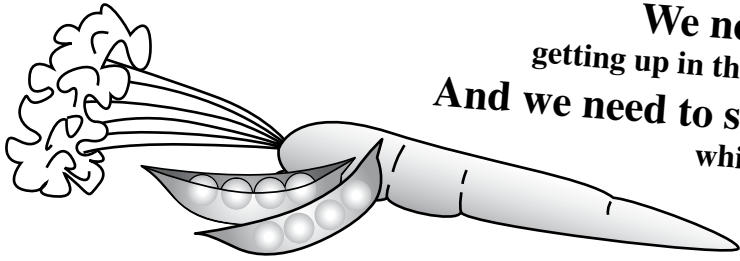


Nutrition

Why are some foods we eat better than others?



We need to eat for two very important reasons.

We need energy to do daily activities such as getting up in the morning, getting ready for school, and thinking!

And we need to supply our bodies with important nutrients which help us grow and keep us healthy.

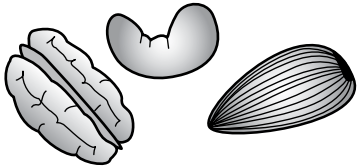
How do we know what is good for us to eat?

We all know that fruits and vegetables are good for us, but when it comes to other food that we see at the grocery store it is a good idea to look at the product label.

The product label can tell you what the ingredients are and what nutrition is in each serving.

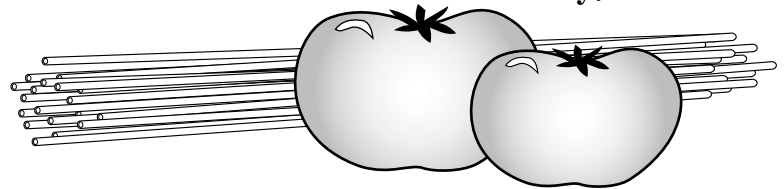


The proverb "an apple a day keeps the doctor away" has some basis for truth - the soluble fiber in apples, called pectin, helps maintain cardiovascular health by acting as an antioxidant and helps regulate intestinal health.



Nuts are consistently in the "Top 10 ten lists" for healthy eating - they help reduce the risk of heart disease by lowering LDL cholesterol. Almonds and walnuts are the tops for heart-healthy diets.

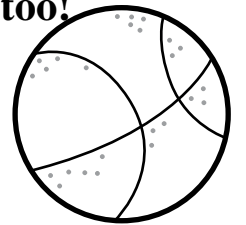
Try to stay away from foods with a lot of saturated fat, trans fat, and items with high amounts of sugar or sodium.
This doesn't mean that we should never eat a treat once in a while, it just means that we should try not to eat too many!



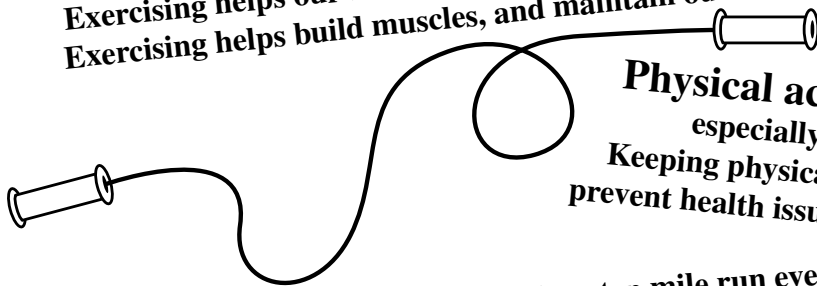
Exercise

Keeping physically active will help keep our bodies healthy too!

Exercising helps our bodies use calories that are in the food we eat.
Exercising helps build muscles, and maintain our bones, and joints.



Physical activity can also make us feel better, especially when we are feeling sad or stressed-out.
Keeping physically active also helps us control our weight and prevent health issues, like heart disease and some types of diabetes.



