

Reproducibles

"Power" Tools for You

- ❖ "Dear Family" Letter.....R-3
- ❖ "yourCHOICE" Handout.....R-4
- ❖ *yourCHOICE...Great Tastes!
Cool Moves!* (Recipe Booklet).....R-5
- ❖ Recognition Certificate.....R-19
- ❖ Poster Images: *It's Up to You,
Move It!, READ IT before you EAT IT!,
FIGHT BAC!, MyPyramid,
How Much Do YOU Eat?*R-21 to R-32
- ❖ Nutrition Facts Cards.....R-33
- ❖ Use FNS Graphics to Make
Slides or Small Posters.....R-64
- ❖ Sources for Nutrition InformationR-65
- ❖ Get What You Need handoutR-66
- ❖ MyPyramid Amounts of Foods –
FOR YOUR-68
- ❖ Ingredient ListsR-70
- ❖ The Power of Choice Song LyricsR-72

Reproducible Tools for You

1 “Dear Family” Letter

Personalize and send this letter to involve the families of your preteens. Use it to inform families about *The Power of Choice* and the fun activities that will be taking place at your site. Personalize the letter with your own approach, or add a handwritten reminder of how important family members are to your organization.

2 “yourCHOICE” Handout

Duplicate this handout. Use it at each session to help preteens set personal goals and take action steps for healthful eating and active living.

3 *yourCHOICE...Great Tastes! Cool Moves!*

Recipe booklet - Duplicate and share the booklet with preteens to reinforce and take home the messages in *The Power of Choice*. The recipe booklet provides easy snack recipes that preteens can prepare at home. Useful as a promotional tool to recruit additional members, as a fund-raiser, or as an opportunity to let preteens add their own creative touch!

4 Recognition Certificate

Duplicate this certificate and present to preteens on a routine basis to recognize the accomplishments and progress of those participating in each session.

5 Posters Images: *MyPyramid, It's Up to You, How Much Do You Eat?, Move It!, Read It!, FIGHT BAC!*

Small (8-1/2" x 11") black and white versions of the posters are included for you to duplicate as you wish.

6 Nutrition Facts Cards

Duplicate several sets of the 170 *Nutrition Facts Cards*, cut them apart, and use them routinely in the activities to help make real-life food decisions. The cards show the calories and nutrients in one Serving of each food and beverage that many preteens enjoy. A blank card is the first one you'll see. It is intended for preteens to use to record Nutrition Facts from other foods they eat.

7 Ingredient Lists

Duplicate and cut apart the Ingredient Lists for use in Topic 4.

8 Use FNS Graphics to Make Slides or Small Posters

Guidance is provided on how to copy graphics and insert them in other documents or modify the image sizes.

9 Sources for Nutrition Information

Information on nutrition guidance, making food choices, food labeling, and other related educational resources available from Federal Government Web sites.

10 Get What You Need handout

This handout provides a summary to determine “how much and what” you eat by using MyPyramid and the Nutrition Facts Label, and “how much” you move.

11 MyPyramid Amounts of Foods – FOR YOU

This chart provides information to help determine “how much and what” young teens need to eat, based on their general level of physical activity.

12 The Power of Choice Song Lyrics

Use these simple, upbeat lyrics for your own version of the Power of Choice song.