Educator's Guide
Activity + Eating for Teens

Let's Eat Healthy®

Educator tips

* Educator materials include a downloadable *Activity + Eating* PowerPoint Presentation and script notes accompanying each slide.
* *Student materials* include Workbooks available in English and Spanish.
* Visit **HealthyEating.org/AETeens** to download the presentation and script. Review each slide and the script notes, including group discussion points.
* 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.

Review each topic

* **Starting points:** Assess students' knowledge of nutrition and physical activity. Discuss individual health and physical activity levels.
* **Understanding choices:** Provide practical ways to eat healthfully 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.
* **Being 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.

Review the resources on **HealthyEating.org/AETeens**

* Power Point Presentation
* Tip sheets and resources

Follow-up with goals

When *Activity + Eating* is implemented as intended, teens are more likely to choose healthy 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.