

The background features three stylized human figures in motion. A large blue silhouette is in the center, with arms outstretched. To its right, a yellow silhouette is in a dynamic pose. In the bottom left, a purple silhouette is also in motion. The background is a mix of green, yellow, and white with various patterns like halftone dots and geometric shapes.

# Smart Moves

**FOR YOUR HEALTH**

**Student Booklet**

Name: \_\_\_\_\_



# Are You Healthy?

What does it mean to be healthy? Does it mean that you can run a marathon or that you eat three healthy meals each day? Not necessarily.

But being healthy does mean that you look and feel your best and that you do the best you can do.

Many decisions you make in life determine how healthy you are.



You may already be making many smart moves for your health. Most of us, though, have at least a habit or two that we could change to be healthier, particularly in the areas of...

## Eating and Physical Activity

What you eat and how much time you spend being active is often up to you. Throughout this booklet, you'll learn how to plan healthier eating and physical activity habits.

Eating well and being active every day are two very important *Smart Moves* you can make.

Be ACTIVE your way!



# Own Your Plate. Own Your Body!

## What Do You Eat and How Active Are You?

Maybe you're not sure what you could do to have a healthier diet, and maybe you already get some exercise. So before you make any changes, take a look at what you eat and how active you are.

To do that you will fill out a *1-Day Food and Activity Record* like the one here for Morgan.

On the *1-Day Food and Activity Record*, notice that Morgan:

- Listed foods by meals and snacks;
- Wrote down everything she ate and drank, including water;
- Listed all the foods in her sandwich;
- Wrote down how much of everything she had.

In the activity section, notice that Morgan:

- Described her activity;
- Wrote how long she did it.

1-Day Food and Activity Record

Name: Morgan Date: Monday, 9/12

Food or Drink Items	Amount	Fruits	Veg.	Grains	Protein	Dairy	Other
Breakfast: orange juice	1 glass						
cornflakes with 1% milk	1 bowl						
Lunch: Sandwich							
- whole wheat bread	2 slices						
- tuna	2 oz.						
- mayonnaise	1 tbsp.						
potato chips	1 bag						
1% milk	1 carton						
orange	1						
Dinner: baked chicken	1 leg						
white rice	1/2 cup						
roll	1						
1% milk	1 glass						
cherry pie	1 slice						
Snacks: strawberry yogurt	6 oz.						
cookies	2						
water	1 glass						
<b>Total Amounts for Today</b>							
<b>Minimum Recommended Amounts</b>		1.5 cups	2 cups	5 oz. eq.	5 oz. eq.	3 cups	0
<b>How much more do I need?</b>							

Recommendation: 60 Minutes a Day	
Activities	Minutes
Played pickleball in gym class	30 min
Walked home from school	10 min
Walked the dog before dinner	25 min
<b>Did I move at least 60 minutes today?</b>	
<input type="checkbox"/> YES <input type="checkbox"/> NO	

# Eating...

## Do You Make Smart Food Choices?

Why do you eat what you eat? Because the food tastes good? Because that's what your friends are eating? Because that's the food your parents or family members buy for you?

You probably choose food for all those reasons. But the most important reason you eat is to get the nutrients and energy you need to be active, grow, stay healthy, and **LOOK AND FEEL YOUR BEST.**

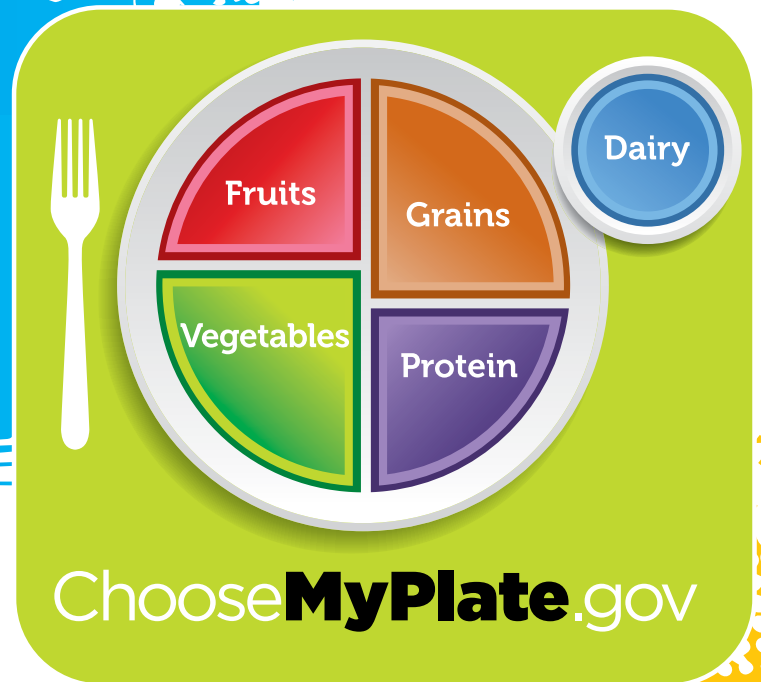
All the nutrients you take in help you stay healthy in different ways. For example, calcium helps build strong bones and teeth. Vitamin A helps keep your eyes healthy. Protein helps you build strong muscles.