Exercising doesn't have to be a ten mile run every day - it can be a brisk walk around your block or down the road. It can be playing kick-ball or jump-rope during recess, or swimming in a pool!

Exercise can be fun! What do you like to do for exercise?

Eat a Rainbow of Colors!

Draw and color a vegetable and a fruit in each color category, or find pictures and paste them in the appropriate box.

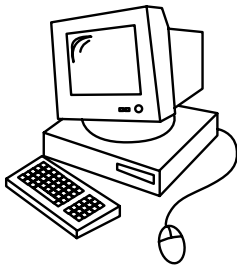
*Challenge: find a nutritional fact for each vegetable and fruit and write it below each picture.

	VEGETABLE	FRUIT
RED		
ORANGE		
YELLOW		
GREEN		
BLUE		
PURPLE		

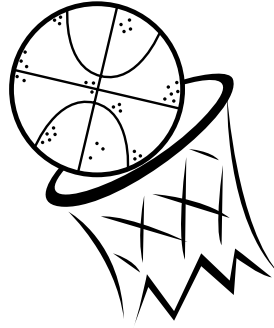
Do you get the Fitness Seal of Approval?

What kinds of activities do you do during the week?

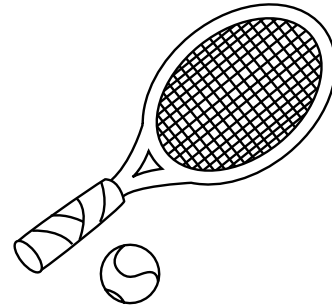
Circle 8 activities that you enjoy the most, then add up your points to see if you are a fitness fin-atic!



Working or Playing
on the Computer
0 Points



Playing Basketball
3 Points



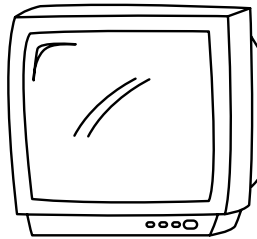
Playing Tennis
3 Points



Talking on
the phone
0 Points



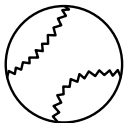
Running
3 Points



Watching T.V.
or Playing Videogames
0 Points



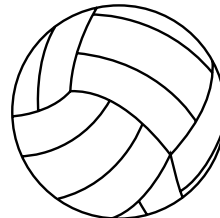
Swimming
3 Points



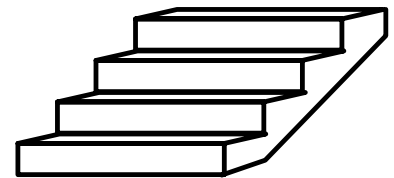
Playing a Baseball Game
2 Points



Walking to School
2 Points



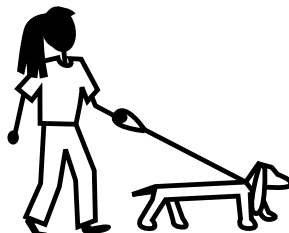
Playing a Volleyball Game
3 Points



Taking the stairs instead
of the elevator
2 Points



Making a Healthy Snack
1 Point



Walking the Dog
2 Points



Bicycling
3 Points



Playing a Soccer Game
3 Points

20 - 24 Points = Wow! You are a Fitness Fin-atic!

12 - 19 Points = It looks like you enjoy some physical activities and some non-physical activities! Good job!

1 - 11 Points = You're dangerously close to being a couch potato! Take up a sport or physical activity.

Food for Thought Scavenger Hunt

Go on a food hunt at home or at the grocery store. Fill in the grid below. When you are finished write down what you think are some of the healthiest foods, and what you think are some of the unhealthiest.

