for Method 12.

\_\_\_\_\_ Duplicate Supplement 15, "Nutritional Needs Through the Years," if used in Method 14.

\_\_\_\_\_ If using Fast-Food Jeopardy Game in Method 18 to illustrate nutritive value of fast foods,

- prepare an overhead transparency of each answer in Fast-Food Jeopardy.
- have available five different color markers.
- have available three sheets of construction paper and a marker for each learner.
- duplicate Supplement 11 for each learner (do not include answers to Fast-Food Jeopardy). (Method 8)

\_\_\_\_\_ Have available six index cards for each learner to use for food ballot box to review food groups and serving sizes.

\_\_\_\_\_ The facilitator may need to have on hand several (about 10 per learner) nutrition labels from various foods. Also, have on hand glue/paste and paper or lightweight cardboard on which to mount food labels to make giant playing cards if used to analyze nutrient information on labels or play nutrient card game.

\_\_\_\_\_ The facilitator might have available one or more local phone directories from which learners can compile a list of sources of reliable health and nutrition information (for "Health and Nutrition Yellow Pages").

\_\_\_\_\_ Duplicate Supplement 24, "Suggested Weights for Adults," if to be discussed by learners.

### Competency #3 - Assess Mental/Emotional Health.

\_\_\_\_\_ The facilitator will need to duplicate Supplement 16, "A Guide to Your Mental Health," if used to illustrate mental/emotional health or to assess learners' own mental/emotional health.

\_\_\_\_\_ The facilitator will need to have available a brown paper bag for each learner; an assortment of pictures, words, colors, and glue if learners are illustrating their individual self-concepts. The facilitator could prepare an example in advance to show learners.

\_\_\_\_\_ The facilitator will need to duplicate Supplement 20, "Leading Children to Self-Esteem," if to be used to give ideas for boosting a child's self-esteem.

\_\_\_\_\_ The facilitator will need to prepare an introduction and arrange appropriate seating if using role play of how parents affect a child's self-esteem.

\_\_\_\_\_ The facilitator should provide paper if asking learner to list things done well that start with each letter of her/his name.

\_\_\_\_\_ Duplicate Supplement 17, "Personal Strength Square," if used for learners to identify their good points. Duplicate two copies per learner if asking a friend or relative to also fill out a "Personal Strength Square." "Personal Strength Square" also will be needed if learners will be making up a rap, song, poster, or poem about their good qualities.

\_\_\_\_\_ The facilitator should have some people in mind that learners could interview if assigning an interview of someone who has positive self-esteem.

\_\_\_\_\_ The facilitator needs to provide each learner with an index card if using Build-Ups and Put-Downs to create awareness of comments on self-esteem.

\_\_\_\_\_ The facilitator should have examples in mind that are appropriate to learner group if discussing factors which affects one's self-esteem.

\_\_\_\_\_ Duplicate Supplement 19, "Characteristics of High and Low Self-Esteem," if needed.

\_\_\_\_\_ Have examples in mind of famous people exhibiting good or poor Mental/ Emotional Health.

\_\_\_\_\_ Duplicate Supplement 18, "THE MANY MEs," if using for a self-esteem awareness exercise.

\_\_\_\_\_ Duplicate Supplement 19, "Characteristics of High and Low Self-Esteem," if used by learners to assess their own self-esteem.

\_\_\_\_\_ Duplicate Supplement 21, "The Positive Approach," if used as a reference for brainstorming ways to raise self-esteem.

#### **Competency #4 - Assess Own State of Physical Fitness and Identify Needed Improvement.**

\_\_\_\_\_ Duplicate Supplement 25, "Fitness Questionnaire," if used as a part of a pre-/ posttest or to aid in introducing this competency.

\_\_\_\_\_ If using questions only to assess learners' fitness, paper and pencil will be needed to write answers.

\_\_\_\_\_ If using a health lab for learners to volunteer to participate in fitness assessment, the facilitator will need to make the following arrangements:

- Duplicate Supplement 26, "Testing Flexibility, Leg Muscle Strength, Muscle Endurance, and Heart and Lung Endurance."
- Let learners know before the class session so they can be dressed for exercise, and so they can decide whether they wish to participate in the activities.
- Arrange for a room with adequate floor space to perform tests in Supplement 26.
- Gather equipment and set up four testing stations for the fitness test. Yardstick, masking tape, bench (stack of books or stairway), watch or clock, and paper to record test results will be needed. (See Supplement 26 for equipment to place at each of the four testing stations.)

\_\_\_\_\_ Arrange for a resource person to visit class to discuss fitness for adults.

\_\_\_\_\_ Duplicate Supplement 23, "Developing a Fitness Program," if to be used to give guidelines to think about before creating a personal fitness program.

\_\_\_\_\_ The facilitator will need to investigate community programs offered if using an individualized project.

## Introduction

When one is well, one feels good, looks good, and gets more enjoyment out of all one does.

Many factors contribute to one's well-being. Some factors can be controlled, others cannot. Risks associated with heredity, environment, sex, and age cannot be completely controlled. They can often be lessened by changes in lifestyle, diet, exercise, rest, giving up bad habits, managing stress, and an optimistic outlook. An active approach can be taken to prevent health problems. Studies show that some primary causes of illness and premature death were influenced by risk factors for which action could have been taken (*The Wellness Encyclopedia*, 1991).

Lifestyle choices include what one eats, amount and type of activity, whether or not one smokes, precautions taken to avoid injuries and accidents, how one deals with stress, and how one manages home and work environments. There is a good deal of evidence that suggests one can increase chances of avoiding many illnesses and improving the quality of life by making lifestyle choices.

Responsibility can be taken for one's health by learning how to stay healthy, practicing good health habits, giving up harmful health habits, and responding to the body's warning signs before something serious happens.

Wellness is a lifestyle where one actively makes choices and decisions that promote good health (*The Wellness Encyclopedia*, 1991). The goal of wellness is to live a full and productive life.

Wellness involves the health of the whole person (physical, social, and mental/emotional). There are six dimensions of wellness (Hettler, 1984). No one dimension is more important than the others; each dimension is important. For wellness,

*the physical dimension* includes total care of one's body including choosing nutritious foods.

*the social dimension* includes getting along with others.

*the mental/emotional dimension* includes liking oneself, expressing emotions in a healthy way, and dealing with life's problems or stresses.

*the intellectual dimension* includes learning and sharing knowledge with others.

*the occupational dimension* includes satisfaction from work.

*the spiritual dimension* includes finding meaning and appreciation in life.

This packet addresses three of these dimensions: physical, social, and mental/emotional.





## Define Wellness.

### Learner Outcomes

- Distinguish between health and wellness.
- List lifestyle factors that influence health and wellness.
- Assess one's level of health and wellness.

### Key Ideas

People are responsible for maintaining their own health.

The choices made every day affect wellness. Attitudes toward wellness may be as important as knowledge of wellness. Knowing facts about wellness may help people make choices and decisions that promote good health, but only if they are motivated to do so.

One cannot control some factors that affect wellness (e.g., heredity, age, sex). However, one can make choices about lifestyle that affect health (e.g., diet; exercise; use of drugs, alcohol, and tobacco; stress; safety; self-concept; and getting along with others).

Being healthy may be a priority in one's life, but lack of such resources as time, money, family and environmental support, willpower, and motivation may discourage one from making healthful choices.

### Definitions

- health - a state of complete physical, mental, and social well-being; not merely the absence of disease or infirmity (*The Wellness Encyclopedia*, 1991)
- lifestyle - a way of life that reflects the attitudes and values of a person
- wellness - a lifestyle where one actively makes choices and decisions that promote good health

### Health Habits

- Good health habits include eating right, exercising, sleeping enough, and balancing work and play.
- Good health habits increase your chances of staying healthy.
- Bad habits such as smoking, drinking, or eating too much will catch up with you.
- To feel good, take care of yourself physically, socially, and emotionally.

Source: Day, N. R. (1980). *Help yourself to health* (p. 7). Syracuse, NY: New Readers Press.

## Strategies/Methods

1. The facilitator might begin this competency by asking learners to tell as many words as come to mind when they hear the word "health." Include terms related to *physical* health, *social* health and *mental (emotional)* health (see Introduction). Physical health examples may include feel good, not sick, fit, and well-groomed. Mental (emotional) health and social health examples may include gets along well with others, faces problems, expresses emotions in a positive way, and likes self. Supplement 1, "Three Sides of Health," and Supplement 2, "Your Health Habits," may be used as examples and explanations of health. The facilitator may choose to use Supplement 2 as a pre-/posttest.



2. The facilitator should emphasize that while most people are born healthy, they can become unhealthy through lifestyle factors (e.g., personal behavior, environmental conditions, lack of exercise, eating habits, failure to take care of oneself). Discuss what conditions, actions, attitudes, or feelings influence one's health. Examples may include polluted air, excessive noise, smoking, drug and alcohol abuse, negative attitude, having unprotected sex, belief that fate controls one's life, poor self-concept, low self-esteem, failure to recognize one has resources, unwillingness to take control of one's life, an attitude that exercise means expensive health clubs and hard work, and the misconception that what one does while young will not affect one's health later in life.

3. Define wellness (see "Definitions"). Use Supplement 2 for examples. Explain that wellness has many dimensions (see Introduction about six dimensions of wellness). The facilitator could ask learners to identify two choices made in the last week for any of the dimensions of wellness that may have affected their health. Discuss whether each choice affected health in a good way or bad way.

4. The facilitator should emphasize that one's health/wellness depends on many factors. Some factors cannot be controlled such as heredity, environment, sex (gender), and age. Factors that can be controlled include diet, exercise, rest, how one manages emotional problems and stress, bad habits, and attitude. Supplements 3, "Wellness Involves the Whole Person,"

and 4, "Facilitator's Guide," can be useful in identifying factors that influence health and wellness. Using Supplements 3 and 4, ask learners to list ways each factor influences health and wellness. The facilitator might ask the question "How might one learn to take control of factors affecting health?" Learners may give examples related to each factor in Supplements 3 and 4. For example: a parent stopped adding salt to food at the table when she saw her young son doing it because he was imitating her.



## Suggested Activities

5. The facilitator may use Supplement 2 as a wellness test or activity. Learners could be encouraged to assess their own lifestyle in one or all three areas. Learners could then select an area or areas to improve for a healthier lifestyle. Each learner could also be encouraged to develop an individual wellness plan if the facilitator deems appropriate. If appropriate, a "wellness contract" might be developed to include (1) a goal for oneself, (2) a way to reach the goal that matches one's interests and lifestyle, (3) a plan for periodic evaluation of oneself, and (4) a signature. Learners also may discuss factors that could help one or hinder one in meeting one's goal of a healthier lifestyle. ☑
1. Have learners complete the unfinished sentences.
- I believe wellness is . . .
  - A person who is healthy is . . .
  - A wellness lifestyle includes . . .
2. Ask learners to select from pictures provided or bring in pictures they may have from magazines or newspapers that depict some aspect of health. Group pictures according to whether physical, mental, or social health is shown. Discuss how one aspect of health affects the others. Use Supplement 1, "Three Sides of Health," as a resource. ♡
3. To get learners actively involved in seeing the importance of balance in health, divide the learners into three groups representing physical, mental, and social health. Ask each group to list aspects of health in its category. (Supplement 1 might be a reference.) Ask one representative of each of the three groups to join hands to create a visual health triangle. Alternate asking teams to shout out one aspect related to that side of the triangle. As each group responds, the representative of that group in the health triangle pulls hard against the other two. After a few minutes, ask each of the triangle participants how she/he felt while being pulled (stressed, out of balance, out of control, hurt). Discuss imbalance in the health triangle and how one may balance different aspects of health. Learners may wish to draw their own health triangle on paper and, as appropriate, determine how to balance their own aspects of health. ♡
4. Have learners complete Supplement 2, "Your Health Habits." Each learner might analyze personal strengths and weaknesses related to wellness by telling what parts she/he is satisfied with and dissatisfied with. Discuss what can be done to strengthen one's wellness. Discuss how wellness affects others such as family or employer. Learners may choose to develop a personal wellness plan. ☑ ♡
5. Have learners individually complete Supplement 3, "Wellness Involves the Whole Person," to identify specific ways learners might improve wellness. Learners may refer to Supplement 2, "Your Health Habits," for ideas. ☑ ♡

## Plan Food Choices To Meet Nutritional Needs for Individual, Child, and Family.

### Learner Outcomes

- Recognize benefits of making wise food choices.
- Determine ways to increase nutrition in fast-food selections.
- Vary menu choices for meeting nutritional needs of selected age groups.

### Key Ideas

Nutrition is a major part of a wellness lifestyle. Eating patterns are linked with lifestyle. Nutrition affects how one looks, acts, and feels.

Nutrition is one of the main factors in good health. Good nutrition is based upon balance, variety, and moderation in food intake. Good nutrition means eating the recommended number of daily servings from each food group. It also means choosing a wide variety of foods in moderate amounts.

More than half of the population do not eat healthfully.

Attitudes toward food are as important in achieving a balanced diet as is nutrition knowledge. Knowing the facts of nutrition helps people choose wisely only if they are motivated to do so. Any food—in moderation—can be a part of a healthy diet.

### Definitions

healthy diet	- food that provides a balance of nutrients needed
nutrients	- substances in food that the body needs; there are six classes of nutrients: vitamins, minerals, carbohydrates, fat, protein, water
nutrition	- foods the body needs to grow, to develop, and to work properly
food groups	- groups of foods according to common nutrients (e.g., vegetables, fruits, grains, milk, meats)
nutrition label	- Nutrition Facts; list of common nutrients per serving found on most foods; can be used to help plan healthy diets
balance	- selecting some foods from all food groups
variety	- wide assortment of foods
moderation	- eating the recommended number of servings from each food group and using standard serving sizes
% Daily Value	- the amount of nutrients in a food compared to the recommended amount of nutrients

There are three main sources of nutrition information to help people make healthful food choices:

1. "Dietary Guidelines for Americans" is a list of seven suggestions for eating to promote health and reduce chances of getting certain diseases.
2. "Percent of Daily Values" is a list of nutrients on most food labels which gives the amount of selected nutrients in a food. The percent means the nutrients in a food have been compared to the amount of nutrients determined suitable for Americans to eat.