You need more than **40 different nutrients to stay healthy!** That's a lot to keep track of. Fortunately, you don't have to keep track of each nutrient. You just need to know a few things about the foods you choose.



# Own Your Plate!

## MyPlate and the Five Food Groups



Most foods belong to one of these five food groups of MyPlate: fruits, vegetables, grains, protein, and dairy. The five food groups are based on the nutrients they contain. Foods in the same group contain similar nutrients.

The chart on pages 6-7 shows foods listed by food groups and shows the main nutrients each group provides. To get the nutrients you need every day, you need to eat foods from all the different food groups. **Variety is the key to owning your own body and health.**

To get the nutrients you need, eat the recommended amounts per day. Some teens need more than what is listed below. How much you need is based on your age, your gender, and how active you are. To get a better idea of what you need, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).

## What's An Ounce Equivalent?

**An ounce equivalent (oz. eq.) is the amount of a specific food that counts toward your daily requirement.**

See examples on pages 8-9.

**Grains Example:** You need 5 oz. equivalents of grains each day at a minimum. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered a 1-ounce equivalent from the Grains Group.

**Protein Example:** You need 5 oz. equivalents of protein each day at a minimum. In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 oz. (about 2 tablespoons) of nuts or seeds can be considered as a 1-ounce equivalent from the Protein Group.

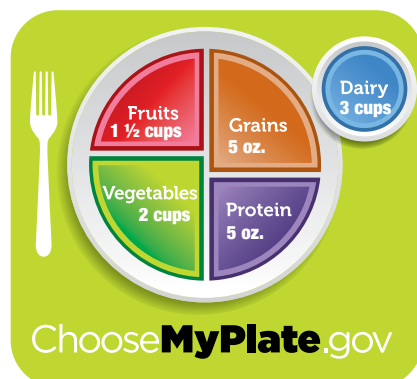
## The Minimum Recommended Daily Amounts for Youth Ages 11-18

### Eat at Least...

- 1½ cups of fruit
- 2 cups of vegetables
- 5 oz. eq. of grains
- 5 oz. eq. of protein
- 3 cups of dairy

Oils - five teaspoons

**Note** – you don't see oils on MyPlate. Most people get enough oil and fat in their diet naturally. The healthiest oils are from plants and fish and are liquid at room temperature.



# Own Your Choices!

Wait for instructions from your teacher before you write on this chart.

Check for variety. You need at least two different foods in each of the five food groups. The "others" are extra. Circle the foods you listed on your 1-Day Food and Activity Record. If you ate something that is not on this chart, write it in.



## Fruits

Supplies your body with vitamins A and C and fiber.

- Pineapple Juice
- Watermelon
- Mango
- Honeydew Melon
- Pears
- Fruit Cocktail
- Canned Peaches
- Dried Fruit
- Blueberries
- Cantaloupe
- Clementines
- Applesauce
- Kiwi
- Raisins
- Bananas
- Blackberries
- Tangerines
- Papaya

Did you get a variety of foods from the fruits group?

Yes  No  other

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## Vegetables

Supplies your body with vitamins A and C and fiber. Lower calories than fruit.