	Foods that Contain	Foods that Do Not Contain
*Saturated Fat		
**Trans Fat		
Cholesterol		
Artificial Flavors		
Artificial Colors		
12% or more of Calcium Per Serving		
10g or more of Protein Per Serving		
10g or more of Sugar Per Serving		
100mg or more of Sodium Per Serving		
2g or more of Fiber Per Serving		
230 Calories Per Serving		
200 Fat Calories Per Serving		
Vitamin A		
Vitamin C		
Iron		

Some healthy foods I found include: _____

Some unhealthy foods I found include: _____

***Saturated Fat** most often comes from animals and is solid at room temperature.

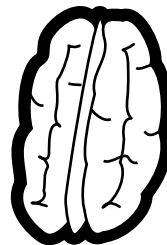
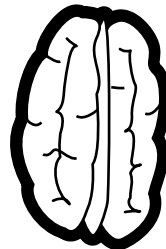
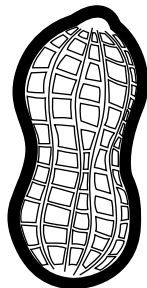
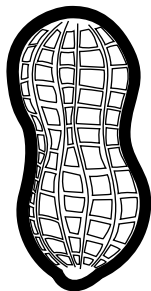
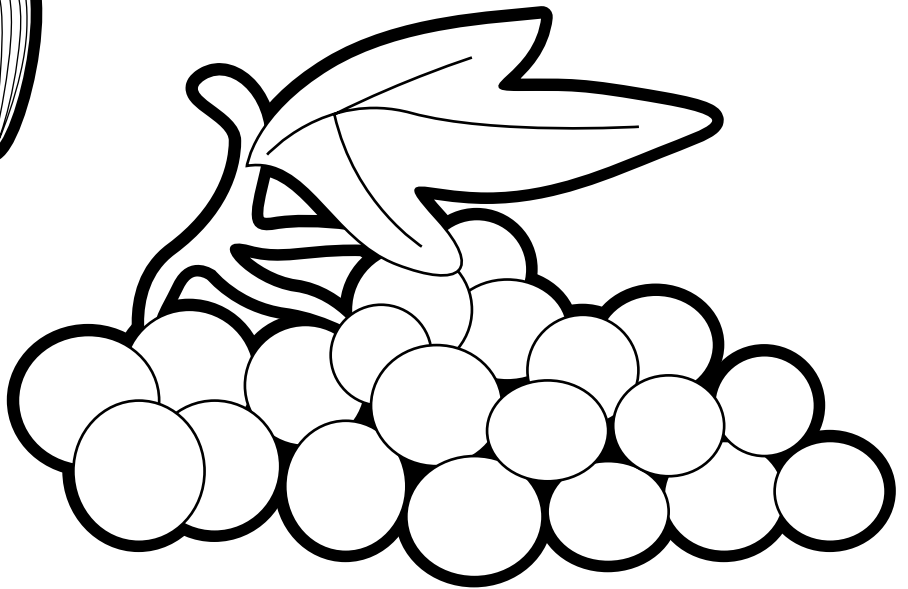
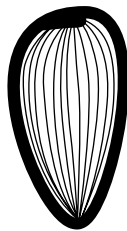
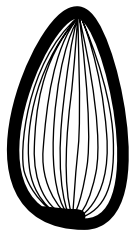
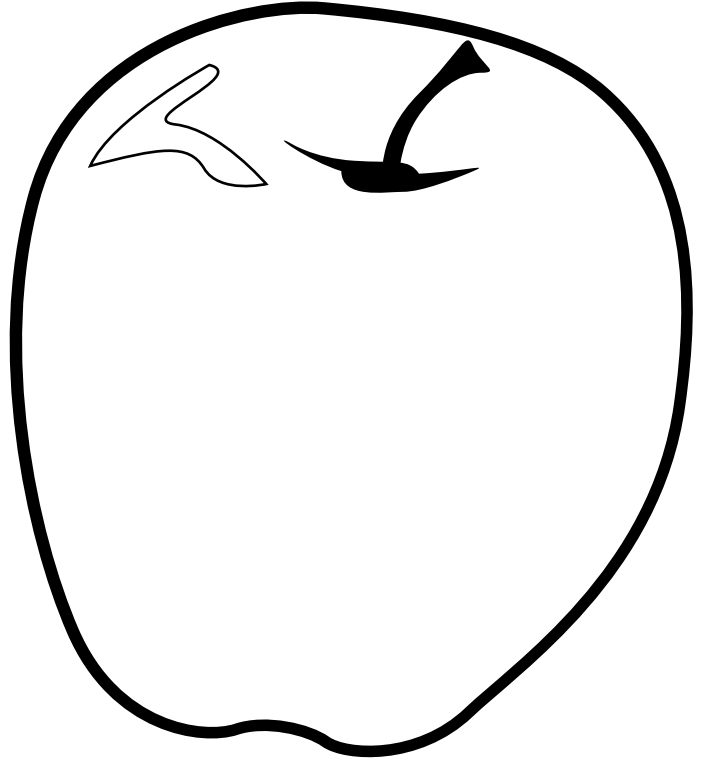
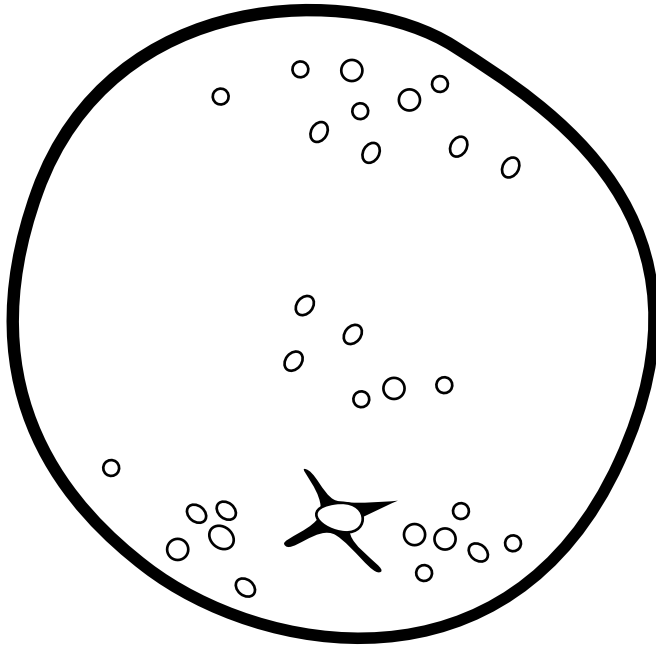
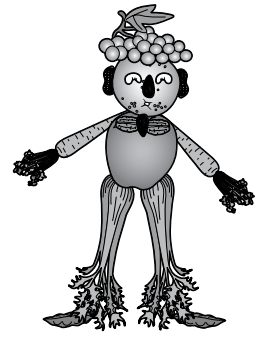
****Trans Fat** is created when hydrogen is added to vegetable oil. This is a process called hydrogenation, which is done commercially to increase the shelf life of food. Trans fat also occurs naturally in some foods.