3. "Food Guide Pyramid" is a picture showing the major food groups and how to choose foods to get the nutrients needed for a balanced diet (Personal Development Resource Guide, 1993).

A natural result of a healthy diet and regular exercise is a body that is fit and trim.

## How Much Do Little Kids Need?

The "USDA Food Guide Pyramid" includes the recommended number of servings from each main food group, but it does not give specific amount guidelines for children younger than age 6. Nutrition experts offer these tips for satisfying pint-size appetites:

- Cut down on portion size rather than number of servings. To maintain variety, offer at least the minimum number of recommended servings.
- In general, a preschooler's portion size is about half of an adult's. For example, a normal adult serving of cooked pasta or rice is about 1/2 cup, so offer a toddler 1/4 cup at first then more as wanted. Increase portion sizes as child gets older; by the time child hits the preteen years, a youngster's serving will most likely approximate an adult's.
- One exception to this rule may be the "milk, yogurt, and cheese" group. Preschoolers have substantial calcium needs; the USDA recommends that children this age get the full two to three *adult*-size servings a day (McDonough, 1992).

## Strategies/Methods

1. The facilitator may pretest learners' ability to meet nutritional needs by using Supplement 5, "Pretest," or 6, "Nutrition Scoreboard." the meaning behind the pyramid concept. Call attention to the fact that fats/sweets/alcohol are acknowledged, but offer little more than calories and should be used sparingly.
2. The facilitator can, in addition to #1, determine learners' level of knowledge about nutrition by asking such questions as "How do you use nutrition when you choose food?" "Do you think it takes more time to prepare nutritious foods?"
3. The facilitator should define nutrition. Emphasize that simple advice for ensuring a healthy diet is *balance, variety, and moderation*. Explain these concepts to ensure all are aware of the meaning (see "Definitions").
4. The facilitator might distribute copies of Supplement 7, "Food Guide Pyramid." Review foods at each group level. Emphasize
5. The facilitator could create interest by having a bulletin board titled "You Are What You Eat" using a food wheel or food pyramid. Refer to Supplement 7. Use colored string or ribbon connecting various parts of the wheel or pyramid to various kinds of food from each of the food groups (i.e., grains, meats, milk, fruits, vegetables).
6. The facilitator may wish to emphasize the value of knowing serving sizes if one is concerned about food choices. Supplement 14, "Eating Right Checklist," may be used as a reference. The facilitator might use measuring equipment to portion foods into standard serving sizes for learners to see.
7. The facilitator may encourage learners to keep a food diary for several days. The daily food diary should include serving sizes and extras in addition to food lists. Emphasize that one needs to examine current food choices before determining if other choices are needed. Supplement 14 might be used as a form to record food diary.
8. Discuss food as a part of lifestyle. Use Supplement 8, "A Day in the Life of an Overweight," as an example of a lifestyle and food pattern. The facilitator might ask learners how factors such as where one lives, who is around, time of day, what is going on, family/friends, convenience, cost, health status, advertisements, special needs, and personal tastes affect what one eats.
9. If facilitator wishes to cover the six nutrients the body needs, have ready a collection of pictures to show foods that are good sources of the classes of nutrients (e.g., protein, carbohydrates, vitamins, fat, minerals, water).  
  
Relate each nutrient to health benefits. See Supplement 9, "Nutrients," and Supplement 10, "Nutrient Contributions to the Body."
10. The facilitator should emphasize learning to make wise food choices, not how to diet. As a group, develop a list and a definition of good and poor food choices. Ideas might include the following: *Poor choice* - lots of fat, sugar, salt, dessert with every meal, eating for comfort. *Good choice* - lots of water; pasta main dishes; red, green, and yellow foods (natural color)

at every meal; eat when one is hungry. Refer back to Supplement 8 for an example to identify poor food choices.

11. The facilitator should emphasize that labels on packaged foods contain up-to-date, easy-to-use nutrition information and are helpful in planning a healthy diet. Supplement 27, "The New Food Label at a Glance," might be explained and used as a reference.
12. If there is interest, the facilitator may help learners become aware of sugar content in foods by measuring out and displaying the teaspoons of added sugar in one serving of selected foods. Refer to Supplement 13, "How Much Sugar Does It Contain?" An alternate activity could be a bulletin board using pictures of foods along with amount of sugar contained in the food.
13. Good nutrition does not mean high-priced food. The facilitator can emphasize this by using colorful pictures of low cost foods such as pasta, beans, peas, low-fat milk, cheese, oatmeal, eggs, and peanut butter. Encourage learners to share other examples.
14. Nutritional needs of children, adolescents, adults, and elders differ. The facilitator can refer to Supplement 15, "Nutritional Needs Through the Years," and have learners determine which of the groups are present in their families and what nutrition requirements they have. Include needs of children under age 6 from "Key Ideas."

Points to make:

- Children learn largely how to eat from their families.
  - Children need good examples to make choices as they mature.
  - For elderly people, the vitamin and mineral needs do not diminish with age. However, the elderly do have slower metabolisms and are often less active so it is vital to get nutritional value from fewer calories.
15. The facilitator can assist learners in planning a menu using Supplement 14, "Eating Right Checklist." Emphasize that good nutrition does not necessarily mean three meals per day or time-consuming recipes. (It would be helpful if the facilitator could have sample menus and colorful illustrations provided.)
  16. If appropriate, Supplement 14 could be used to plan menus for a specific group (e.g., children, teens, elders, or pregnant women).
  17. Fitting fast food into a healthful diet is possible. The facilitator might show how. One can learn to make reasonable food choices without blowing a food plan for the day. Emphasize that fat and calories *can* be problems with fast foods unless choices are made.
  18. "Fast-Food Jeopardy" (Supplement 11) can be used to test learners' knowledge of the nutritive value of fast foods. Prepare by making an overhead for each of the answers in "Fast-Food Jeopardy." Use a different

color marker for each of the categories—green for fat, red for calories, and so on. Give each student three sheets of construction paper and a marker. Ask them to print a capital A on one sheet, B on another, and C on the third. Have them refer to the supplement as the facilitator puts the transparencies on the screen one by one. The learners should respond to each answer by holding up the letter they choose as their question. After learners respond, give correct questions and have learners record whether or not they received points for their responses. Continue until all categories are covered.

Some questions for discussion are as follows: What fast foods can be chosen which may have low cholesterol? Why do people eat fast food? Does convenience always mean high fat, high cholesterol, and many calories? What role does advertising play in fast-food choices? Does the appeal of prizes and contests add to the amount of fast food a person consumes? Why or why not? Which of the fast-food establishments do you think offers the most nutritious foods? Why? Will playing "Fast-Food Jeopardy" change your fast-food habits? Why or why not? Can you list some nutritious choices of fast foods?

Tips for watching calories and fat are included in Supplement 11 "Fast-Food Jeopardy." Learners can be asked to generate more.

19. The facilitator might discuss weight as a natural result of diet and exercise. Supplement 24, "Suggested Weights for Adults," can be introduced here if the

facilitator deems it appropriate.  
Some points to be made:

- Healthy weight is the weight at which one looks and feels best.
- Healthy weight is an important factor in living a long life.
- Healthy weight varies from person to person.
- Being overweight can be a health issue, particularly for people who are more than 20% overweight. Risks for ailments such as diabetes, cancer, and cardiovascular disease are greater.
- Being in the right weight range according to a weight chart does not guarantee that one's weight is healthy.

Some possible results of being overweight are as follow:

- Stress on bones and muscles
  - Heart works harder to circulate blood
  - Difficulty in exercising
  - Greater chance of heart disease, high blood pressure, diabetes, arthritis, gallbladder disease, some menstrual irregularities, and some forms of cancer.
20. If appropriate, the facilitator might emphasize some strategies to help one regulate weight. Some tips may include the following:
- Eat regular meals, including breakfast
  - Avoid snacking between meals

- Drink alcoholic beverages in moderation or not at all
- Exercise about three times a week
- Eat balanced meals
- Eat slowly

Ask learners which they may have tried or found successful and why.

## Suggested Activities

1. Have the learners list five foods they like and five foods they dislike. Discuss factors that influence choice of foods. Use

Supplement 9 to identify nutrients in food choices and sources.

2. Have learners take a pretest on nutrition and discuss results using Supplement 5 or 6.
3. Distribute 6 index cards to each learner. Mark the cards "Milk," "Fruit," "Vegetable," "Meat," "Grain," and "Fats/Sweets/Alcohol." Ask learners to keep cards with them through the week (or adjust to time available). Each time



a food is eaten, have the learner note the food and serving size on the appropriate food group card. At week's end (or whatever time is allotted), have learners deposit their cards into a food group ballot box that has been set up. Have learners count the ballots and draw some conclusions. For example: How does the food intake compare to "Dietary Guidelines for Americans" in Supplement 12 or "Goals for a Healthy Diet" in Supplement 12A. ♡

4. Have learners bring in (or facilitator provide) several nutrition labels from different food packages. Identify information given on nutrition labels. Compare nutrient content of various foods. [B] ♡ ↑

Divide learners into groups of two to four players. Before the activity, trim food labels (could be those used in Activity 4) and mount on paper or lightweight posterboard to make large playing cards. The object of the game is to hold cards which total 100% of a selected nutrient (or the highest percentage for nutrients when time runs out). Ask one learner to deal each player four cards and place all remaining cards in the center of a table face down, except one card face up. Begin with player on dealer's right. The first player may draw the card face up and discard one card or keep the four

cards dealt. Play continues, alternating players until one player gets cards totaling 100% of the nutrient named, or until time runs out. Have players identify foods highest/lowest in the selected nutrient or what group of foods total 100% of the daily recommended amount of the nutrient. [B] ♡ ↑

5. Have learner write down a typical day's food choices. Refer to Supplement 14, "Eating Right Checklist," to determine servings and food group. Complete Supplement 14 to determine total number of servings in each food group. Have each learner determine if the recommended groups and servings were represented for that day. [B] ♡ ↑

Have learners use Supplement 14 and plan a balanced meal for either a child, a teenager, an adult, or a pregnant woman.



6. Have learners compile sources of reliable information into a "Health and Nutrition Yellow Pages." (The facilitator may need to direct sources such as County Health Department, County Extension Office, health agencies, libraries, and so on.) If feasible, duplicate a copy for each learner. [B] ♡

7. Have learners refer to Supplement 24, "Suggested Weights for Adults," to determine whether they are within the recommended weight ranges.
8. Individually, have learners research information on nutrient(s), listing best sources and functions. [B] ↑



# Assess Mental/Emotional Health.

## Learner Outcomes

- Identify qualities of good mental or emotional health.
- Assess own sense of self-concept and self-esteem.
- List strategies to improve own self-concept and self-esteem.

## Key Ideas

When one has good mental health, one likes oneself, is comfortable with others, and is able to take charge of one's life.

A positive self-concept (thoughts of self) and a healthy self-esteem (feelings of self) together are important qualities of mental health.

Self-concept or self-image is the set of beliefs one has about oneself. People may develop a picture of oneself based on sex, race, nationality, physical features, roles, aptitudes, or attributes. One puts together various parts to build a picture of self (e.g., "I am woman/man, tall/short, lovable/not so lovable, competent/not so competent").

Self-esteem concerns how much one likes or approves of one's self-concept. It might be described as the "grade" one gives oneself.

Self-concept (self-image) begins to develop at birth. It develops through human interactions (e.g., through the amount of affection, food, touching, physical care, and warmth, as well as through what others told one about oneself). Positive experiences and relationships tend to build a positive self-concept and negative experiences and relationships tend to build a negative self-image.

## Definitions

- mental health - includes one's ability to like oneself and accept oneself as one is, one's comfort with others, and one's ability to take charge of one's life
- self-concept - self-image; what one thinks of oneself and the way one believes one is seen by others; the set of beliefs one has about oneself
- self-esteem - how one feels about oneself; can be positive or negative, low or high; how much one likes or approves of one's self-concept

People use knowledge of themselves to make choices, make decisions, solve problems, and identify right from wrong. If one does not think highly of oneself (low self-esteem), the choices and

decisions one makes will reflect one's low self-concept. When one thinks like a loser, one acts like a loser and feels like a loser—and others treat one accordingly.

## People with good mental health . . .

- can take a disappointment every now and then and know how to accept their limitations.
- are happy and active most of the time and have a positive outlook on life.
- are aware of their thoughts and feelings and can usually express them in a healthy way.
- work well in a group.
- know how to accept criticism and don't get angry when they can't have their way.
- are not afraid to face problems and look forward to new challenges.
- give their best at whatever they do and set realistic goals for themselves.

Source: Merki, M.B. (1990). *Teen health: Decisions for healthy living* (Teacher's Wraparound Edition) (p. 60). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.

## Strategies/Methods

1. The facilitator can introduce this competency by defining good mental health. Encourage learners to identify as many words or phrases as possible that describe a person with good mental/emotional health. The following are some examples:

- feel good about oneself (positive self-esteem)
- able to adjust to life's demands
- happy
- positive outlook
- learns from mistakes
- accepts others as they are
- looks for good qualities in others (See insert in "Key Ideas" or Supplement 16, "A Guide to Your Mental Health.")



