

# Nutrition and Physical Activity Basics

Being a positive role model and understanding the relationship between good nutrition and regular physical activity and disease prevention are important parts of implementing successful strategies to improve the health of the youth involved in your programs. The following sections include information on the *2005 Dietary Guidelines for Americans*; *MyPyramid Food Guidance System*; food labels; lowering the amount of saturated fat and *trans* fat, cholesterol, and sodium in your diet; and nutrition-related chronic diseases. This information is provided to help you become more informed about nutrition and physical activity and to help you improve your own eating and physical activity behaviors.

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# Incorporating Nutrition and Physical Activity Into Your Program

## Section Contents

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





# Providing Healthful Snacks and Meals

## Section Contents

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





# Increasing Opportunities for Physical Activity

## Section Contents

1. Importance of Physical Activity for Youth
2. Your Role in Promoting Physical Activity
3. Tips for Successful Physical Activity Sessions
4. Games for Small Spaces

Adolescence is a pivotal time for preventing sedentary behavior in adulthood. Encouraging participation in regular physical activity will help adolescents develop active lifestyles. There are many positive ways a youth program can influence the physical activity behavior of young people. Organized competitive sports are usually available in youth programs, but adolescents also need to learn physical activities that they can use throughout their lives. Physical activities such as cooperative games, stretching, Tae Bo, etc., teach skills that can be used for a lifetime. This chapter contains information and suggestions for incorporating physical activity into your program and special events.







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# Helping Youth to Plan, Implement, and Evaluate a Project

## Section Contents

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





# Activities for Youth on Nutrition and Physical Activity

This chapter is filled with activities that cover a variety of topics that are important and relevant to youth. Activities are designed to be stand-alone, so you can choose those that best meet the needs of your youth. However, it is recommended that you complete the activities in the order they are listed.

## Types of Activities:

### Assessment

Assessment activities have youth examine their current behaviors. Youth take home activity sheets and record their current diet and/or physical activity behaviors.

### Discussion

Discussion activities provide an opportunity for youth to talk about current nutrition and/or physical activity topics and share their opinions and ideas. These activities require minimal preparation and are ideal for situations where time is limited.

### Hands-on

Hands-on activities require additional preparation and supplies.





# Resources

## Section Contents

1. Recommended Nutrition and Physical Activity Contacts and Resources
2. Recommended Web Sites Related to Nutrition and Physical Activity
3. Nutrition and Physical Activity Vendors and Materials





## Appendixes

### Section Contents

1. What You Should Know About Adolescent Nutrition and Physical Activity (Parent Handout)
2. Healthful Cooking (Parent Handout)
3. Mushroom Brown Rice Pilaf
4. Mouth-Watering Oven-Fried Fish
5. Vegetables With a Touch of Lemon
6. Oven-Baked Sweet Potato Fries
7. 1-2-3 Peach Cobbler
8. The Competitive Edge (Youth Handout)
9. Looking Good and Feeling Great (Youth Handout)
10. Sample Menu Guidelines Memo