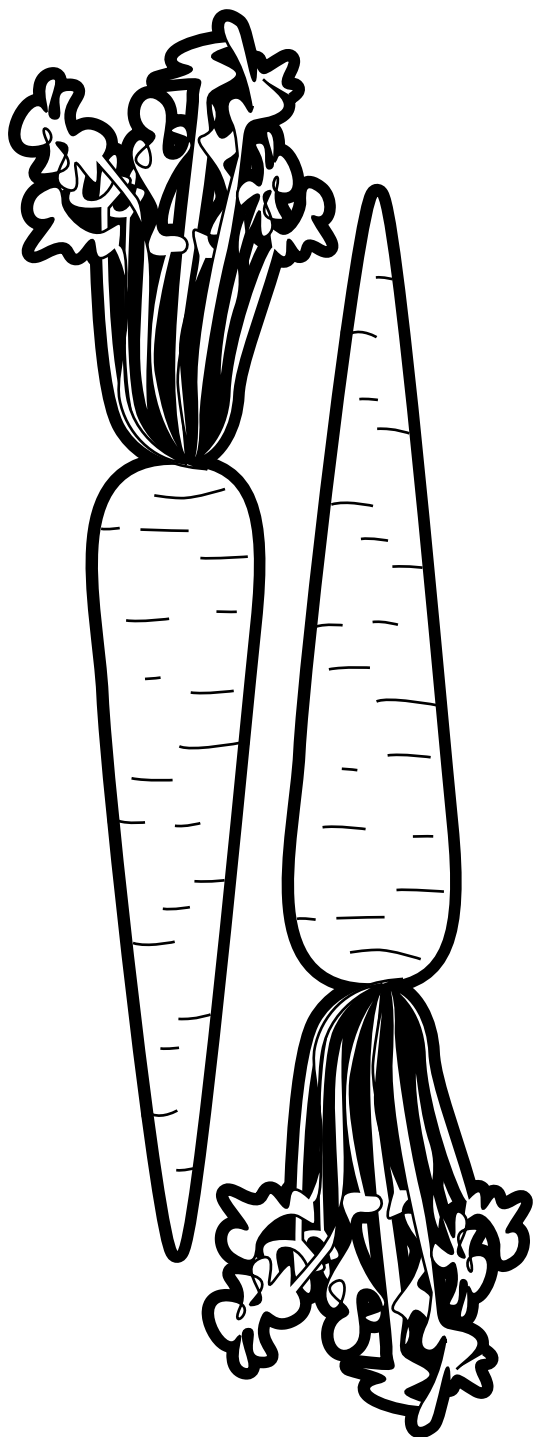
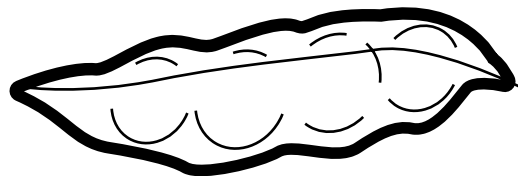
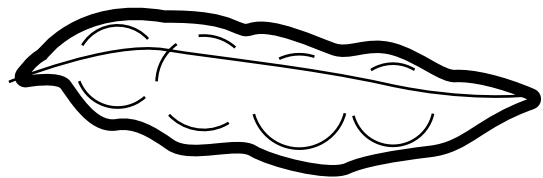
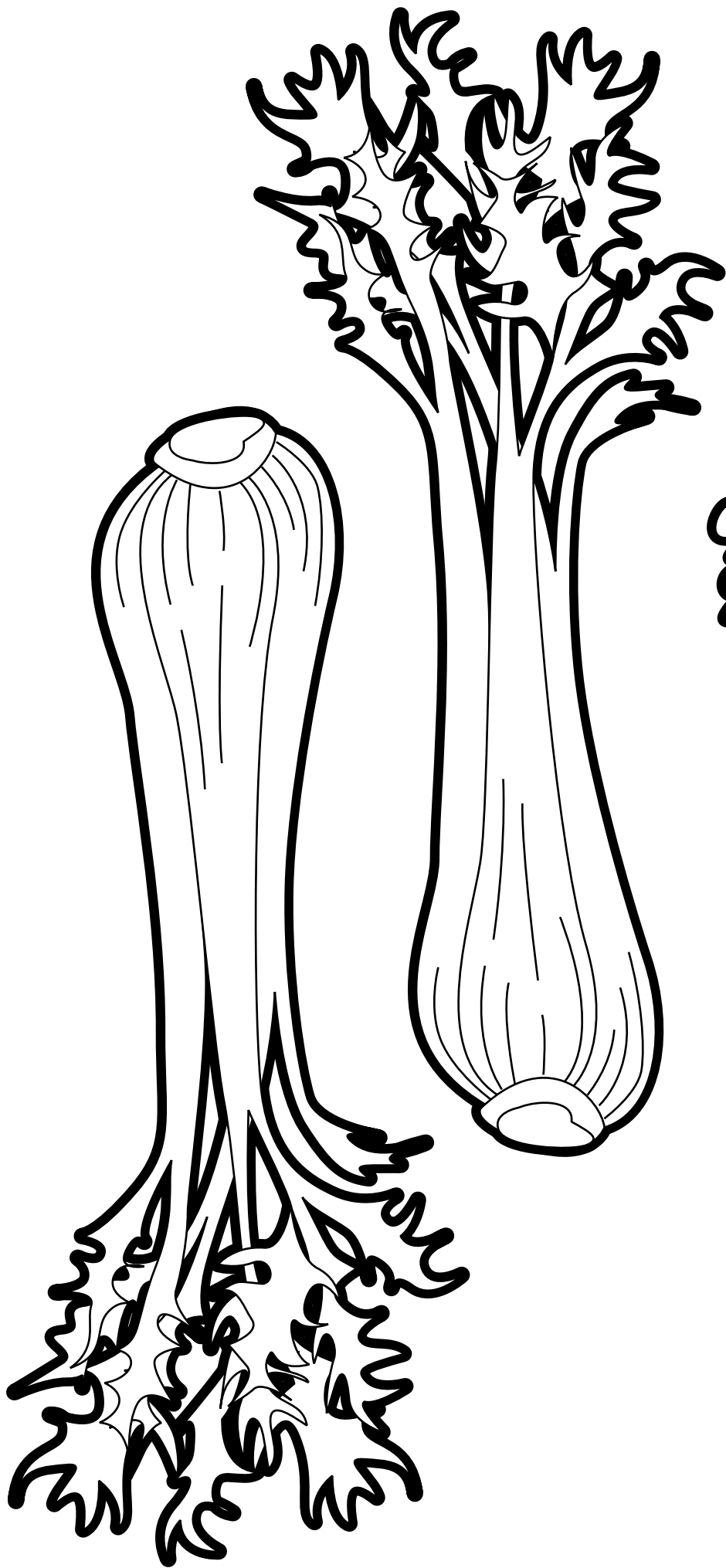
(Too much consumption of saturated and trans fat increases the LDL (“bad”) cholesterol in your body.)

