HEALTH (SMALL GROUP)

LESSON 1: HEALTHY EATS

Objective: Students will observe the unhealthy ingredients found in foods an be introduced to alternative snack ideas.

Week before: Ask students to bring samples of snacks that they eat normally. (Bag of chips, box of cereal, can of Coke) Make sure they bring in the containers with the nutritional information.

ACTIVITY:

Have students cut out the nutritional label off their snack or cereal containers. You may be able to actually cut the label off of an aluminum can. If you are brave, try it.

List the first five ingredients. Inform the students that ingredients are listed in terms of quantity. The ingredient with the most is listed first. Some examples of ingredients that are unhealthy could be: sugar, salt, MSG and other preservatives and additives. A good rule of thumb is "if you can't say it, then you probably should not eat it."

SMALL GROUP DISCUSSION:

What is the problem with too much of any of these ingredients?

How does it affect your weight? Your energy? Your wellbeing?

ACTIVITY: Watch this video https://www.youtube.com/watch?v=7394RCfk2Xk They discuss wine and beer after 2:44 so if it is an issue just stop it prior to that time.

SMALL GROUP DISCUSSION:

Three problems that teens have with food

1-Eating unhealthy foods

2-Eating too much

3-Not eating enough

What are some healthy foods/snacks we can eat instead of chips and soda?

Answer: Fruits and vegetables. Try to taste the rainbow when it comes to eating fresh and healthy foods

What are some ways to control the amount of food that we eat?

Answer: Pay attention to your portion size. More is not better. Listen to your body. The full sensation is when you have eaten too much already. Eating snacks throughout the day is better than eating a double whopper with cheese and large fries. Pay attention to commercials directed at you.

Eat a healthy snack together (Apples and peanut butter or make your own granola).