- Green Beans
- Cauliflower
- Mushrooms
- Coleslaw
- Beans
- Celery
- Peppers
- Peas
- Yellow Squash
- Plantains
- Mashed Potatoes
- Spinach
- Salad Greens
- Onions
- Potato Salad
- Tomatoes
- Baked Potatoes
- Jicama
- Sweet Potato
- Winter Squash
- Cucumber

Did you get a variety of foods from the vegetables group?

Yes  No  other

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## Grains

Supplies your body with iron, carbohydrates, fiber, thiamin, and niacin.

- Hamburger Buns
- White Bread
- Flour Tortillas
- White Rice
- Noodles
- Quinoa
- Muffins
- Macaroni Salad
- Granola Bars
- Cornbread
- Snack Crackers
- Corn Tortillas
- Wraps
- Plain Popcorn
- Pita Bread
- English Muffins
- Saltines
- Hard Rolls
- Corn Flakes
- Biscuits
- Brown Rice
- Grits
- Cereal Bars
- Pancakes
- Waffles
- Graham Crackers

Did you get a variety of foods from the grains group?

Yes  No  other

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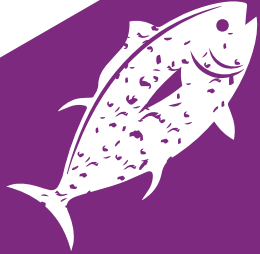
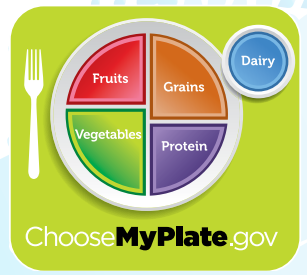
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## Protein

Supplies your body with protein, iron, niacin, and thiamin.

- Turkey
- Chicken
- Tofu
- Tuna in Water
- Salmon
- Refried Beans
- Baked Chicken
- Lean Roast Beef
- Hard Boiled Eggs
- Peanut Butter
- Hummus
- Black Beans
- Scrambled Egg
- Broiled Steak
- Nuts
- Meat Loaf
- Pork Chops
- Baked Beans
- Hamburger
- Corned Beef
- Pinto Beans
- Fish
- Shrimp
- Fish Sticks
- Spare Ribs

Did you get a variety of foods from the protein group?

Yes  No  other

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## Dairy

Supplies your body with protein, calcium, riboflavin, and vitamin D.

- Drinkable Yogurt
- Fat-Free Milk
- Mozzarella Cheese
- Plain Yogurt
- Low-Fat Chocolate Milk
- String Cheese
- Cheddar Cheese
- Fruit-Flavored Yogurt
- Low-Fat Cottage Cheese
- Pudding
- 2% Milk
- Swiss Cheese
- Frozen Yogurt
- Whole Milk
- Milkshake
- Ice Cream

Did you get a variety of foods from the dairy group?

Yes  No  other

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## "Others"

Provides few nutrients and are often high in fat and calories.

- Tea
- Candy
- Soda + Pop
- Cake
- Chips
- Bacon
- Hot Chips
- Tortilla Chips
- Cookies
- Lemonade
- Sports Drinks
- Pretzels
- Fries
- Donuts
- Onion Rings
- Mayonnaise
- Chocolate
- Pie
- Soft-Serve Ice Cream
- Mustard
- Salad Dressing
- Jelly
- Ketchup
- Butter
- Pickles
- Maple Syrup
- Margarine

How many others do you have?

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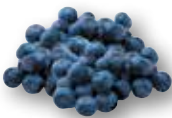








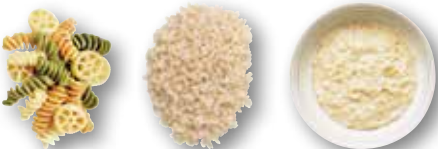





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# What does ONE serving look like?

Depending on the food, the size of one portion or one serving may differ. Look at the column "Looks Like" to find out what one serving of some common foods look like.