Make Your Own Healthy Character!

Color the fruits, vegetables and nuts on the following pages,
cut them out and have fun creating your own "Healthy Character"!

See how many different characters you can make!





Healthy Snack Recipes

Nuts & Bolts:

3/4 cup Trans Fat free margarine (melted)
4 1/2 tsp. Worcestershire Sauce
2 1/2 tsp. Garlic Salt
Mix together.

In a large bowl, mix:

16 cups of mixed square and round
sugarless cereals (approx. 2 boxes)
1 lb. of mixed nuts
1 lb. of broken pretzels

Pour margarine mixture over cereal and
nut mixture, and stir.

Bake on cookie sheets at 250° for an hour and a half,
stirring frequently.

Fruit Smoothie:

8 oz. plain fat-free yogurt
1 small banana
1/2 cup fresh or unsweetened frozen strawberries
1/2 cup mixed berries (raspberries, blueberries and/or blackberries)

In a blender, combine all ingredients and puree until smooth.
Makes 2 servings.

Gorp Mix:

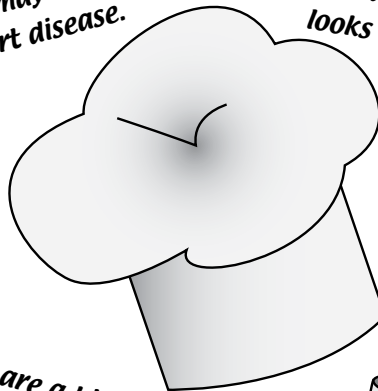
1/2 cup dry, low sugar cereal
1/2 cup peanuts
1/2 cup raisins
1/4 cup chocolate chips

Place all ingredients in a large zip-lock bag and
shake until evenly mixed!

