
Empowering Youth

with **NUTRITION**
and **PHYSICAL**
ACTIVITY



U.S. Department
of Agriculture
Food and Nutrition
Service



Centers for
Disease Control
and Prevention





teamnutrition.usda.gov

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

FNS-404

May 2007

Team Nutrition is an initiative of the Food and Nutrition Service of the Department of Agriculture (USDA). USDA does not endorse any products, services, or organizations.

The contents of this curriculum may be downloaded from USDA's Team Nutrition Web site at *teamnutrition.usda.gov*.

Welcome to *Empowering Youth with Nutrition and Physical Activity!* This manual was developed as a resource to help teachers and caregivers of adolescents become positive role models. It gives them a basic background of nutrition and physical activity and strategies to effectively communicate healthy nutrition and physical activity messages through simple day-to-day activities. Each chapter provides innovative, in-depth tools designed to teach youth how to make smart choices. The manual may contain more activities and games than your time allows; therefore, it is recommended that you review the manual and select appropriate activities and games that will be feasible *and* fun in your teaching environment.

As teachers and caregivers, your efforts can make a difference by encouraging youth to make healthy choices. No previous training is needed to incorporate these activities and games into your program; simply take advantage of this wonderful opportunity to be a role model for health.





Table of Contents

Chapter 1: Nutrition and Physical Activity Basics

Dietary Guidelines for Americans	1
MyPyramid Food Guidance System	7
Anatomy of MyPyramid	9
Facts About Heart Disease	10
Facts About Diabetes.	14
Facts About Fats	16
Facts About Cholesterol	19
Facts About Sodium	21

Chapter 2: Incorporating Nutrition and Physical Activity Into Your Program

1. Why Are Nutrition and Physical Activity Important for Youth?	23
2. How Can Your Program Make a Difference?	25
3. Incorporating Nutrition and Physical Activity Into Youth Development Topics	26
4. Incorporating Nutrition and Physical Activity Into Special Events	31
5. Nutrition and Physical Activity Field Trips	36
6. Nutrition and Physical Activity Guest Speakers, Topics, and Contacts	37
7. Calendar of Events for Food, Health, and Agriculture Activities	41

Chapter 3: Providing Healthful Snacks and Meals

1. Basic Guidelines for Offering Healthful Meals	43
2. Tips for Choosing Healthful Meals With Caterers	45
3. Tips for Planning Healthful Snacks	48

Chapter 4: Increasing Opportunities for Physical Activity

1. Importance of Physical Activity for Youth	51
2. Your Role in Promoting Physical Activity	52
3. Tips for Successful Physical Activity Sessions	54
4. Games for Small Places	55

Chapter 5: Helping Youth to Plan, Implement, and Evaluate a Project

1. How To Choose and Plan a Successful Youth Project	61
2. How To Promote and Publicize Your Project	68
3. How To Work With Parents, Community Members, and Community Institutions	71
4. Handouts	72

Chapter 6: Activities for Youth on Nutrition and Physical Activity

Activities Summary	101
Activity 1: Are You Meeting Your Nutrition and Physical Activity Requirements?	102
Activity 2: The Low-Down on Sugar	109
Activity 3: The Low-Down on Fat	115
Activity 4: Eating on the Run	118
Activity 5: Reading Food Labels	122
Activity 6: My Snack Options	128

Activity 7: My Physical Activity Options	135
Activity 8: What Are You Really Paying For?	144
Activity 9: Making the Grade	152
Activity 10: Facilitating a Youth Discussion on Nutrition and Physical Activity Topics	156

Chapter 7: Resources

Recommended Nutrition and Physical Activity Contacts and Resources	175
Recommended Web Sites Related to Nutrition and Physical Activity	180
Nutrition and Physical Activity Vendors and Materials	183

Chapter 8: Appendixes

What You Should Know About Adolescent Nutrition and Physical Activity	185
Healthful Cooking	189
Mushroom Brown Rice Pilaf	191
Mouth-Watering Oven-Fried Fish	192
Vegetables With a Touch of Lemon	193
Oven-Baked Sweet Potato Fries	194
1-2-3 Peach Cobbler	195
The Competitive Edge	197
Looking Good and Feeling Great	200
Sample Menu Guidelines Memo	202