	ONE SERVING	LOOKS LIKE	*SERVINGS PER DAY
<b>Fruits</b>	  		<b>1½ cups</b>
			
<b>Veggies</b>			<b>2 cups</b>
			
<b>Grains</b>			<b>5 ounce equivalents</b>
			
			



**ONE SERVING**

**LOOKS LIKE**

**\*SERVINGS PER DAY**

**Dairy**



**milk (8 ounces)**



**yogurt**



**baseball**

**3  
cups**



**shredded cheese**



**golf ball**



**cheese cubes**



**4 dice**

**Meats and Protein**



**chicken, burger, salmon**



**deck of cards =  
3 oz. equivalents**

**5  
ounce  
equivalents**



**egg**



**1 egg**



**peanut butter**



**ping pong ball**

**Healthy Fats**



**healthy oils**



**thumb tip**

**5  
teaspoons**

Note: The number of servings per day listed above are a minimum. Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to find out how many servings are right for you.

# Combination Foods

Sometimes what you eat is made up of foods from more than one group. These foods are called combination foods. Combination foods give you the same nutrients as the foods they come from.

## Powerhouse Combination Foods

Check all of the powerhouse combos below that sound good to you. Write in a few of your own!

- Whole Grain Spaghetti with Veggies and Parmesan Cheese
- Grilled Cheese Sandwich with Spinach, Tomatoes, and Onion
- Egg and Cheese Sandwich on a Whole Grain Bagel
- Mushroom, Cheese, and Spinach Omelet
- Tuna Noodle and Cheese Casserole
- Chicken Rice and Vegetable Soup
- Cheese and Vegetable Pizza
- Build Your Own Smoothie  
(Note – See recipe on page 26.)
- Bean and Cheese Burrito
- Chicken Caesar Salad
- Shrimp Stir-Fry
- Turkey Taco



### My Faves

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# “Others” Some foods do not belong in any of the five food groups.

These foods either have too few nutrients or they have more calories than nutrients. Donuts, cookies, cake, chips, soft drinks, and add on foods such as ketchup or gravy belong in the “others” category. There is not an “others” group on MyPlate.

Everybody eats some “others,” like a candy bar at the movies or chips at a party. But these foods are extra foods. They don’t take the place of foods from the five food groups because they don’t give you the nutrients you need. Plus, the added calories can lead to weight gain if you eat too many of them.

**Can you spot the “Others?”** The “others” contain calories but not many nutrients. Their calorie bars are higher than their nutrient bars. Using the bar graph chart, notice for each food the number of bars that are higher than the calorie bar. “Others” are easy to see. If most nutrients are below the calorie bar, the food is less nutrient rich.

## “Others”: Yes or No?



Yes  
 No



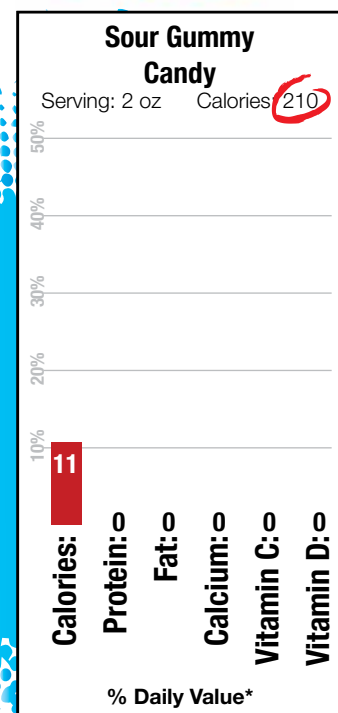
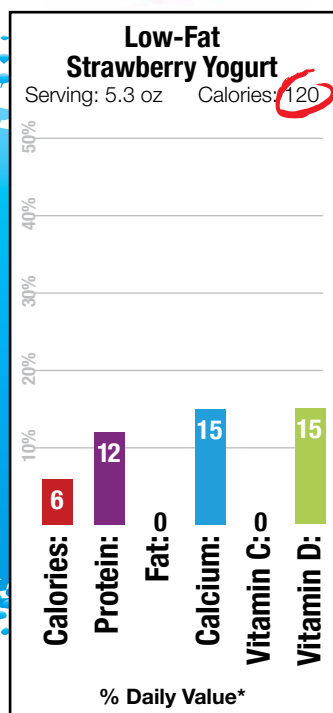
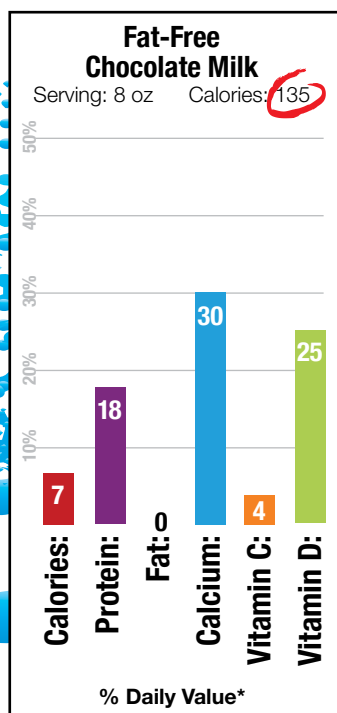
Yes  
 No