2. An important point to make is that good mental health is attainable. A step toward developing good mental health habits is understanding oneself. Encourage learners to complete Supplement 16, "A Guide to Your Mental Health," to provide some idea of strengths and weaknesses in each of the three areas.

3. Define self-concept as the set of beliefs about oneself. To determine one's own sense of self-concept, give each student a brown paper bag. Ask learners to imagine themselves as a paper bag person. On the outside of the bag, ask them to arrange words, pictures, and colors to represent how they think others view them. (Facilitator will need to have pictures and colors available in advance.) Then ask learners to use pictures and colors on the inside of the bag to represent how they view themselves.

4. The facilitator should emphasize that self-esteem is a part of mental health and concerns how much one likes or approves of one's self-concept. Self-esteem affects the way one lives (e.g., how one thinks, acts, and feels about oneself and others; and how successful one is in achieving one's goals in life). High self-esteem can make one feel lovable, capable, productive, and effective. Low self-esteem can make one feel unloved, incompetent, worthless, and ineffective.

5. Emphasize that self-esteem starts to form as a young child. Parents, peers, caregivers, teachers, even strangers help shape one's self-esteem. If a child receives a lot of love, high self-esteem may form. If a child feels a lot of rejection and frustration, the result may be low self-esteem.

Emphasize children with high self-esteem tend to do better in school and are less likely to be influenced by negative peer pressure such as pressure to experiment with drugs and alcohol.

The facilitator may wish to stress that parents add to or detract from a child's self-esteem. Ask learners to list characteristics of parents who help their children feel better about themselves. They might be seen as characteristics of good parenting. Supplement 20, "Leading Children to Self-Esteem," may be used to give ideas for boosting a child's self-esteem.

6. To encourage determining one's own self-esteem, ask learners to print their name in a vertical line on a sheet of paper. Encourage learners to list things they do well that start with each letter of their name.

7. Encourage learners to fill in the "Personal Strength Square" (Supplement 17) in class or at home. It should be a private activity that will not have to be shared with others unless learners choose to share. (Learners may find it difficult to admit their good points if they feel others will read it and think they are bragging.) If learners have difficulty thinking of four items for each category, the facilitator might help them individually.

The facilitator could stress traits and accomplishments such as being a good friend, not letting peer pressure take control, or holding one's temper in a difficult situation.

After learners have completed Supplement 17, the facilitator could mention that recognizing one's strengths is an important step in learning to like oneself, which, in turn, has a bearing on all one does. Each positive thing accomplished in life can increase a person's courage to try new things and meet new people.

An extension of this activity is to give learners a second "Personal Strength Square" to give to a good friend or relative to fill out about them. Learners may be surprised to find out how many good points others see in them.

8. The facilitator might suggest that each learner could interview someone she/he feels has high self-esteem. Then, have learners try to determine how the person interviewed developed high self-esteem.

9. To make learners aware of the effects comments have on self-esteem, give each learner an index card. On one side have them write "Build Ups" and on the other, "Put Downs." Instruct them to carry the card with them for the day. Each time they hear someone make a comment about others that would make the object of the comment feel good about themselves, they should put a tally mark on the "Build Up" side. When they hear negative comments, learners should tally them on the "Put Down" side. Remind learners to include their own comments as well as others, but do not let others know what they are doing or it may alter the conversation.

At the next session, ask learners the following questions:

- How many had more tallies on the "Build Up" side than on the "Put Down" side?
- How many had more tallies on the "Put Down" side than on the "Build Up" side? Did anyone have an equal number on both sides?
- Who made the "Build Up" comments as compared to who made the "Put Down" comments? (friends, teachers, parents, and so on).
- If there were more "Put Downs" than "Build Ups" why do you think that occurred?
- How could we decrease the number of "Put Downs"?

10. The facilitator might have learners discuss possible meanings of the following statements:

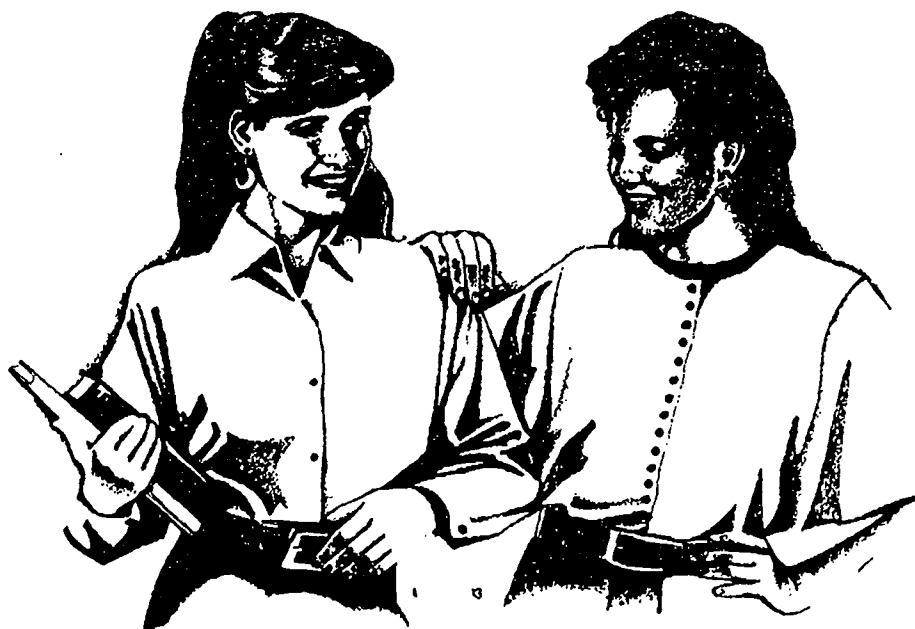
- When I think highly of myself, I am a better parent, a better family member, a better employee, and a better citizen.
- When I think highly of myself, I am less apt to make foolish decisions.
- When people have low self-esteem, they may take anger and frustration out on themselves or others.

The facilitator could further develop discussion questions such as How might self-esteem influence parenting? Family relationships? Job performance? Citizenship? Decision making? Handling anger?

How might a person whose self-esteem was high act differently from a person whose self-esteem was low? Some points the facilitator might make are as follow:

- One common characteristic of an abusive parent and/or a batterer is low self-esteem.
- A person with low self-esteem might be less apt to vote because she/he might believe her/his vote wouldn't matter.
- A parent with low self-esteem might use harsh discipline to try to make up for a feeling of lack of control of children.
- A mate with low self-esteem might act in suspicious and possessive ways to cover feelings of insecurity and feeling unworthy of love.

11. Using Supplement 19, "Characteristics of High and Low Self-Esteem," the facilitator could ask learners to relate how a person who had characteristics of high self-esteem might handle the following: a job layoff, a promotion, a divorce, or a community service award. Then, discuss how a person who had low self-esteem might handle each situation given.



## Suggested Activities

12. Discuss how one's self-esteem could influence the following:

- who we date or marry
- jobs we choose
- hobbies or activities in which we participate
- our outlook on life
- the chances we take
- whether we choose to abuse drugs
- whether we get into difficulty with the law

For example, a person who does not think highly of her/himself may tend to make choices and decisions that reflect low self-esteem. A person with low self-esteem might choose an attractive and outgoing mate to make up for a lack of those qualities in her/himself. This could later result in the outgoing personality becoming possessive or abusive.

1. Have learners identify some famous people (or TV characters) they consider to be in good mental or emotional health. Also identify others they consider to be in poor mental or emotional health. (Answers may be based on the peoples' success, wealth, fame, and/or public image.) Discuss the reasons for their choices. **FACILITATOR NOTE:** The sharing of learner opinions should be the focus instead of judging learner answers as right or wrong.

2. The learner might become aware of her or his self-concept by completing Supplement 18, "THE MANY MEs I AM." The learner could write a statement about each of the "me"s within a person. If desirable, learners might share responses.



3. Using Supplement 19, "Characteristics of High and Low Self-Esteem," have learners identify some common characteristics of people with high self-esteem and with low self-esteem.

4. Have learners assess their own self-esteem by listing their own high and low self-esteem characteristics as used in Supplement 19.

5. Using Supplement 21, "The Positive Approach," as a reference, have learners brainstorm ways to raise self-esteem in the following relationships and experiences:

- at home (communication, discipline, closeness)
- in school (schoolwork, sports, peers)
- on the job (hiring/firing, job responsibilities)
- in social life (friends, neighbors)
- in society (cultures, races, religions).

Make a list of comments one might make, experiences one might have, or relationships that might raise self-esteem.



6. Have learners make up a rap song, poster, or poem about their good qualities listed on the "Personal Strength Square," Supplement 17. If desirable, learners could be encouraged to share what they create.

# COMPETENCY FOUR

## Assess Own State of Physical Fitness and Identify Needed Improvement.

### Learner Outcomes

- Describe benefits of exercise and fitness.
- List the factors that determine fitness.
- Perform tests to assess own state of physical fitness.
- Develop a personal fitness program.

### Key Ideas

Healthy habits are the basis of a wellness lifestyle. Healthy habits include a balanced diet, rest, being fit, and avoiding harmful substances.

Fitness has more than a physical side. Being fit prepares one mentally, physically, emotionally, and socially for the ups and downs of life.

Factors that determine whether one is physically fit include flexibility, muscle strength and endurance, and heart and lung endurance. (See "Definitions.")

How a person lives affects their fitness. Active people may be less at risk for certain diseases, better able to deal with pressures, and more likely to feel good about themselves. Inactivity may lead to shriveled muscles, clogged arteries, frail bones, and middle-age spread.

An important key to fitness is exercise.

### Definitions

flexibility	- ability to move one's body in certain ways
muscle strength	- the most work muscles can do at any given time
muscle endurance	- how well a muscle group can perform over a period of time without becoming overly tired
heart and lung endurance	- how well the heart and lungs get oxygen to the body during exercise and how quickly they return to normal; staying power
exercise	- rhythmic, repetitive, physical movements to achieve flexibility, strength, or endurance
physical fitness	- being ready to handle whatever comes one's way from day to day (consists of muscle strength, muscle endurance, flexibility, heart and lung endurance)
metabolic rate	- the body's speed of changing food into tissue or energy

There are three general types of exercises:

1. *Flexibility* exercises stretch muscles and keep one limber (e.g., toe touches, side bends).
2. *Strength* exercises help develop strong muscles (e.g., weight lifting, calisthenics).
3. *Aerobic* exercises work the heart and lungs to build endurance or staying power (e.g., running, bicycling, dancing, aerobic classes, swimming, walking, jogging).

By maintaining muscle strength and flexibility, regular exercise can help one remain independent and active no matter what age.

To begin an exercise and fitness program, one may try to do the following:

- exercise all five muscle groups (arms, back, legs, chest, abdomen)
- include flexibility, strength, and endurance exercises
- choose options that are affordable
- start small and build gradually without large amounts of time or effort
- keep at it; make fitness and exercise an unavoidable part of daily routine
- do something one likes to do

## Strategies/Methods

1. To quickly assess learners' fitness, ask them to write down "yes" or "no" to these statements:

- I am out of breath after climbing two flights of stairs.
- I weigh more than I should.
- I get tired easily from physical activities.
- My legs get tired if I try to run any distance.
- It is hard for me to bend over and touch my toes.

Any "yes" answers to the above show learners may need to develop ways to become more physically fit. The facilitator could encourage learners to assess their own state of physical fitness. Supplement 25, "Fitness Questionnaire," might be used.

2. Define fitness as being ready to handle what comes one's way from day to day. For example:

- carry out trash
- walk a mile
- carry laundry down to and up from the basement without feeling winded

The facilitator might emphasize that staying active helps one maintain a healthy weight. The more muscle one has, the higher one's metabolic rate, the faster one burns body fat and food, and the less one needs to worry about gaining excess weight. Review the areas of fitness: flexibility, muscle strength and endurance, and heart and lung endurance (see "Definitions").

3. The facilitator could ask learners if they are aware of benefits from regular exercise and fitness. The following is a sample listing of benefits:

- increased ability of lungs to use oxygen
- better blood supply; blood flows more easily
- healthier blood vessels (more flexible; larger in diameter)
- improved digestion (helps one relax and relieves stress; less indigestion and constipation)
- lower blood cholesterol
- more energy
- weight control
- better rest
- regular workouts reduce risk of bone fractures associated with osteoporosis

4. The facilitator could emphasize the better one's *aerobic* fitness, the longer one is likely to live. Stress that experts now believe something as simple as a 30-minute walk every day is enough to give one's longevity a boost.

5. The facilitator might consider asking a resource person to visit a class who has dealt with fitness for adults. Such a resource person might discuss fitness benefits of different exercises, fitness programs that do not cost anything, exercises one might involve children in, exercises which could be done at work, and testing body fat percentage.



6. If appropriate, learners might volunteer to participate in activities on Supplement 26, "Testing Flexibility, Leg Muscle Strength, Muscle Endurance, and Heart and Lung Endurance." The facilitator could help volunteers score individual activities. If using activities listed, caution should be used to protect learners' health and safety.

## Suggested Activities


1. Learners may choose to participate or select any of the following as a part of a health lab session which includes the following:
  - learning to take one's pulse before and after exercise. (See Supplement 22.)
  - demonstrating exercises which may reduce stress, which children might like to participate in, or which might be done at one's desk. Each learner or group might demonstrate selected exercises.
  - voluntarily assessing one's own state of fitness using activities in Supplement 26 "Testing Flexibility, Leg Muscle Strength, Muscle Endurance, and Heart and Lung Endurance."
2. Have learners read how to begin a personal fitness program. (See Supplement 26 and choose some activity to get involved in.)

A sample fitness program could be planned around exercising while one works and might include the following:

- walk up stairs instead of taking an elevator
- stand instead of sitting
- walk instead of driving or taking a bus
- take a walk instead of a coffee break
- exercise while watching TV, or during the commercials
- use housework as a chance for exercise
- stand and sit up straight (good posture relieves strain on legs, back, neck, and shoulders).

