

Educator's Guide Healthy Tips for Teens

Educator tips.

- *Educator Materials* include a downloadable *Activity + Eating* PowerPoint presentation and PDF of the script accompanying each slide.
- *Student Materials* include workbooks available in English and Spanish.
- This program requires minimal preparation time and can be taught in more than one session. Allow 60 minutes to teach the lesson in its entirety.
- Visit **HealthyEating.org/Teens** to download the presentation and script. Review each slide and the PDF script, including group discussion points.

Review each topic.

- **Starting points:** Assess students' knowledge on nutrition and physical activity. Discuss individual health and physical activity level.
- **Understanding choices:** Provide practical ways to eat healthy and move more.
- **Eating well on the run:** Discuss ways to make healthier meal and snack choices when time is limited.
- **Understanding food labels:** Explain how reading food labels can help students improve their choices.
- **Food-group foods:** Explain the importance of choosing nutrient-rich foods and meeting recommended servings from all food groups. Use hand symbols to teach proper serving sizes and keep proper serving sizes in mind.
- **Be active:** Explore ways to incorporate physical activity throughout the day.
- **Healthier choices:** Review ways students can make healthier choices every day. Set small, manageable health goals.

Supplemental resources on HealthyEating.org/Teens.

In addition to the booklet the Web page contains:

- Interactive Tools for Nutrition and Physical Activity
- Healthy Eating for Teens Pathway
- Nutrition Education + Promotion Activity Guide
- Downloadable Nutrition Handouts and Tip Sheets

Follow-up with goals.

When *Activity + Eating* is implemented as intended, teens are more likely to choose healthier foods, be more physically active and less likely to skip meals. Use the discussion points in the booklet to foster skill building in food and physical activity decisions. Reinforce the importance of healthy eating patterns and physical activity for good health.

For more information on Dairy Council of California programs,
call 877.324.7901 or visit HealthyEating.org.