Yes  
 No



Yes  
 No



\*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. The red calorie bars show the % DV for calories, NOT the calories in the food shown.



# Mix It Up!

Foods within a food group supply the same basic nutrients, but they often contain different amounts of those nutrients.

For example, look at the arrow chart showing the nutrients in an orange and baby carrots. Like other fruits and vegetables, they both supply vitamin A and C. But, the orange gives you a lot of vitamin C and a little vitamin A, and the carrots give you a lot of vitamin A and a little vitamin C. To get enough of all the vitamins, it's important to mix things up and eat all different kinds and colors of fruits and vegetables.



## Orange

Serving Size: 1 medium orange



VITAMIN A - 5%



VITAMIN C - 117%



## Baby Carrots

Serving Size: 1 cup



VITAMIN A - 131%



VITAMIN C - 3%

*Eating a variety of foods not only helps you get the nutrients you need, it also helps you avoid getting too much fat or too many calories!*

## Calories

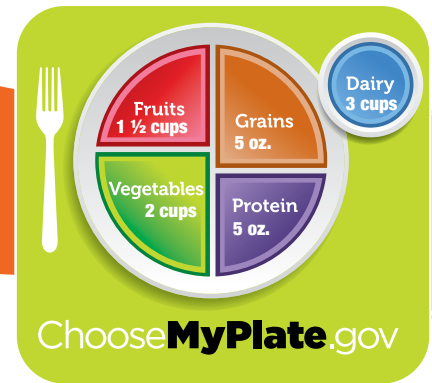
Just as foods have different amounts of nutrients, they also have different numbers of calories. The calories in food come from three nutrients: carbohydrates, protein, and fat. Calories are a unit of measure for the energy supplied by food. And you need energy to do everything: walking, running, thinking, and growing. Even reading this page uses energy!



# Recommended Amounts for Me

Below are the **Minimum** Daily Amounts for Youth Ages 11-18.

To get a personalized plan go to: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



Food Group	Fruits	Vegetables	Grains	Protein	Dairy
Minimum Amounts	1.5 cups	2 cups	5 oz. eq.	5 oz. eq.	3 cups
Examples ▶▶▶	1 cup of fresh, frozen or canned fruit or 1 cup of 100% fruit juice  1/2 cup dried fruit	1 cup of fresh, frozen or canned vegetables or 1 cup of 100% vegetable juice  2 cups of salad greens	1 slice of bread  1 cup of dry cereal  1/2 cup cooked rice, pasta or cooked cereal  1 6-inch tortilla or 5-inch pancake	1 oz. lean meat, chicken, turkey or fish  1 egg  1 tablespoon peanut butter  1/4 cup cooked dry beans, or canned cooked beans  2 tablespoons nuts or seeds	1 cup milk or yogurt  1 1/2 oz. real cheese  2 oz. processed cheese
How is it measured?	cups	cups	oz. equivalents	oz. equivalents	cups

# Fats are not Evil! But...

It's O.K. to eat high fat foods once in a while, but too much fat is not good for you.

Foods that are higher in calories are often high in fat. Some foods are naturally high in fat, such as spare ribs or nuts. Some foods, however, have **extra fat** added when they are prepared. Chicken and potatoes don't start out as high-fat foods, but when they are prepared as fried chicken or french fries, they end up that way. Many foods in the "others" category, such as butter, donuts, onion rings, and salad dressing are quite high in fat.

The healthiest kinds of fat are liquid at room temperature, like olive oil or vegetable oil. The oil in fish, nuts, and peanut butter and other nut butters is also good for you.