Have learners list activity chosen, time of day, goal, time spent, rewards used, possible long-term benefits, and people who gave advice and encouragement. Record information in a log or diary. Chart the progress for each day of the first week. If appropriate, share this information with other learners.  

3. Dependent upon interest, learners might choose an individualized project such as the following:
  - investigate what free or low-cost fitness programs/services are provided in the community (e.g., programs offered by senior citizens' center, adult classes).

- design a personal fitness program using simple household items (such as canned food for hand weights, books for step-aerobics, a favorite cassette tape for an aerobic dance routine). 

### Benefits of Fitness

Being fit . . .

- helps you be at ease with yourself and sure of yourself.
- gives you more energy and helps you keep your weight down.
- prepares you mentally, physically, emotionally, and socially for the ups and downs of life.
- increases your chances of succeeding in whatever tasks you take on and helps you feel confident.
- helps you manage stress and have more fun.

Source: Merki, M. B. (1990). *Teen health: Decisions for healthy living* (Teacher's Wraparound Edition) (p. 16). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.

# SUPPLEMENT 1

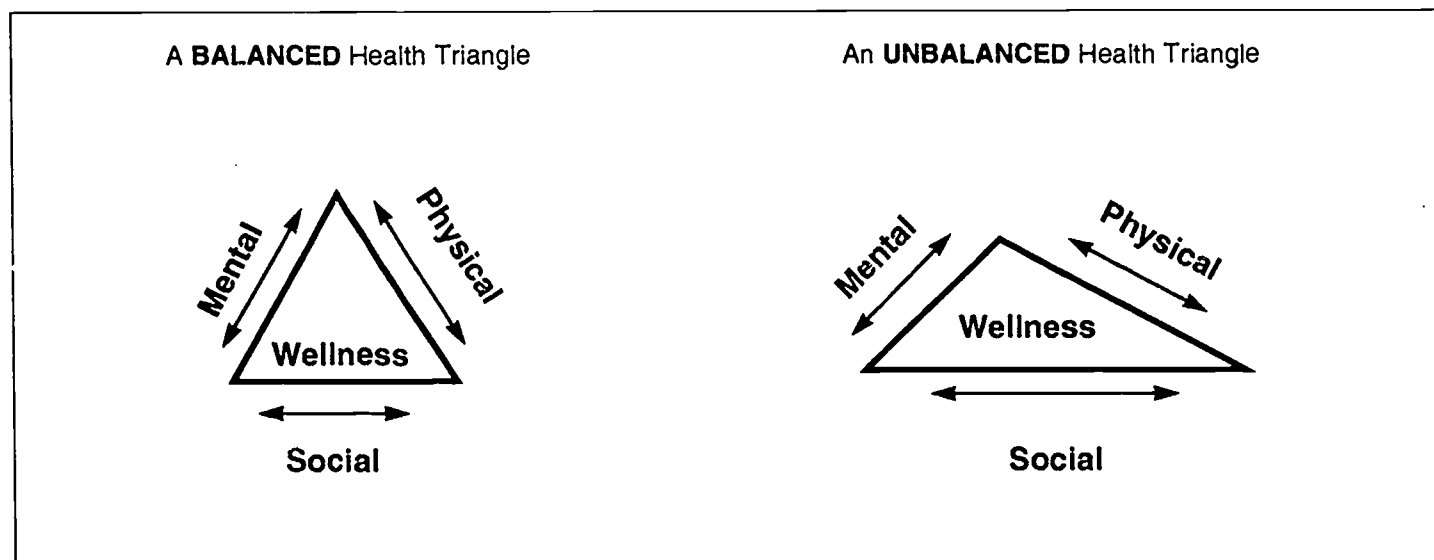
## Three Sides of Health

Health is a combination of physical, mental, and social well-being. The meaning of each of the three sides of health is given as follows.

The Three Sides of Health		
Physical Health	Mental Health	Social Health
<ul style="list-style-type: none"> <li>• Includes total care of your body and meeting the demands of life each day</li> <li>• Includes keeping your body fit</li> <li>• Includes knowing and practicing good grooming habits</li> <li>• Includes eating a well-balanced diet</li> </ul>	<ul style="list-style-type: none"> <li>• Includes liking who you are and accepting yourself</li> <li>• Includes expressing your emotions in a healthy way</li> <li>• Includes facing life's problems and dealing with its pressure or stresses</li> </ul>	<ul style="list-style-type: none"> <li>• Includes getting along with others</li> <li>• Includes working well in a group</li> <li>• Includes making and keeping friends</li> <li>• Includes giving and getting support when it is needed</li> </ul>

Like the sides of a triangle, the three sides of health are connected. Each side affects the other two sides. For example, being physically tired can make you grouchy. Being depressed for a long time can make you feel weak and run-down.

To be healthy, you need to have a balanced triangle. You can accomplish this by working to keep each side of your triangle healthy.



Source: Merki, M. B. (1990). *Teen health: Decisions for healthy living* (Teacher's Wraparound Edition) (pp. 3, 4). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.



# Your Health Habits

Is your health balanced? The following survey will help you find out how healthy you are in each of the three sides. Beside each number, write "yes" or "no" for each statement.

## Physical Health

1. I eat breakfast every day.
2. I eat what I believe to be a well-balanced diet.
3. I choose healthy snacks that are low in sugar and salt.
4. I get at least 8 hours of sleep each night.
5. I exercise regularly.
6. I do not use tobacco.
7. I do not use alcohol or nonmedicine drugs.
8. I brush and floss my teeth daily.
9. I am within 5 pounds of my ideal weight.
10. I usually feel good and have plenty of energy.

## Mental Health

1. I have a variety of interests and enjoy learning new things.
2. I can laugh easily.
3. I like to be alone sometimes.
4. I can name several things I do well.
5. I can name at least two reasons why people like me.
6. I can say no to other people without feeling guilty.
7. I can express my thoughts and feelings to others.
8. I feel satisfied with my effort if I've done my best.
9. I ask for help if I need it.
10. I try to work through my problems and take responsibility for my actions.

## Social Health

1. I meet people easily.
2. I have several close friends.
3. If I have a problem with someone, I try to talk about it and work it out with her or him.
4. When working with a group, I can accept other people's ideas or suggestions.
5. I say no to my friends if they are doing something I do not want to do.
6. I do not talk about others behind their backs.
7. I get along well with several different groups.
8. I continue to take part in an activity after I've lost an argument.
9. I accept the differences in people (such as friends and classmates).
10. I enjoy going to different places and having new social experiences.

To rate yourself, give yourself 1 point for a yes. A score of 9-10 in any area is very good. A score of 6-8 in an area is good. A score of 4-5 is fair. If you score below 4 in any area, that side of your triangle needs work.

Source: Merki, M. B. (1990). *Teen health. Decisions for healthy living* (Teacher's Wraparound Edition) (p. 14) Mission Hills, CA: Glencoe/Macmillan/McGraw-Hill School Publishing Co.

# WELLNESS Involves the Whole Person

DIRECTIONS: List ways each factor may affect wellness.

## You CAN control:

-DIET

-EXERCISE

-STRESS

-ATTITUDE

-HABITS

## You CANNOT control:

-HEREDITY

-SEX

-AGE

-THINGS AROUND=  
ENVIRONMENT

# WELLNESS Involves the Whole Person

## Facilitator's Guide

**DIET**—Eating habits may shape long-term health more than any personal choice (USDA, 1988). Balance, variety, and moderation in foods we eat may improve health and help control weight.

**EXERCISE**—Activity promotes heart, lung, and muscle health, helps control weight, and relieves stress.

**STRESS**—Stress can cause physical and emotional problems if not managed.

**ATTITUDE**—A positive attitude may be the basis of total wellness.

**HABITS**—Avoiding bad habits such as smoking and drug and alcohol use may help prevent serious illness.

**HEREDITY**—Certain diseases are passed on through genetics.

**SEX**—Some diseases such as prostate cancer and cervical cancer only affect men or women.

**AGE**—Some diseases are more likely to affect children. Older people are less able to recover from illness.

**THINGS AROUND**—Polluted air and water, crime may be hazards in one's environment.



## Nutrition Pretest

DIRECTIONS: After reading each item, print the letter of the best answer on the blank provided.

- \_\_\_\_\_ 1. Diet means
- a. the food and drink one eats to lose weight.
  - b. special foods to improve a health problem.
  - c. the food and drink one usually eats.
  - d. all the above
- \_\_\_\_\_ 2. What is true about vitamins? Vitamins
- a. have calories.
  - b. are the pills one must take each day to be healthy.
  - c. are one of the six basic classes of nutrients.
  - d. all the above
- \_\_\_\_\_ 3. Dried beans and peas belong to which food group?
- a. meat (protein)
  - b. vegetables
  - c. grains (breads and cereal)
  - d. dairy
- \_\_\_\_\_ 4. Which is *not true* about carbohydrate foods? Carbohydrate foods
- a. are fattening and should not be eaten.
  - b. may be an excellent source of vitamins and minerals.
  - c. should form the basis of a healthy diet.
  - d. include sugars and starches.
- \_\_\_\_\_ 5. Good nutrition
- a. can protect a person from many diseases.
  - b. is necessary for proper growth.
  - c. means giving the body nutrients needed.
  - d. all the above
- \_\_\_\_\_ 6. An important principle of a healthy diet is to
- a. make radical changes in what one eats.
  - b. give up favorite foods.
  - c. eat a wide variety of foods.
  - d. all the above

- 
- \_\_\_\_\_ 7. When trying to lose weight
- a. eat only one meal per day.
  - b. cut down on fats.
  - c. skip breakfast.
  - d. all the above
- \_\_\_\_\_ 8. The following are the major *food groups*:
- a. fats, carbohydrates, vitamins, minerals, protein, water
  - b. complex carbohydrates, fiber, saturated and unsaturated fat, sugar
  - c. dairy, meat, fruits and vegetables, bread and cereal
  - d. grains, fruits, vegetables, meat and alternatives, dairy
- \_\_\_\_\_ 9. Which of the following are listed on the nutrition labels (Nutrition Facts) of most foods?
- a. serving size
  - b. nutrient content per serving
  - c. list of nutrients most important to the health of today's consumers (such as fat)
  - d. how a food fits into an overall daily diet (% Daily Value)
  - e. all the above
- \_\_\_\_\_ 10. Good nutrition can
- a. boost energy, help prevent disease, and help make a person feel and look better.
  - b. help prevent cataracts, colon cancer, and heal wounds.
  - c. help lower blood pressure, lower cholesterol levels, and help prevent lung cancer.
  - d. all the above

## Nutrition Pretest

### Facilitator's Guide

1. D

Diet includes the food and drink one usually eats, and may include foods eaten to lose weight or to treat a special health condition.

2. C

There are six different types of nutrients: vitamins, minerals, fats, proteins, carbohydrates, and water. A balanced diet provides the nutrients one's body needs, and vitamin pills (supplements) are not needed. Vitamins have no calories.

3. A

Proteins can be found in meat, fish, poultry, eggs, and meat alternatives such as dried beans, peas, nuts, and peanut butter.

4. A

Carbohydrates (including sugars, starches, and fiber) provide energy or calories. It has been recommended that carbohydrates should make up 50-55% or more of a person's calories. Carbohydrate foods such as whole grain breads and cereals, potatoes, and pasta can provide valuable vitamins, minerals, and fiber as well as energy.

5. D

Food alone cannot make one healthy, but a balanced diet which contains nutrients needed by the body is necessary for proper growth and may help protect one from many health problems such as lung, colon, and cervical cancer (vitamin A, C, folic acid); cataracts (vitamin C); high cholesterol (fiber); high blood pressure (magnesium); osteoporosis or thin bones (calcium); lack of energy (carbohydrates, folic acid, iron, thiamine, boron) (*Family Circle* cited in *Reader's Digest*, 1992).

6. D

No single food or food group supplies all the nutrients one needs. Eat a variety of foods.

7. B

One may control weight by calorie control and exercise. To lose weight, one must take in fewer calories than one uses. Fats are especially high in calories and often offer little other nutrition. Skipping meals may only slow the body's rate of burning calories and may make one so hungry she/he may overeat.

8. D

The U.S. Department of Agriculture has developed a graph called the "Food Guide Pyramid" which depicts foods we eat (e.g., fruits, vegetables, protein, grains, dairy). The foods in each of these groups have certain nutrients in common. A helpful way to ensure a balanced diet is to eat foods from each of the five food groups and small amounts of fats/sugars/alcohol.

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9. E

Labels (Nutrition Facts) found on most foods give the amounts of selected nutrients in foods compared to the amount of nutrients that the government has determined suitable for us to eat. Label information is intended to help consumers figure out how nutrient levels in foods fit into a total diet.

10. D

Good nutrition can have a powerful influence on one's health. Foods are full of healing ingredients that boost energy, help prevent disease, and make one feel better. For examples, see answer to number 5.



## Nutrition Scoreboard

DIRECTIONS: Answer each question in the scoreboard to the left.

TRUE	FALSE	I AM NOT SURE	
			1. The kinds and amounts of food that we eat each day affect how we look and feel, as well as how healthy we are.
			2. Even if we eat many healthful foods each day, taking extra vitamin pills would make us more healthy.
			3. Calories from candy and doughnuts are more likely to make us gain weight than the same number of calories from apples and lettuce.
			4. Many lower-cost foods can be just as nutritious (healthful) as ones that cost more.
			5. We can eat snack foods that will improve our diet.
			6. The way we store and cook our food can make a difference in how nutritious it is.
			7. Athletes need more protein than nonathletes.
			8. Eating in the morning is not too important as long as we eat healthful foods later in the day.
			9. When our bodies are growing, we need more protein, vitamins, minerals, and energy foods for our size than we will after we stop growing.
			10. Reading nutrition labels on food packages can help us choose more nutritious foods for the money we spend.