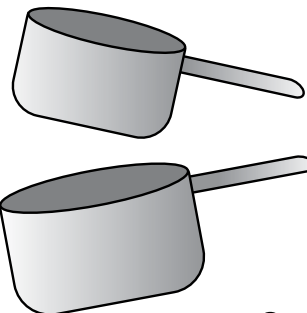
Makes approximately 3 servings.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

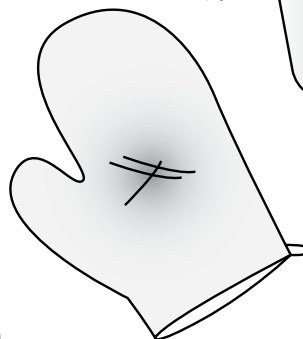
Almonds are the nutlike seeds from a fruit that looks like a green apricot.



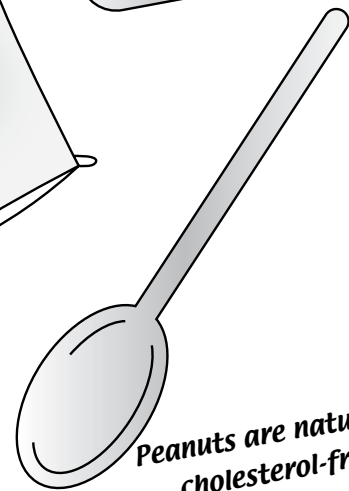
Though nuts are a higher-fat food, it is mostly heart-healthy unsaturated fat and may help lower low-density lipoproteins (LDL or "bad" cholesterol).



Bananas have high levels of sugars, starch, and vitamins A and C. Strawberries have vitamin C. Berries that are blue are high in antioxidants.

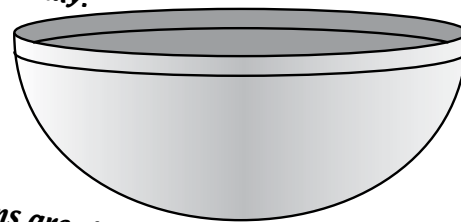


A medium-sized orange contains the amount of vitamin C that a healthy adult should eat daily.



Peanuts are naturally cholesterol-free

Eating dark chocolate can help lower blood pressure. (Remember, you do have to balance the extra calories by eating less of other things.)



Raisins are cholesterol-free, low in sodium and totally fat-free. They provide vitamins and minerals, including iron, potassium, calcium and certain B vitamins. Raisins are a good source of fiber and rich in antioxidants.

Make a Career of Healthy Living

Do you recognize any of the names below? Find out what each of these former Girl Scouts® has accomplished, or divide the list up and have each girl find out about one famous former. What were her accomplishments? Why is this person an example of living healthy? Feel free to ask family members and/or research on-line.