## Healthy Fats

Don't be afraid of eating fat! People need some fat in their diets to stay healthy. But, health professionals are concerned that Americans are eating too much fat. To eat less fat, you can vary your choices in the protein food group by choosing beans, fish, and lean meats, and you can choose low-fat or fat free dairy group foods such as low-fat yogurt, fat-free milk, or reduced-fat cheese.



# Own Your Body and Make a Smart Move!

- ▶ Would you rather watch a basketball game on TV or go out and shoot a few hoops?
- ▶ Would you rather take an elevator or climb stairs?
- ▶ Is exercise only for athletes?



Physical activity is important for everyone!  
It's not only for athletes, but also for people trying to stay healthy.

## Survey Says!

Which of these activities do you do?

- |  |  |                                     |
|--|--|-------------------------------------|
| <input type="checkbox"/> baseball          | <input type="checkbox"/> golf          | <input type="checkbox"/> skiing     |
| <input type="checkbox"/> basketball        | <input type="checkbox"/> gymnastics    | <input type="checkbox"/> soccer     |
| <input type="checkbox"/> bicycling         | <input type="checkbox"/> hockey        | <input type="checkbox"/> softball   |
| <input type="checkbox"/> bowling           | <input type="checkbox"/> jumping rope  | <input type="checkbox"/> swimming   |
| <input type="checkbox"/> competitive cheer | <input type="checkbox"/> kayaking      | <input type="checkbox"/> tennis     |
| <input type="checkbox"/> cross country     | <input type="checkbox"/> pickleball    | <input type="checkbox"/> volleyball |
| <input type="checkbox"/> dancing           | <input type="checkbox"/> running       | <input type="checkbox"/> walking    |
| <input type="checkbox"/> disc golf         | <input type="checkbox"/> skateboarding | <input type="checkbox"/> wrestling  |
| <input type="checkbox"/> football          | <input type="checkbox"/> skating       | <input type="checkbox"/> yoga       |

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You can do many things to be active. Do them on a team, with some friends, or by yourself. It doesn't matter what you do to be active as long as you get the daily physical activity recommendation – 60 minutes! Being active helps you look your best, feel your best, and be healthy.

## #Score!

- ▶ Some activities such as soccer, weight lifting, and bicycling, make you **STRONGER**.
- ▶ Some, such as gymnastics and dancing, make you more **FLEXIBLE**.
- ▶ Some, swimming and running for example, increase your **ENDURANCE**.





# *Own Your Body and Make a Smart Move!*

Deciding to make a change in what you eat or how much you move is up to you. But once you've made that decision, making the move is as simple as 1, 2, 3...4.



## **Steps To Making A Change**

- 1. What do I want to change?**
- 2. How can I make that change?**
- 3. What's my plan?**
- 4. Take action.**



***Are you ready to take the first step?*** 

## ► Step 1:

# What Do I Want to Change?

## Own Your Plate

Remember, every day you need to eat a variety of foods, including at least the following:

- 1½ cups from the fruit group
- 2 cups from the vegetables group
- 5 oz. eq. from the grains group
- 5 oz. eq. from the protein group
- 3 cups from the dairy group

Look at your daily *1 Day Food and Activity Record* to fill in the information below.

### My Plate

#### FRUIT GROUP

- I need more each day.
- I need more variety.
- I was OK on Fruit.

#### VEGETABLES GROUP

- I need more each day.
- I need more variety.
- I was OK on Vegetables.

#### GRAINS GROUP

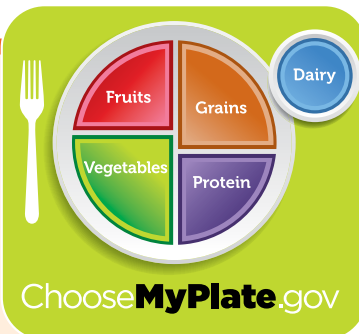
- I need more each day.
- I need more variety.
- I was OK on Grains.

#### PROTEIN GROUP

- I need more each day.
- I need more variety.
- I was OK on Protein.

#### DAIRY GROUP

- I need more each day.
- I need more variety.
- I was OK on Dairy.



Make at least half your grains whole-grain.



# Own Your Body

Remember, the recommendation is to be active in ways you enjoy for 60 minutes a day.

**Are you active at least 60 minutes?** Be honest with yourself. Standing in the outfield with a baseball mitt on or strolling (slowly) around town with friends does not count as non-stop activity.