Acknowledgments

Empowering Youth With Nutrition and Physical Activity is an updated version of the manual, *Nutrition and Physical Activity the 100 Way* (2003), which was developed through a collaborative partnership with the U.S. Department of Health and Human Services (DHHS)/Centers for Disease Control and Prevention (CDC), the U.S. Department of Agriculture (USDA)/Food and Nutrition Service (FNS), the 100 Black Men of America, Inc. (100 BMOA), and the California Adolescent Nutrition and Fitness Program (CANFit). The purpose of this partnership was to create a document that included nutrition and physical activity in leadership development tools for working with 11- to 18-year-old youth, with the intent of helping to prevent obesity and improving health.

While the *Nutrition and Physical Activity the 100 Way* manual was initially developed for young African-American males, it was pilot tested with males and females and the youth activities were borrowed from existing youth programs. The information and activities included in it have broad application and were expanded into the current manual, *Empowering Youth With Nutrition and Physical Activity*. Additional information was incorporated throughout this manual based on the *2005 Dietary Guidelines for Americans* and *MyPyramid*. The final product contains background information on a variety of nutrition and physical activity topics, a section on incorporating the guide into an existing afterschool program or classroom, complete instructions for implementing interactive activities, handouts and background information for parents, and resource lists.

This project could not have been completed without the efforts of many people who worked together to create this guide, including:

**U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity**

William Dietz—Director, Division of Nutrition and Physical Activity
Annie Carr—Nutrition Specialist
Refilwe Moeti—Physical Activity Specialist

**U.S. Department of Agriculture
Food and Nutrition Service**

Judy Wilson—Director, Nutrition Services Staff, Office of Analysis,
Nutrition and Evaluation

Gerry Howell—Section Chief, Training Section, Child Nutrition Division

Debra Nigri—Nutritionist, Child Nutrition Division

Ebony Horry—Nutritionist, Child Nutrition Division

California Adolescent Nutrition and Fitness, Berkeley, CA

Daniela Boykin—Project Coordinator and Author

Arnell Hinkle—Project Director and Coauthor

Lewis King—Evaluation Consultant

MEE Productions Market Research Consultant—Thierry Fortune, Ivan
Juzang

100 Black Men of America, Inc.

National Office—James Black, Sr.

Sharron Bohannon

Samuel Ferguson

Levi H. McIntosh

Joshua Murfree

William Wimberly

Dallas, TX, Chapter—Anthony Sampson, Robert Tapley

DeKalb County, GA, Chapter—Wayne Glover, Sylvester Hopewell

Los Angeles, CA, Chapter—Taynay Cameron, Patricia Rillera

Boys and Girls Clubs of America

East DeKalb County, GA—Shirley Durden

Challenger's Los Angeles, CA—Lew Dantzler, Vicky Fullmore, David
Bussey

This project was originally funded with Federal funds from the Centers for
Disease Control and Prevention and the Food and Nutrition Service under
Grant Agreement #59-3198-9-017.

Introduction

Current research indicates that adolescents are at an increased risk of becoming overweight and obese and of developing heart disease and diabetes. These chronic diseases are often linked to poor eating and physical activity behaviors. Community issues often make it difficult for youth to make healthful choices regarding their diet and physical activity. An important strategy for young people to improve their food and activity choices is to learn what goes on in their community and how it affects their eating and physical activity behaviors. Youth programs can play an important role in motivating young people to examine these issues and come up with solutions.

Encouraging young people to canvass their communities and develop action plans for improving their food and physical activity options is an empowering effort that can lead to lifelong healthier habits. This type of activity can easily be incorporated into a youth program.

This manual will help you guide youth through activities that will:

- Increase their understanding of nutrition and physical activity-related issues that affect their environments.
- Teach skills that will help them make healthier nutrition and physical activity choices.
- Design a youth-driven nutrition and physical activity community project.
- Model and promote healthful eating and physical activity.