Adapted from *Family and career transitions resource guide* (pp. 153-154). (1989). Columbus: Ohio Department of Education, Division of Vocational and Career Education. Used with permission.

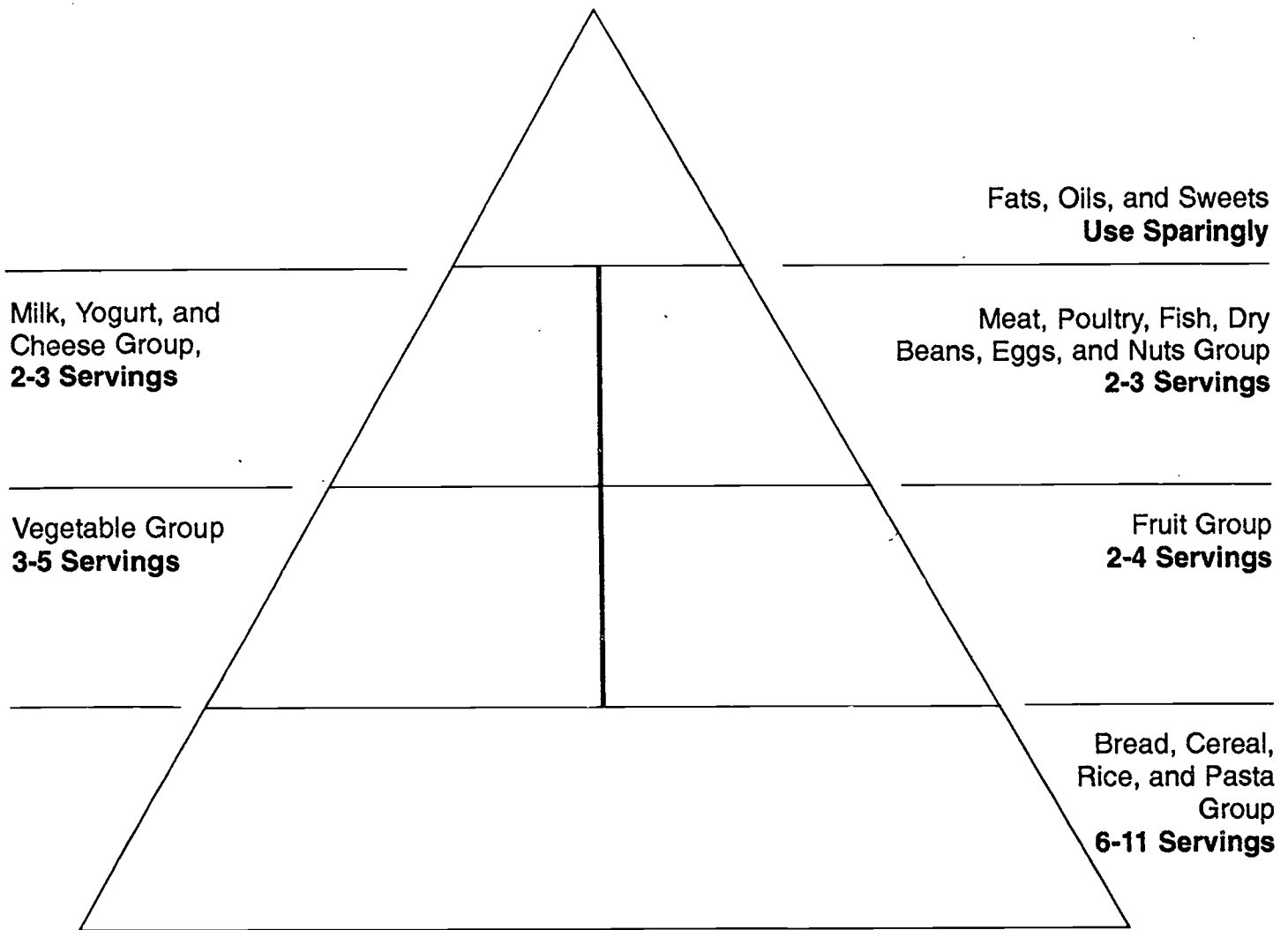


## Answers to Nutrition Scoreboard

1. TRUE Eating enough (but not too much) of many different nutritious foods can help us look and feel good.
2. FALSE If we are healthy, eating a nutritious diet each day should give us all the vitamins, minerals, and protein we need without taking vitamins or other pills. Too much of some vitamins can be harmful.
3. FALSE A calorie (a unit of heat energy) from one food is the same as a calorie from another food. Some foods do contain more calories per ounce (such as doughnuts and other foods high in fats), but a calorie is a calorie wherever we find it. However, some experts say a food high in fat is easier to convert to fat in the body.
4. TRUE Cost is not related to how nutritious a food is. Choosing foods carefully for the nutrients they provide can help us stretch our food dollars. (Nutrients are substances our bodies must have like protein, vitamins, minerals, fats, carbohydrates, and water.)
5. TRUE Snacks are often "empty calorie" foods, which have few if any nutrients except energy value. We can choose snacks that are both healthful and fun to eat.
6. TRUE If we store food a long time, it usually will be less nutritious. Heat, air, light, or long cooking can destroy some nutrients.
7. FALSE Many people believe this is true, but unless an athlete is developing new muscles, she or he does not need any extra protein. Extra calories will be needed to supply the additional energy athletes need, but eating extra protein is an expensive way to get more calories.
8. FALSE Studies show that not eating in the morning often causes more accidents, less learning, and poorer working due to the very long time without food.
9. TRUE Babies, children, teens, and pregnant women all need more nutrients for their size because they are growing.
10. TRUE Reading nutrition labels (Nutrition Facts), which are on most foods, can help us compare nutrients in different foods, and shows how a food fits into the overall daily diet.

Adapted from *Family and career transitions resource guide* (pp. 153-154). (1989). Columbus: Ohio Department of Education, Division of Vocational and Career Education. Used with permission.

## FOOD GUIDE PYRAMID



Adapted from: USDA's food guide pyramid. (1992, April). (Home and Garden Bulletin 249), p. 5. Available from USDA Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782.

# A Day in the Life of an Overweight

Martha is a little late getting up today, as she is most days. She grabs a doughnut and coke and heads for the bus. About lunch time she is absolutely starving. She goes, by herself, to the soda shop for her usual lunch consisting of a deluxe cheeseburger, french fries, and a milk shake.

She makes excellent grades in all her subjects except gym. She is embarrassed to dress in front of the other girls. She hates to parade around in that awful gym suit in front of the rest of the Physical Education class.

After school, Martha rides the bus five blocks to her home. Her mother is still at work, so Martha fixes a sandwich and gets out a bag of potato chips and a soft drink. She then settles back to watch television until her mother comes home and prepares dinner.

After dinner, Martha clears the table and puts the dishes into the dishwasher. There are only a couple of bites of mashed potatoes left, so she slips them into her mouth rather than throwing them away. "It's an awful sin to waste food," she says to her mother.

After the kitchen is cleaned, Martha goes to her room to study. She has been studying for an hour when she has a sweet tooth. She heads for the candy dish.

When Martha finishes her school work, she goes into the living room to complete the evening watching television with the family.

Martha has a great family. They care deeply for one another. Her mother cares so deeply that she usually has fresh baked cookies for them to munch on while watching their favorite programs.

Source: *Adult roles and functions: Competency-based curriculum* (p. n-12). (1979). Charleston: West Virginia Vocational Curriculum Laboratory. Used with permission.

# SUPPLEMENT 9

## Nutrients

NUTRIENT	FUNCTIONS	FOOD SOURCES
Protein	Needed for growth and repairs Supplies energy Forms antibodies to fight infection	Meat, eggs, poultry, fish, Legumes, peanuts, Milk, cheese, yogurt
Carbohydrate	Good energy source Provides roughage, fiber	Breads, cereals, pasta Fruits, vegetables Sugars, legumes
Fat	Provides energy Helps satisfy appetite Helps promote growth and healthy skin	Butter, oils, eggs, shortenings, nuts, bacon, cheese, peanut butter
Vitamin A	Needed for growth Helps with normal vision	Liver, eggs, cheese, milk Dark green and yellow vegetables and fruits
Vitamin B(s) (Thiamine)  (Riboflavin) (Niacin)	Helps body use other nutrients in food for energy Helps keep skin, hair, muscles, nerves healthy Helps prevent anemia Helps keep appetite and digestion normal	Lean meat, pork, dry beans/peas, whole grain and enriched cereals and breads, yogurt, cheese, eggs, leafy green vegetables
Vitamin C	Helps keep gums healthy Helps healing of wounds and cuts Helps body fight infections Helps with body growth	Fruits (oranges, grapefruit, melons) Vegetables (broccoli, spinach, greens, potatoes, tomatoes, cabbage) Fortified milk
Vitamin D	Helps body use calcium and phosphorus Helps build strong bones and teeth	Milk, sardines, salmon, herring, tuna, egg yolk, butter, liver
Calcium	Helps build strong bones and teeth Ensures normal blood clotting Helps heart, muscles, and nerves to function properly	Milk, cheese, dark green leafy vegetables, canned salmon
Iron	Helps make red blood cells Helps cells obtain energy from food	Liver, lean meats, heart, kidney, shellfish, dry beans, green vegetables, dried fruits, eggs
Water	Carries nutrients to the cells and wastes away from cells Helps regulate body processes such as digestion Helps maintain normal body temperature	Milk, juice, soup, drinking water, juicy fruits and vegetables

## Nutrients and You:

### Nutrient Contributions to the Body

**DIRECTIONS:** Use Supplement 9 to find the nutrients which contribute to your body's health, your energy level, and your appearance in the following ways:

NUTRIENT CONTRIBUTIONS TO THE BODY	NUTRIENT(s)
1. Healthy skin	
2. Healthy hair	
3. Healthy teeth	
4. Energy	
5. Growth and repair of body tissues	
6. Maintains healthy digestive system	
7. Builds red blood cells	
8. Carries nutrients and wastes	
9. Builds good vision, healthy teeth and gums, and strong bones	
10. Regulates nerves and brain tissue	
11. Helps heal cuts and bruises, helps body build cells	
12. Helps body use calcium and phosphorus to build bones and teeth	

### Questions

1. What happens when the body is not getting one or more of these nutrients?
2. How can you make sure that all parts of your body are getting what they need?
3. Predict what might happen around the world to people's health when . . .
  - there is a shortage of food due to floods, famine, etc.
  - there is a shortage of drinking water.
  - persons in poverty cannot afford nutritious food over a long time.
  - persons choose to go on diets lacking in some nutrients.
  - persons are careless and pay no attention to getting all the nutrients in their diets.

Source: West Virginia Department of Education. (1991, July). *STEPS: A practical problem-centered home economics course for grades 9 and 10* (p. 180). Ripley: West Virginia Curriculum Technology Resource Center. Used with permission

# Nutrients and You:

## Nutrient Contributions to the Body

**DIRECTIONS:** Use Supplement 9 to find the nutrients which contribute to your body's health, your energy level, and your appearance in the following ways:

NUTRIENT CONTRIBUTIONS TO THE BODY	NUTRIENT(s)
1. Healthy skin	Vit A, B, Fats
2. Healthy hair	Vit A, B
3. Healthy teeth	Calcium
4. Energy	Carb, Fat, Pro, Vit B
5. Growth and repair of body tissues	Vit A, C, Fat, Pro
6. Maintains healthy digestive system	Vit A, Water
7. Builds red blood cells	Iron
8. Carries nutrients and wastes	Water
9. Builds good vision, healthy teeth and gums, and strong bones	Vit A, C, Calcium
10. Regulates nerves and brain tissue	Vit B
11. Helps heal cuts and bruises, helps body build cells	Vit C, Pro
12. Helps body use calcium and phosphorus to build bones and teeth	Vit D

### Questions

1. What happens when the body is not getting one or more of these nutrients?
2. How can you make sure that all parts of your body are getting what they need?
3. Predict what might happen around the world to people's health when . . .
  - there is a shortage of food due to floods, famine, etc.
  - there is a shortage of drinking water.
  - persons in poverty cannot afford nutritious food over a long time.
  - persons choose to go on diets lacking in some nutrients.
  - persons are careless and pay no attention to getting all the nutrients in their diets.

Source: West Virginia Department of Education. (1991, July). *STEPS: A practical problem-centered home economics course for grades 9 and 10* (p. 180). Ripley: West Virginia Curriculum Technology Resource Center. Used with permission.

# Fast-Food Jeopardy

Choices readers are serious fast-food junkies. Two out of three readers responding to a survey eat at fast-food restaurants one or more times a week! And the favorite foods? Burgers are number one, then fries, soda, cheeseburgers, and an occasional chicken sandwich.

But how much do we really know about fast food? Does eating it jeopardize your health? Play our game and find out.

The board has five categories: Gross and Greasy (Fat), Mounds of Pounds (Calories), Pressure Cookers (Sodium and Cholesterol), Lean and Mean (The New Foods), and The Kitchen Sink (Trivia).

We've given you answers to questions in each category. Circle the right question for each answer. Only one of the three questions is correct. (Hint: Except for "The Kitchen Sink" category, all correct information can be found on pages 38 and 39.) When you're done, check your choices against the ones on page 40.

Look at the point values on the left-hand side of the board. Add the value of each question you got right for a total score. Look at the score box on page 40 to see how you did.

By Maureen Callahan, M.S., R.D.