You may already exercise enough, but most people – of all ages - could use more. And it's usually not difficult to get more. For example, maybe you could walk to school instead of taking the bus or driving. You could walk the dog instead of watching TV after dinner. You could put down your phone and go for a bike ride with a friend. You could join the soccer team, or you could train to run your first 5K.

Look at your *1-Day Food and Activity Record* and think about how much exercise you normally get.

## Physical Activity

Check the box that applies to My Body.

- I am being active 60 mins/day.
- I could be more active, and I want to be.
- I could be more active, and I am choosing not to be.

*Drink water or low-fat milk instead of sugary drinks.*





## Step 2:

# How Can I Make That Change?

You've decided what you want to change. Now you have to decide how you can make that change. Before you decide how you are going to change, it helps to brainstorm your options.

## Own Your Plate

Morgan decided she wants to eat more vegetables since she didn't eat any. She brainstormed and wrote down several ways she could eat more vegetables.

### To eat more vegetables and increase variety, Morgan could:

- Drink tomato juice instead of orange juice.
- Eat a salad with dinner.
- Microwave a baked potato and top with broccoli and cheese for an after-school snack.
- Pack carrots and low-fat ranch dip with lunch.
- Add cucumber and sprouts to sandwiches.



Let's look at an example:

### 1-Day Food and Activity Record

Date: Monday, 9/12

Name: Morgan

Food or Drink Items	Amount	Fruits	Veg.	Grains	Protein	Dairy	Other
Breakfast: orange juice	1 glass	✓				✓	
cornflakes with 1% milk	1 bowl			✓			
Lunch: Sandwich				✓✓			
- whole wheat bread	2 slices				✓✓		
- tuna	2 oz.						✓
- mayonnaise	1 tbsp.						✓
potato chips	1 bag					✓	
1% milk	1 carton						
orange	1	✓			✓✓		
Dinner: baked chicken	1 leg.				✓		
white rice	1/2 cup			✓			
roll	1					✓	
1% milk	1 glass						✓
cherry pie	1 slice						✓
Snacks: strawberry yogurt	6 oz.					✓	
cookies	2						✓✓
water	1 glass						
<b>Total Amounts for Today</b>		2	0	5	4	4	5
<b>Minimum Recommended Amounts</b>		1.5 cups	2 cups	5 oz. eq.	5 oz. eq.	3 cups	0
<b>How much more do I need?</b>		0	2	0	1	0	0

Recommendation: 60 Minutes a Day		Minutes
Activities	Played pickleball in gym class	30 min
	Walked home from school	10 min
	Walked the dog before dinner	25 min
<b>Did I move at least 60 minutes today?</b>		<input type="checkbox"/> YES <input type="checkbox"/> NO

## My Turn

Look at your completed *1-Day Food and Activity Record*. Write down ideas for changes you could realistically make.

To get more or vary my foods from the \_\_\_\_\_ group(s), I could:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Own Your Body



To be more active, Morgan could do the following:

- Ride her bike to school instead of having her mom drive her.
- Join the swim team.
- Walk the dog every night.
- Play basketball with her brother after school.



## My Turn

If you checked that you would like to be more active, list the ways you could do that.

To be more active I could:

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*Make half your plate  
fruits and vegetables.*



## Step 3:

# What's My Plan?



Once you identify the change you want to make, thinking about **how** you will do it is important. To make a change part of your everyday life, you need a plan. Plans help people reach their goals.

### To make that plan, you should:

- A.** Be specific. Choose one of the possibilities from the lists you brainstormed on pages 20 and 21. Write down exactly what you are going to do and when you are going to do it.
- B.** Think about what obstacles might get in your way, or what has gotten in your way before. Picture yourself doing the planned action, and see what obstacles come to mind.
- C.** Decide which *Smart Moves* you can make to get around the obstacles. Many people know what smart moves they should make to eat well and be more active, but they don't make those moves because they believe obstacles will get in their way.

## Overcoming Obstacles

In each scenario below, identify what obstacle is in the person's way, and decide how he or she could overcome that obstacle.

**Scenario 1** - Krystal drinks milk with breakfast and lunch. She knows she needs more dairy and has decided to have a dairy group snack after school every day. Usually the family is out of milk until Krystal's mom brings milk home for dinner, and only occasionally is there yogurt or cheese in the refrigerator.