Bonnie Blair _____

Donna De Varona _____

Dominique Dawes _____

Janet Evans _____

Nancy Gustafson _____

Susan Hemond-Dent _____

Jacqueline Joyner-Kersee _____

Rebecca Lobo _____

Lyn St. James _____

Katy Postlewait _____

Nancy Lopez _____

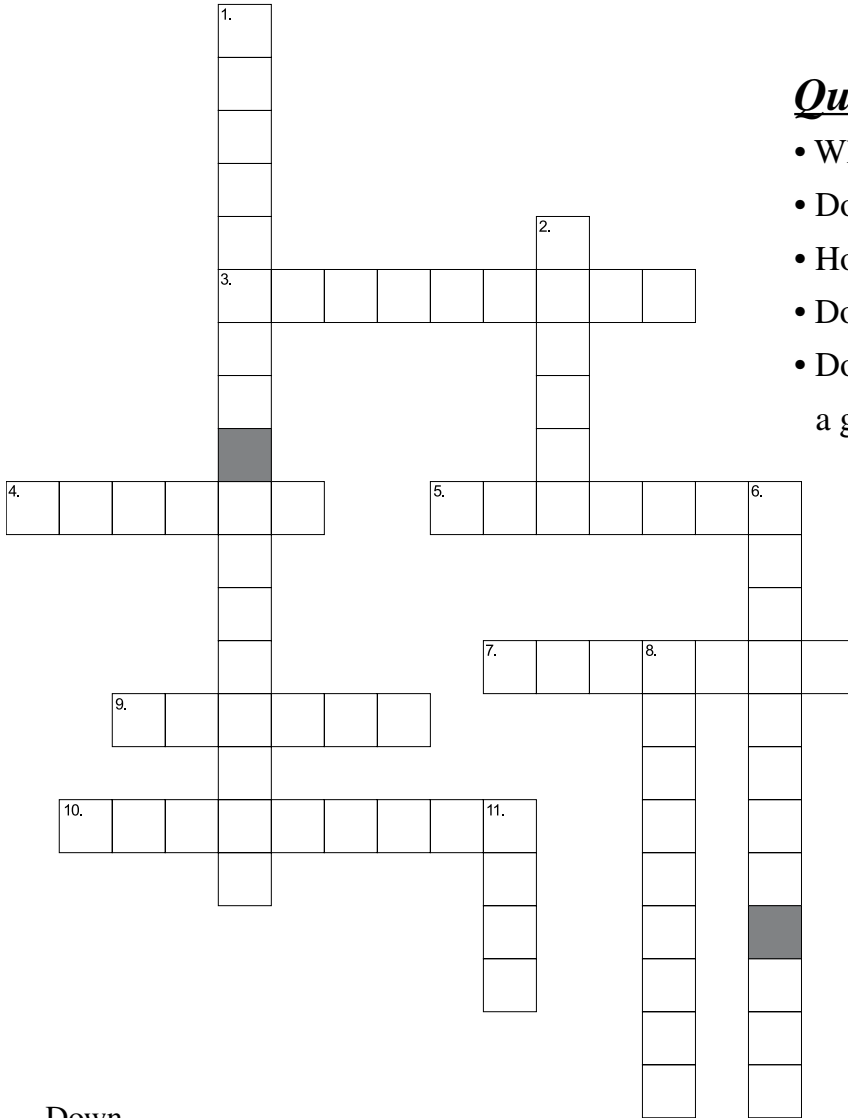
Holly McPeak _____

Dawn Staley _____



Crossword Puzzle Challenge: The New Normal

To find out what girls 8-17 say about healthy living in a GSUSA research project go to: www.girlscouts.org and click on “The New Normal, What Girls Say About Healthy Living” under Girl Scout Research to find the answers to the crossword puzzle below.



Questions for discussion:

- What is the “new normal”?
- Do you agree with what other girls say?
- How do you define healthy living?
- Do you skip breakfast? Why is that bad?
- Do you think that the media gives the public a good perception of what “healthy living” is?

Down

1. 83% of very active girls say that _____ makes them feel good about themselves.
2. Only 34% of girls report being very satisfied with their _____.
6. Over one-quarter (29%) of 11-17 year olds report eating more when they are “_____”.
8. More than 60% of teenage girls skip _____ at least once a week and nearly 20% skip it every day.
11. 88% of 11-17 year olds agree that ‘feeling good about yourself is more important than how you _____’.

Across

3. 40% of girls 11-17 say they do not play sports because they do not feel skilled or _____.
4. For most girls, being healthy has more to do with appearing “_____” and feeling accepted than maintaining good diet and exercise habits.
5. 89% of girls report that their _____ make positive comments about how they look.
7. Over the past 25 years, the percentage of overweight girls has more than _____.
9. Girls look to their mothers for advice on healthy _____.
10. Most girls view _____ health and physical health as equally important.

Careers with Health & Nutrition

Dietitian
Physical Education Teacher
Athletic Trainer
Chef/Research Chef
Food Microbiologist
Research Technician
Sports/Wellness Dietitian
Nutritionist
Taste Tester

Can you think of any others?

Do any Health and/or Nutrition careers interest you?
If so, which ones:

Answers to Crossword Puzzle