	Gross and Greasy	Mounds of Pounds
25 pts.	<p>ANSWER: 10 greasy teaspoons</p> <p>What is the amount of</p> <ol style="list-style-type: none"> <li>fat in a taco salad?</li> <li>fat in one french fry?</li> <li>fat in a Quarter Pounder with cheese and an order of french fries?</li> </ol>	<p>ANSWER: Lowers calories and boosts calcium content</p> <p>What does</p> <ol style="list-style-type: none"> <li>substituting a side salad for fries and 2% milk for soda do?</li> <li>eating two burgers instead of one do?</li> <li>eating Filet-O-Fish instead of a burger do?</li> </ol>
50 pts.	<p>ANSWER: Breaded or fried chicken and fish</p> <p>What has</p> <ol style="list-style-type: none"> <li>more fat than a burger?</li> <li>less fat than a burger?</li> <li>the same amount of fat as a burger?</li> </ol>	<p>ANSWER: A whopping 905 calories</p> <p>What is the number of calories</p> <ol style="list-style-type: none"> <li>in a Whopper?</li> <li>in a Wendy's Big Classic Sandwich?</li> <li>in a Taco Salad at Taco Bell?</li> </ol>
75 pts.	<p>ANSWER: Twice the fat of a Quarter Pounder</p> <p>What does a three-ounce packet of</p> <ol style="list-style-type: none"> <li>Wendy's Blue Cheese dressing have?</li> <li>McDonald's Lite Vinaigrette have?</li> <li>Burger King's Light Italian Dressing have?</li> </ol>	<p>ANSWER: From 2,000 - 3,000 calories</p> <p>What is the Number of Calories</p> <ol style="list-style-type: none"> <li>per hour an average teenager needs?</li> <li>per day an average teenager needs?</li> <li>you burn doing math home work?</li> </ol>
100 pts.	<p>ANSWER: Six double-fudge brownies</p> <p>What has the same amount of fat</p> <ol style="list-style-type: none"> <li>as a plain burger and a coke?</li> <li>as one Burger King Chicken Sandwich?</li> <li>as a McLean Deluxe?</li> </ol>	<p>ANSWER: More than 1,000 calories</p> <p>What does</p> <ol style="list-style-type: none"> <li>a Burger King Double Whopper with Cheese, fries, and a Coke contain?</li> <li>a McDonald's Big Mac, fries, and a Coke contain?</li> <li>a Wendy's Chicken Club Sandwich, fries, and a Coke contain?</li> </ol>



	<b>Pressure Cookers</b>	<b>Lean and Mean</b>	<b>The Kitchen Sink</b>
<b>25 pts.</b>	<p>ANSWER: 300 milligrams</p> <p>What is the most</p> <ol style="list-style-type: none"> <li>cholesterol per meal a teenager should eat?</li> <li>sodium per day a teenager should eat?</li> <li>cholesterol per day a teenager should eat?</li> </ol>	<p>ANSWER: Fresh fruits and vegetables</p> <p>At a fast-food place, what will increase</p> <ol style="list-style-type: none"> <li>your fat intake?</li> <li>your fiber intake?</li> <li>your sodium intake?</li> </ol>	<p>ANSWER: More than 18 million</p> <p>What is the number of</p> <ol style="list-style-type: none"> <li>people McDonald's serves in one day?</li> <li>marriages that began on-line at McDonald's?</li> <li>McDonald's restaurants around the world?</li> </ol>
<b>50 pts.</b>	<p>ANSWER: Zero</p> <p>What is the amount of</p> <ol style="list-style-type: none"> <li>cholesterol in most of the new fast-food french fries?</li> <li>taste in some of the new lean burgers?</li> <li>cholesterol in a Taco Bell Regular Taco?</li> </ol>	<p>ANSWER: The leanest way to eat a potato at Wendy's</p> <p>What is</p> <ol style="list-style-type: none"> <li>plain?</li> <li>with chili and cheese?</li> <li>with sour cream and chives?</li> </ol>	<p>ANSWER: The best nutritional feature of many fast-foods</p> <p>What is</p> <ol style="list-style-type: none"> <li>the vitamin content?</li> <li>the protein content?</li> <li>the secret sauce?</li> </ol>
<b>75 pts.</b>	<p>ANSWER: More than 1,400 milligrams</p> <p>How much sodium does</p> <ol style="list-style-type: none"> <li>a Taco Bell Chicken Soft Taco have?</li> <li>a McDonald's Quarter Pounder with Cheese have?</li> <li>a Burger King Chicken Sandwich have?</li> </ol>	<p>ANSWER: Cut the fat by 83 percent</p> <p>What has</p> <ol style="list-style-type: none"> <li>Taco Bell done to tacos?</li> <li>Wendy's done to burgers?</li> <li>McDonald's done to shakes?</li> </ol>	<p>ANSWER: Generally, the fast-food meal that's highest in sodium and fat</p> <p>What is</p> <ol style="list-style-type: none"> <li>breakfast?</li> <li>lunch?</li> <li>dinner?</li> </ol>
<b>100 pts.</b>	<p>ANSWER: 2,000 milligrams</p> <p>How much sodium does</p> <ol style="list-style-type: none"> <li>200 teaspoons of salt contain?</li> <li>1 teaspoon of salt contain?</li> <li>2,000 teaspoons of salt contain?</li> </ol>	<p>ANSWER: Water and carrageenan, a seaweed extract</p> <p>What has</p> <ol style="list-style-type: none"> <li>replaced some of the fat in the McLean Burger?</li> <li>been added to chicken at fast-food places?</li> <li>replaced beef fat in french fries?</li> </ol>	<p>ANSWER: Extra fat</p> <p>What does</p> <ol style="list-style-type: none"> <li>the use of polyunsaturated vegetable oil instead of beef fat add to french fries?</li> <li>"Extra Crispy" really mean at Kentucky Fried Chicken?</li> <li>putting jelly instead of butter on muffins, toast, and pancakes add?</li> </ol>

Source: Callahan, M. (1992, February) Fast-food jeopardy. *Choices*, pp. 24-26, 29. Used with permission.



Here are some of the good and bad choices at four spots, and information on fat, sodium, cholesterol, and calories.

### McDonald's

	Fat (tsps)	Sodium (mg)	Cholesterol (mg)	Calories
<b>WORSE</b>				
Big Mac	6.5	890	100	500
Quarter Pounder with Cheese	7	1,090	115	510
McChicken Sandwich	4.7	830	50	415
<b>BETTER</b>				
Chunky Chicken Salad	1	230	78	150
McLean Deluxe	2.5	670	60	320
Hamburger	2.2	490	37	255

### Taco Bell

<b>WORSE</b>				
Taco Bell Grande	5.7	472	56	335
Taco Salad	15.2	910	80	905
Nachos Bell Grande	8.7	997	36	649
<b>BETTER</b>				
Chicken Soft Taco	2.5	590	44	210
Regular Taco	2.7	276	32	183
Tostado with Red Sauce	2.7	596	16	243

### EXTRAS

Small French Fries:				
McDonald's	3	110	0	220
Wendy's	3	145	0	240
Burger King	3.2	127	0	255
SODA (16 oz.):				
Coca-Cola	0	20	0	190
Diet Coke	0	40	0	1
Sprite	0	20	0	190

## Burger King

WORSE				
Double Whopper with Cheese	15.2	1,245	194	935
Chicken Sandwich	10	1,417	82	685
Double Whopper	13.2	933	169	844
BETTER				
BK Broiler Chicken Sandwich	4.5	764	53	379
Hamburger	2.7	505	37	272
Chef Salad	2.2	568	103	178

## Wendy's

WORSE				
Big Classic Sandwich	8.2	1,085	80	570
Chicken Club Sandwich	6.2	930	70	506
Fish Fillet Sandwich	6.2	780	50	460
BETTER				
Jr. Hamburger	2.2	570	35	260
Grilled Chicken Sandwich	3.2	815	60	340
Plain Potato	0.06	20	0	270

**Fat:** If you eat approximately 2,000 calories a day, your "fat budget" for the day is about 16.6 teaspoons of fat.\*

**Sodium:** According to USDA dietary guidelines, eat salt in moderation. That means a maximum of 2,000-3,000 milligrams. One teaspoon of salt contains 2,000 milligrams of sodium.

**Cholesterol:** A maximum of 300 milligrams a day is recommended by the American Heart Association.

**Calories:** Most teenagers need somewhere between 2,000-3,000 calories a day, depending on how physically active they are.

\* "A teaspoon of fat" is equivalent to approximately a teaspoon of butter. We've converted grams of fat to teaspoons. One teaspoon equals four grams of fat.

## FAST-FOOD TIPS

Occasional high-fat meals don't upset the well-balanced diet. But for frequent fast-food eaters—like, ahem, some of you—it's important to choose your food more carefully. With all the recent changes at fast-food restaurants, it is possible to eat healthier. Yes, we know you're now eating fast-food for your health. The majority of you, 53 per cent, say you've tried "healthier" fast foods just to try something new, not for health or diet reasons. But you've tried them, and most of you liked them. Here are some tips to encourage a little more damage control:

- Choose plain burgers instead of sandwiches with "the works." Avoid tarter sauce, cheese, mayonnaise, and other extras and you'll cut fat by as much as 70 percent.
- Eat roast beef sandwiches over burgers; the meat is leaner.
- Avoid the "big," the "double," the "super."
- Cut sodium by holding the pickles, mustard, ketchup, and special sauces.
- Use jelly or jam instead of butter on muffins, toast, and pancakes.
- Order grilled chicken or fish. When they're breaded or fried, chicken and fish are fatter than hamburgers. One example: Burger King's Chicken Sandwich has more fat than six double-fudge brownies!
- Skip the "extra crispy" at Kentucky Fried Chicken. Extra fat is what makes it extra crispy.
- Substitute 2 percent milk for soda. It cuts calories and boosts your calcium intake. Better still: 1 percent milk, offered only at McDonald's.
- If you want a big burger, try the McLean Deluxe. It's the best of the new big-size burgers. Water and carrageenan, a seaweed extract, have replaced some of the fat. And if you're in the mood for a shake, stay at McDonald's. They've cut the fat by 83 percent.
- When you order something fried, ask if it's cooked in vegetable oil. Many chains have switched from using saturated beef tallow to polyunsaturated vegetable oil, a much healthier option.
- Use low-calorie dressings on salad. A three-ounce packet of Wendy's Blue Cheese Dressing has twice as much fat as a Quarter Pounder! Other fatty dressings: Thousand Island, Ranch, Buttermilk, and other blue cheeses.
- Eat salads, but avoid the Taco Salad at Taco Bell, which is loaded with fat. Chicken, egg, and tuna salads with mayonnaise are high in fat, too.
- Satisfy a sweet tooth with low-fat frozen yogurt cones rather than a fried pie or hot fudge sundae.

### ANSWERS TO FAST-FOOD JEOPARDY:

**Gross and Greasy:** 25 pts - c;  
50 pts - a; 75 pts - a; 100 pts - b.

**Mounds of Pounds:** 25 pts - a;  
50 pts - c; 75 pts - b; 100 pts - a.

**Pressure Cookers:** 25 pts - c;  
50 pts - a; 75 pts - c; 100 pts - b.

**Lean and Mean:** 25 pts - b;  
50 pts - a; 75 pts - c; 100 pts - a.

**The Kitchen Sink:** 25 pts - a;  
50 pts - b; 75 pts - a; 100 pts - b.

### SCORING:

1,050 - 1,250

Yes! A Fast-Food Genius!

850-1,025

Think about a career in nutrition.

674-825

Pay more attention in health class.

500-650

You've eaten one too many Whoppers.

Below 500

Eat some salad and try again next week.

Source: Callahan, M. (1992, February). Fast-Food Jeopardy. Choices. pp. 24-26, 29. Used with permission.



## Dietary Guidelines for Americans

Eat a variety of foods.

Maintain a healthy weight.

Choose a diet low in fat,  
saturated fat, and cholesterol.

Choose a diet with plenty  
of vegetables, fruits, and  
grain products.

Use sugar only in moderation.

Use salt and sodium only in moderation.

If you drink alcoholic beverages,  
do so in moderation.

Adapted from: U.S. Department of Agriculture and U.S. Department of Health and Human Services. (1990). *Nutrition and Your Health: Dietary Guidelines for Americans* (3rd ed.). (Home and Garden Bulletin No. 232). Washington, DC: U.S. Government Printing Office.

# Goals for a Healthy Diet

Eat a variety of foods. Don't try to fill your nutrient requirements by eating the same foods day in, day out. It is possible that not every essential nutrient is known and eating a wide assortment of foods ensures that you will get all nutrients. In addition, this will limit your exposure to pesticides or toxic substances that may be present in one particular food. Color is a key to nutrition. Eating a red, green, or yellow (orange or white) food at each meal can help one get a variety of nutrients.

Maintain a desirable weight. Balance energy (calorie) intake with energy (calorie) output. Eating a low-fat diet will help you maintain—or lower—your weight, as will regular exercise.

Keep your total fat intake at or below 30% of your total daily calories. Limit your intake of fat by choosing lean meats, poultry without the skin, fish, and low-fat dairy products. In addition, cut back on vegetable oils and butter—or foods made with these—as well as on mayonnaise, salad dressings, and fried foods. Limit your intake of fat to less than 10% of your fat calories. A diet high in saturated fat contributes to high blood cholesterol levels. The richest sources of saturated fat are animal products and tropical vegetable oils such as coconut or palm oil. Keep your cholesterol intake at 300 milligrams per day or less. Cholesterol is found only in animal products such as meats, poultry, dairy products, and egg yolks.

Eat a diet high in complex carbohydrates. Carbohydrates should contribute at least 55% of your total daily calories. To help meet this requirement, eat five or more servings of a combination of vegetables and fruits, and six or more servings of whole grains and legumes daily. This will help you get the twenty to thirty grams of dietary fiber you need each day, as well as provide important vitamins and minerals. Make sure to include green, orange, and yellow fruits and vegetables such as broccoli, carrots, cantaloupe, and citrus fruits. These foods are thought to help protect against developing certain types of cancer. Maintain a moderate protein intake. Protein should make up about 12% of your total daily calories. Choose low-fat sources of protein. Maintain an adequate calcium intake. Calcium is essential for strong bones and teeth. Get your calcium from low-fat sources such as skim milk and low-fat yogurt. Get your vitamins and minerals from foods, not from supplements. Avoid supplements that provide more than the Recommended Dietary Allowance (RDA) for any one nutrient.

Avoid too much sugar. Besides contributing to tooth decay, sugar is a source of "empty" calories, and many foods that are high in sugar are also high in fat.

Limit your sodium intake to no more than 2,400 milligrams per day. This is equivalent to the amount of sodium in a little more than a teaspoon of salt. Cut back on your use of salt in cooking and on the table. Avoid salty foods; check food labels for the ingredients containing sodium.

If you drink alcohol, do so in moderation. Drink no more than the equivalent of one ounce of pure alcohol per day. This is the amount in two twelve-ounce beers, two small glasses of wine, or one and a half fluid ounces of spirits. Excess alcohol consumption can lead to a variety of health problems. And alcoholic beverages can add many calories to your diet without supplying any nutrients. (Pregnant women should avoid all alcoholic beverages because of the damage alcohol can cause to the developing fetus.)

## How Much Sugar Does It Contain?

Americans get a whopping 20% to 25% of their calories from sugar sources, including sugar, honey, and syrups added to food at the table; sweeteners used in processed foods, and naturally occurring sugars in fruit, vegetables, and milk. This chart compares the sugar content (in teaspoons) of a variety of foods; a teaspoon of sugar contains 18 calories.

FOOD	SERVING SIZE	SUGAR (tsp.)
Angel food cake	2 oz.	6
Brownie (with nuts)	2" x 2" x 3/4"	2
Doughnut (plain)	1	2
Pie (apple, cherry, pumpkin)	1/6 of a 9" pie	10-12
Chocolate bar	1 oz.	4
Chocolate milk	8 oz.	3
Thick milkshake	10 oz.	13
Ice cream	1/2 cup	4-5
Sherbet	1/2 cup	6-8
Frozen yogurt	1/2 cup	4
Yogurt (with fruit, low-fat)	1 cup	9
Apple juice (unsweetened)	8 oz.	7
Apricots (dried)	4-6 halves	2-4
Fruit cocktail	1/2 cup	5
Orange	1 medium	3
Orange juice	8 oz.	6
Peaches (canned, in syrup)	2 halves	4
Prunes	5 medium	5
Raisins	1/4 cup	6
Soft drink (carbonated, cola)	12 oz.	6-10
Honey	1 tablespoon	4
Jam	1 tablespoon	3
Maple syrup	1 tablespoon	3
Tomato ketchup	1 tablespoon	1 1/2

Source: *The good health fact book*. Copyright © 1992 The Reader's Digest Association, Inc. Reprinted by permission.

# Eating Right Checklist

FOOD GROUP/RECOMMENDED DAILY SERVINGS	1	2	3	4	5	6	7
<b>Grains:</b> Eat whole-grain products or enriched grains. <b>6-11 servings</b> 1 slice bread or 1/2 bagel or 1/2 English muffin 1 oz ready-to-eat cereal or 1/2 cup cooked cereal 1/2 cup pasta, noodles, rice, or any whole grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables:</b> Eat dark-green, leafy, and deep-yellow vegetables at least 3-4 times a week. <b>3-5 servings</b> 1 medium potato, tomato, or sweet potato 1 cup raw vegetable 1/2 cup cooked vegetable or vegetable juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fruits:</b> Eat citrus fruit or another vitamin C source daily. <b>2-4 servings</b> 1 medium apple, banana, orange, or pear 1 cup raw fruit 1/2 cup cooked fruit or fruit juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Dairy:</b> Eat low-fat varieties of dairy products. <b>2-3 servings</b> 1 cup milk; skim, low-fat, or reconstituted dry milk 1 cup yogurt or buttermilk 1 1/2 oz hard or semisoft low-fat cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Meat and Alternatives:</b> Eat lean protein sources. <b>2-3 servings (total 6-7 oz.)</b> 3 oz. cooked poultry, fish, or lean beef, pork, veal 1/2 cup cooked dried peas or beans 1 egg; 2 Tbsp peanut butter=1/2 meat serving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fluid:</b> Drink 6-8 glasses of water/other fluid daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Adapted from *Eating right to make the most of maturity.* (1992, June). Columbus, OH: Ross Laboratories. pp. 18-19. Used with permission.

## Nutritional Needs Through the Years

Calorie and nutrient requirements vary according to age and growth rate, as the chart below indicates. For women, they also change during pregnancy and lactation. To satisfy an increased need for calories at different stages of life, it is important to choose foods that provide a good amount of vitamins and minerals for the number of calories they contain.

Age Group	Special Concerns	Recommendations
Infants to age 2	High metabolism and rapid growth rate make it especially important to meet proper calorie and nutrient requirements of this age. Enough water is essential, since a greater percentage of an infant's body weight consists of water.	Breast milk or formula generally provide enough nutrients, calories, and water to sustain an infant during the first four to six months. Vitamin D, fluoride, or iron supplements may be prescribed by a pediatrician. Supplemental water should be given to a baby who has been ill (vomiting, diarrhea, or fever), or who has been exposed to hot weather. Check with a pediatrician as to when solid foods can be added. Don't restrict fat intake since fat is essential for energy and proper growth.
Children age 2 to adolescence	These children need to consume enough calories to sustain periods of rapid growth. Pay special attention to ensuring proper intake of calcium and iron.	Teach children healthy eating behavior at this stage. Start children on a low-fat, high-complex-carbohydrate diet. Switch to low-fat dairy products and lean meats and offer plenty of fruits, vegetables, and whole grains. Limit intake of sugary snacks. Patterns of growth affect appetite. Teach children to eat only when hungry and to stop eating when they are full. Ensure proper nutritional intake by offering a few choices among healthy foods, not by encouraging a child to eat everything on her or his plate.
Adolescents	There is variation in the rate of growth of adolescents and therefore in their caloric needs. Maintain the proper intake of calcium and iron. Dieting—common in this age group—can shortchange teens on nutrition.	Adults can help ensure that teens get adequate nutrition by stocking healthful foods—low in fat, cholesterol, and sodium, and high in nutrients. On average, about 25% of a teen's calories come from snacks, so keep healthy snack food on hand such as low-fat yogurt, rice cakes, bread sticks, sliced raw vegetables, low-fat cottage cheese, and part-skim mozzarella. Encourage increased physical activity over dieting to help control weight.
Adults	Growth stops, so energy needs decrease. Maintain adequate intakes of nutrients, especially calcium and iron and eat foods low in fat, cholesterol, and sodium, and high in carbohydrates and fiber.	Balance calorie intake with energy expenditure. Choose foods that are high in complex carbohydrates and low in fat. Get vitamins and minerals from foods, not from supplements. Consume alcohol and caffeine only in moderation.



Older individuals	With age, caloric needs may decrease, depending on level of activity. Constipation may be a problem. Some prescription drugs can hamper the absorption or modify effects of certain nutrients, so check with your doctor or pharmacist.	As individuals grow older, nutrient needs remain virtually the same as for younger adults. However, some individuals over the age of 65 do not get enough vitamin D. Be sure to consume low-fat dairy products fortified with vitamin D or spend some time outside each day so that sunlight can stimulate the body's production of this vitamin. Inadequate zinc intake is also common; good sources of zinc include lean meats, whole grains, and legumes.
Pregnant women	More calories are needed to support the mother and fetus. Increased need for protein, vitamins B <sub>6</sub> and B <sub>12</sub> , folacin, calcium, iron, zinc, and fluoride.	A weight gain of 25 to 30 pounds is recommended during pregnancy; 2 to 4 pounds per month during the first trimester and about a pound per week after that. (A large majority of this weight gain is from the baby, the placenta, and the increased volume of fluid in the woman's body.) Avoid smoking completely. Drugs—prescription or over the counter—should be taken only on the advice of a physician.
Lactating women	About 500 extra calories per day are needed to maintain the production of milk. There is an increased need for calcium, protein, magnesium, zinc, and fluids.	Lactating women should eat highly nutritious foods and consume approximately two quarts of liquid daily. Avoid alcohol and decrease caffeine. Drugs should be taken only after consulting a physician.

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## A Guide to Your Mental Health

The following questions offer a brief guide to mental health. The number of questions that are true of someone most of the time provide a rough idea of that person's strengths and weaknesses. Keep in mind that there is not a perfect score of 26. Everyone's level of mental health varies. Most of us have some areas that need work. Read the list and circle the number of all items which describe *you*.

### Feeling Comfortable About Myself

1. I can express my thoughts and feelings.
2. I can express my emotions and am not overcome or immobilized by them.
3. I can cope with both disappointment and success.
4. I recognize personal shortcomings.
5. I can laugh at myself.
6. I am optimistic.
7. I am generally cheerful and active.
8. I know my limits as well as my abilities.
9. I live by a set of standards and know what is important to me.
10. I like who I am.

### Feeling Right About Other People

11. I enjoy spending time alone.
12. I get along well with others.
13. I can interact with people and work with a group.
14. I continue to participate when I do not get my way.
15. I do not try to dominate.
16. I can accept differences in other people.
17. I feel I am a part of a group.
18. I am interested in and enjoy being with others.
19. I have several satisfying relationships.

### Meeting the Demands of Life

20. I face my problems rather than avoid them.
21. I can ask for help when it is needed.
22. I do not make excuses for my actions.
23. I set realistic personal goals and have a plan for working toward them.
24. I give my best effort in whatever I do.
25. I can cope with change.
26. I see challenges and experiences as opportunities for growth.

**Scoring:** The highest possible score is 24 (not 26). A score of between 18 and 24 is good, 10 to 17 fair, 0 to 9 poor. A person should look at the statements not checked to make some generalizations about an area in which improvement is needed. That person could then make a plan for working on that area. She or he is likely to see the benefits quickly.

Adapted from Merki, M. B. (1990). *Teen health: Decisions for healthy living* (Teacher's Wraparound Edition) (p. A12). Mission Hills, CA: Glencoe/McGraw-Hill Educational Division. Used with permission.



## Personal Strength Square

Four traits you like in yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Four accomplishments you are proud of.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Four things your friends like about you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Four things you can do that you feel good about.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Source: Gordon, S. (1991, February). Feeling good about yourself. *Current Health*, Reproduction Master from Teacher's Edition. Used with permission.



## THE MANY MEs I AM:

The ME I think I am:

The ME I wish I were:

The ME I really am:

The ME I try to protect:

The ME others see:

The ME I used to be:

The ME others try to make me:



## Characteristics of High and Low Self-Esteem

**DIRECTIONS:** Determine whether each of the following phrases is characteristic of high or of low self-esteem. Draw a line through the phrases that characterize low self-esteem.

- |   |  |
|---|--|
| Believes strongly in certain principles and values  | Believes they can do things they set out to do               |
| Is overly sensitive to criticism  | Feels lovable  |
| Is afraid to make a mistake   | Has difficulty making decisions                              |
| Is overly critical of others and self   | Takes few chances  |
| Is capable of acting in own best judgment   | Feels they make a difference in their world                  |
| Has few health problems   | Becomes isolated and withdrawn                               |
| Blames others   | Acts out frustration and anger                               |
| Genuinely enjoys self and life  | Feels loved and appreciated                                  |
| Participates in wide variety of activities  | Feels sick or depressed, may lack energy                     |
| Feels equal to others as a person   | Does better in school  |
| Feels persecuted  | Fears competition  |
| Is reluctant to try new things  | Is overresponsive to praise                                  |
| Resists efforts of peers to dominate or sway  | Has difficulty resisting temptations of drug and alcohol use |
| Feels confident in ability to deal with challenging situations, despite failures and setbacks | Acts like a bully, becomes violent or is simply unfriendly   |
| Is sensitive to needs of others   | Is shy, timid, withdrawn                                     |
| Is uncertain of own opinions and values   | Sees self as a born failure or victim                        |
| May be jealous and possessive   | Cares about others   |
| Is flexible, adaptable in changing situations   | Has difficulty entering loving relationships                 |
| Is happy, energetic, enthusiastic   | Enjoys life  |

Adapted from Meredith, R. (1988). *Single parent/homemaker training for life skills handbook* (Final Report) (p. 63). Bowling Green: Kentucky Department of Education Office of Vocational Education. Used with permission.

## Leading Children to Self-Esteem

A positive self-image will help children resist the temptations of drug and alcohol use. The family plays an important role in helping develop a positive self-image. To help children believe in themselves, put the following tips in a visible place so you can keep them in mind every day.

- Communicate openly with children.
- Be a good listener.
- Include children in family discussions. Value their opinions.
- Try to see things from a child's point of view.
- Give children responsibilities appropriate for their age.
- Set firm limits. Young people need to know what is expected of them.
- Be generous, yet sincere, when offering praise and encouragement.
- Help children set goals, and work together toward reaching them.
- Remember winning is not everything. Trying is what is important.
- Be a positive role model.

Adapted from: Leading Children to Self-Esteem: A Guide for Parents. (1989). *Mirrors* (A film about self-esteem available from Modern Talking Picture Service, 5000 Park Street North, St. Petersburg, FL).

## The Positive Approach

1. Take responsibility for your own life. Forget the cop-out of blaming your problems on your family or someone else. Only you can turn your life around.
2. Don't allow others to make you feel powerless. Refuse to accept the viewpoint that you are limited. You don't need everyone's approval to do something that is right for you.
3. Find a purpose in life. It can be rearing children, or doing your best in business or in whatever suits you. When the going gets rough, keep your sights on your purpose.
4. No matter what, make your relationship with your children work. If it's not working, ask yourself what you can do to make it work.
5. Exchange "I can't" for "I can" in your vocabulary. Seek your family's support. Ask them to help you say "I can do it."
6. Accept yourself as you are right now even though you may not like some things about yourself. After accepting yourself, plan to change what you dislike.
7. Create small, medium, and large goals. Every so often, check to see how you are meeting those goals. If you haven't met them, decide why.
8. Write down your new, positive beliefs about yourself and put them where you can see them. Repeat them to yourself as often as possible. You will soon begin to feel changes in the way you feel about yourself.
9. Step back and assess yourself regularly. A self-evaluation in the evening will help make the next day better.
10. Begin to see yourself as powerful, successful, and capable of reaching your goals. Picturing yourself reaching your goals will help you replace the old "I can't" image of yourself.
11. Be open to a possibility even if you've never done it and can't imagine how it could be done. Try a new plan even if it runs the risk of failure.
12. Work with a creative idea, plan, or project. Accept other ideas even though you didn't think of them, you won't get the credit, you won't personally benefit from them, or you may not live to see and enjoy them.
13. When you think you've reached the end of the rope, TIE A KNOT AND HANG ON!!!

Source. *Family and career transitions resource guide* (p. 66). (1989). Columbus: Ohio Department of Education, Division of Vocational and Career Education. Used with permission.

## Taking Your Pulse

To take your pulse, do the following:

1. Sit down.
2. Press the first two fingers of one hand against one side of your neck just under your jaw. (Do not use your thumb, which has its own pulse.)
3. Find the pulse (it is a mild throbbing feeling).
4. While someone times you with a clock, count the number of throbs, or "beats," over a period of one minute.

The number you end up with is your pulse, or heart rate. The average heart rate is 70-80 beats per minute.

Source: Merki, M. B. (1990). *Teen health: Decisions for healthy living (Teacher's Wraparound Edition)* (p. 20). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.





## Developing a Fitness Program

Do you get out of breath running for the bus? Begin a personal fitness program! You can make your life healthier through the right exercise program—one that follows a plan.

### How To Develop a Personal Fitness Program

An effective fitness program requires thoughtful planning and careful thinking. Here are seven steps to follow in developing your own program:

1. Choose an activity that you enjoy. Don't begin an activity because you believe "it's the thing to do."
2. Identify the best time of day to exercise. Instead of watching TV for a half hour, exercise!
3. Set realistic goals. You might build your bicycle-riding skills so that you can bike a certain distance by the end of the first month of your program.
4. Don't exercise too much at one time. Start slow, and work up little by little. Allow time for improvement. Don't expect results immediately.
5. Reward yourself. Feeling and looking better are their own rewards. But consider celebrating in some way when you reach a goal.
6. Don't exercise just for now—make your fitness program a part of your future, too. You will get long-term health benefits from a fitness program.
7. Make friends with others who exercise. Give each other advice. Help each other stick to your programs.

Source: Merki, M. B. (1990). *Teen health: Decisions for healthy living (Teacher's Wraparound Edition)* (p. 21). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.



## Suggested Weights for Adults

These weight ranges were developed as a part of the Dietary Guidelines for Americans and are likely to change as research in this area continues. Unlike many weight charts, this one allows for a small increase in weight as you age. The higher weight in each range applies to people with more muscle and bone (generally men); the lower weight usually applies to women.

Being in the right range does not guarantee that your weight is healthy. Other factors are body-fat percentage and distribution and whether you have a personal or family history of weight-related medical problems. Consult your doctor for a more accurate assessment of your ideal weight.

Height (no shoes)	Weight in pounds (no clothes)	
	Age 19 to 34	Over age 34
5'0"	97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6'0"	140-184	155-199
6'1"	144-189	159-205
6'2"	148-195	164-210
6'3"	152-200	168-216

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## Fitness Questionnaire

Check which answer best describes you.

- |    | Usually | Sometimes | Never |   |
|----|---------|-----------|-------|---|
| 1. | _____   | _____     | _____ | I climb stairs rather than ride elevators.  |
| 2. | _____   | _____     | _____ | My daily activities include <i>moderate</i> physical effort (brisk walking, rearing young children, gardening, and so on)   |
| 3. | _____   | _____     | _____ | My daily activities include <i>vigorous</i> physical effort (moving heavy objects by hand, farming, and so on)  |
| 4. | _____   | _____     | _____ | I do 20-60 minutes of aerobic exercise three to five times a week (activity that is continuous, rhythmic, and uses large muscle groups such as legs or upper body). |
| 5. | _____   | _____     | _____ | I take my pulse.  |

Complete these sentences with the first thoughts/feelings that come to mind.

6. I usually do the following physical activities during the week:

7. Exercise is . . .

8. I would rate my current level of physical fitness in each of these areas as (for each area, rate excellent, fair, poor, or do not know):

- \_\_\_\_\_ muscle strength (the most work muscles can do at a given time)
- \_\_\_\_\_ muscle endurance (staying power, working without becoming overly tired)
- \_\_\_\_\_ flexibility (ability to move body in certain ways)
- \_\_\_\_\_ heart and lung endurance (ability to catch breath and return to normal heart rate after exercise)

---

9. I am satisfied/dissatisfied with my physical fitness because . . .

10. I would like to change the following things regarding my physical fitness:

Adapted from Thompson, P. J., & Jax, J. A. (1991) *Teens in action* (Teacher's Edition) (p. TE 27). Saint Paul, MN: Changing Times Education Service, EMC Publishing. Used with permission.



## Testing Flexibility, Leg Muscle Strength, Muscle Endurance, and Heart and Lung Endurance

The flexibility, or freedom of movement, of your body differs from joint to joint. This fact makes it hard to measure the flexibility of your whole body. Still, the following test will give you a general sense of how flexible you are. Before you begin, remember two things.

- **Warm up.** Begin by doing some light stretching. This will help you avoid hurting yourself.
- **Move smoothly.** Avoid quick, jerking motions during the test. Your reach should be gradual and slow.

The test for *flexibility* consists of three steps:

1. Sit on the floor with your legs straight in front of you. Your heels should touch a tape on the floor and be about five inches apart.
2. Place a yardstick on the floor between your legs. The 36-inch end of the stick should point away from the body. The 15-inch mark should be even with your heels. It may be helpful to tape the stick in place.
3. Slowly reach both hands as far forward as possible and hold this position. See how many inches your fingers reach.

The chart below shows the rating for different scores on this test. You should repeat the test three times and use your longest reach to determine your flexibility.

### Scoring (in inches)

Males	Females	Rating
22+	23+	Excellent
16-22	19-23	Good
12-16	16-19	Average
9-12	14-16	Fair
less than 9	less than 14	Poor

You can measure *leg muscle strength* by doing the standing broad jump. The test has two steps:

1. Put a piece of tape on the floor and stand behind it with your toes touching the back of the tape.
2. Bend your knees and jump forward as far as you can, landing with your weight on both feet. Mark where you land.

Use a yardstick to measure your jump from the starting tape to your landing point. Your muscle strength is found by comparing the distance you jumped to your height.

### Scoring (distance compared to height)

Distance Jumped	Rating
About 5.9 inches (8.75 centimeters) more than your height	Excellent
Between 2 and 4 inches (3 to 6 centimeters) more than your height	Good
Equal to your height	Fair
Less than your height	Poor

You test your *muscle endurance* by seeing how many sit-ups you can do in one minute. You will need a stopwatch and a partner. During the test, remember to breathe freely. Do not hold your breath. Your partner should keep the time and count your sit-ups.

1. Start by lying on your back with your knees slightly bent and your hands behind your head. Have your partner hold your ankles for support.
2. Do as many sit-ups as you can in one minute. Raise your upper body from the floor to the point where you touch one elbow to the knee on the opposite side. Return to the full starting position and repeat.

Your score depends on how many sit-ups you did in a minute.

#### Scoring (number of sit-ups per minute)

<i>Male</i>	<i>Female</i>	<i>Rating</i>
40+	30+	Excellent
33-39	24-29	Good
29-32	18-23	Average
21-28	11-17	Fair
20 or less	10 or less	Poor

To test the *condition of your heart and lungs*, take this 3-minute test. To do the test, you need a sturdy bench such as in a locker room. You will also need a watch.

1. Stand in front of the bench. Begin the test when the second hand is on the 12 mark of the watch. For the next 3 minutes, step up and down on the bench repeatedly. Step up with the right foot, then the left. Be sure to extend each leg fully. Then step down with the right foot and then the left. Step at the rate of 24 steps per minute.
2. When 3 minutes are done, sit down and relax without talking.

Your score depends on your pulse rate after the test is complete. Find your pulse, either on your wrist or on the side of your neck, and count the number of beats in a minute.

#### Scoring (number of heartbeats in 1 minute)

<i>Heartbeats</i>	<i>Rating</i>
70-80	Excellent
81-105	Good
106-119	Average
120-130	Fair
131+	Poor

Source: Merki, M. B. (1990). *Teen health: Decisions for healthy living (Teacher's Wraparound Edition)* (pp. A4-A5). Mission Hills, CA: Glencoe, Macmillan/McGraw-Hill School Publishing Co.

# The New Food Label at a Glance

The new food label will carry an up-to-date, easier-to-use nutrition information guide, to be required on almost all packaged foods (compared to about 60 percent of products up till now). The guide will serve as a key to help in planning a health diet.

Serving sizes are now more consistent across product lines, stated in both household and metric measures, and reflect the amounts people actually eat.

The list of nutrients covers those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

The label of larger packages must now tell the number of calories per gram of fat, carbohydrate, and protein.

## Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container 4

---

**Amount Per Serving**

**Calories 90**                      **Calories from Fat 30**

---

	% Daily Value*
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	

---

Vitamin A	80%	•	Vitamin C	60%
Calcium	4%	•	Iron	4%

---

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
Sat Fat	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
Fiber		25g	30g

---

**Calories per gram:**  
Fat 9 • Carbohydrate 4 • Protein 4

New title signals that the label contains the newly required information

Calories from fat are now shown on the label to help consumers meet dietary guidelines that recommend people get no more than 30 percent of their calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Daily Values are also something new. Some are maximums, as with fat (65 grams or less); others are minimums, as with carbohydrate (300 grams or more).

The daily values for a 2,000- and 2,500-calorie diet must be listed on the label of larger packages. Individuals should adjust the values to fit their own calorie intake.

This label is only a sample. Exact specifications are in the final rules. Source: Food and Drug Administration 1993  
New title signals that the label contains the newly required information.

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**Improving Individual, Child, and Family Nutrition, Health and  
Wellness – Notes**

# WORLD-CLASS EDUCATION FOR THE 21ST CENTURY: THE CHALLENGE AND THE VISION

## VISION STATEMENT

As we approach the 21st century, there is broad-based agreement that the education we provide for our children will determine America's future role in the community of nations, the character of our society, and the quality of our individual lives. Thus, education has become the most important responsibility of our nation and our state, with an imperative for bold new directions and renewed commitments.

To meet the global challenges this responsibility presents, the State of Illinois will provide the leadership necessary to guarantee access to a system of high-quality public education. This system will develop in all students the knowledge, understanding, skills and attitudes that will enable all residents to lead productive and fulfilling lives in a complex and changing society. All students will be provided appropriate and adequate opportunities to learn to:

- communicate with words, numbers, visual images, symbols and sounds;
- think analytically and creatively, and be able to solve problems to meet personal, social and academic needs;
- develop physical and emotional well-being;
- contribute as citizens in local, state, national and global communities;
- work independently and cooperatively in groups;
- understand and appreciate the diversity of our world and the interdependence of its peoples;
- contribute to the economic well-being of society; and
- continue to learn throughout their lives.

## MISSION STATEMENT

The State Board of Education believes that the current educational system is not meeting the needs of the people of Illinois. Substantial change is needed to fulfill this responsibility. The State Board of Education will provide the leadership necessary to begin this process of change by committing to the following goals.

## ILLINOIS GOALS

1. Each Illinois public school student will exhibit mastery of the learner outcomes defined in the State Goals for Learning, demonstrate the ability to solve problems and perform tasks requiring higher-order thinking skills, and be prepared to succeed in our diverse society and the global work force.
2. All people of Illinois will be literate, lifelong learners who are knowledgeable about the rights and responsibilities of citizenship and able to contribute to the social and economic well-being of our diverse, global society.
3. All Illinois public school students will be served by an education delivery system which focuses on student outcomes; promotes maximum flexibility for shared decision making at the local level; and has an accountability process which includes rewards, interventions and assistance for schools.
4. All Illinois public school students will have access to schools and classrooms with highly qualified and effective professionals who ensure that students achieve high levels of learning.
5. All Illinois public school students will attend schools which effectively use technology as a resource to support student learning and improve operational efficiency.
6. All Illinois public school students will attend schools which actively develop the support, involvement and commitment of their community by the establishment of partnerships and/or linkages to ensure the success of all students.
7. Every Illinois public school student will attend a school that is supported by an adequate, equitable, stable and predictable system of finance.
8. Each child in Illinois will receive the support services necessary to enter the public school system ready to learn and progress successfully through school. The public school system will serve as a leader in collaborative efforts among private and public agencies so that comprehensive and coordinated health, human and social services reach children and their families.

*Developed by citizens of Illinois through a process supported by the Governor, the Illinois State Board of Education and the Illinois Business Roundtable.  
Adopted as a centerpiece for school improvement efforts.*

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**ILLINOIS STATE BOARD OF EDUCATION**  
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