What's the obstacle? \_\_\_\_\_

How can she get around it? \_\_\_\_\_

**Scenario 2** - Amar has decided that he wants to run a 5K. However, right after school, he has band practice. At home, he does a few chores, eats dinner, does his homework, and then plays video games before he goes to bed. He never seems to get around to training.

What's the obstacle? \_\_\_\_\_

How can he get around it? \_\_\_\_\_

# Morgan's Plan:



## Eating

- A.** To get more from the vegetables group, I will... put veggies I like, such as sprouts, tomatoes, and cucumbers, on my sandwiches.
- B.** An obstacle that might get in the way is... I have very little time in the morning to make lunch, and it takes time to cut up the veggies.
- C.** I can get around that obstacle by... making my lunch the night before.

## Physical Activity

- A.** To be more active, I will... play basketball with my brother after school.
- B.** An obstacle that might get in the way is... sometimes he plays with friends after school.
- C.** I can get around that obstacle by... shooting baskets by myself, taking the dog for a walk, or riding my bike.



# My Plan:



## Eating

- A.** To get more from the \_\_\_\_\_ group, I will... \_\_\_\_\_
- B.** An obstacle that might get in the way is... \_\_\_\_\_
- C.** I can get around that obstacle by... \_\_\_\_\_

## Physical Activity

- A.** To be more active, I will... \_\_\_\_\_
- B.** An obstacle that might get in the way is... \_\_\_\_\_
- C.** I can get around that obstacle by... \_\_\_\_\_





# Step 4: Do It!

The plans you made to eat healthier and be more active are only good if you follow them. No one can make you eat better and exercise more. It's up to you to own your plate and to own your body. Make *Smart Moves* for your health.

Start by keeping a daily checklist to see if you are following your eating and physical activity plan.

Fill out the *Eating and Physical Activity Plan Checklist* on page 28 of this booklet like the one here for Morgan.

You can start on any day of the week or anytime during the month.



## Eating + Physical Activity Plan Checklist

Name: Morgan

Date: Monday, 9/19

Write your plan details below, then put a check in the daily boxes for each day you followed your plan.

Month: <u>September</u>		Days of the Week							
<b>Eating Plan</b>		WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
To eat more vegetables by putting more veggies I like, such as sprouts, tomatoes, and cucumbers, on my sandwiches.	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Physical Activity Plan</b>		WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
I will play basketball with my brother after school. If he can't play, I'll shoot baskets by myself, take the dog for a walk, or ride my bike.	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Problems? **BACK UP!**

## Don't give up!

After a few days, you may find you need to adjust your plans or develop back-up plans to solve any problems that got in your way.

My back-up plan is to:

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---

What got in my way:

---

My back-up plan:

**1.** DON'T GIVE UP!

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

Once you're doing well with the plans you made, you may want to plan other specific changes, maybe to eat at least the recommended amount in another food group, to eat fewer "others," to eat a greater variety of foods, or to be more active.

Another change I'd like to make is:

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---

Every now and then, check yourself by filling out another *1-Day Food & Activity Record* (page 29). See if you are eating at least the minimum recommended daily amount as listed to the right...

### **AND**

being active at least 60 minutes a day. Remember, these are YOUR plans to own your plate and body so that you can look and feel your best and be healthy.

## The Minimum Recommended Daily Amounts for Youth Ages 11-18

### Eat at Least...

- 1½ cups of fruit
- 2 cups of vegetables
- 5 oz. eq. of grains
- 5 oz. eq. of protein
- 3 cups of dairy



Switch to fat-free or low-fat (1%) milk.

# Recipes

Easy powerhouse combos  
you can make at home!

## Fruit + Cheese Skewers

Serves 1 or 2

1/2 green apple - cut in bite-sized pieces

1 teaspoon lemon juice

4 oz. cheese - cubed then quartered

8 blackberries or strawberries

8 red grapes

1/2 cup diced pineapple

8 four-inch wooden skewers

Wash fruit first. Working one skewer at a time, carefully thread one piece of each fruit and two pieces of cheese on each skewer.



## Disappearing Lettuce Wraps

Serves 4

4 washed and dried lettuce leaves

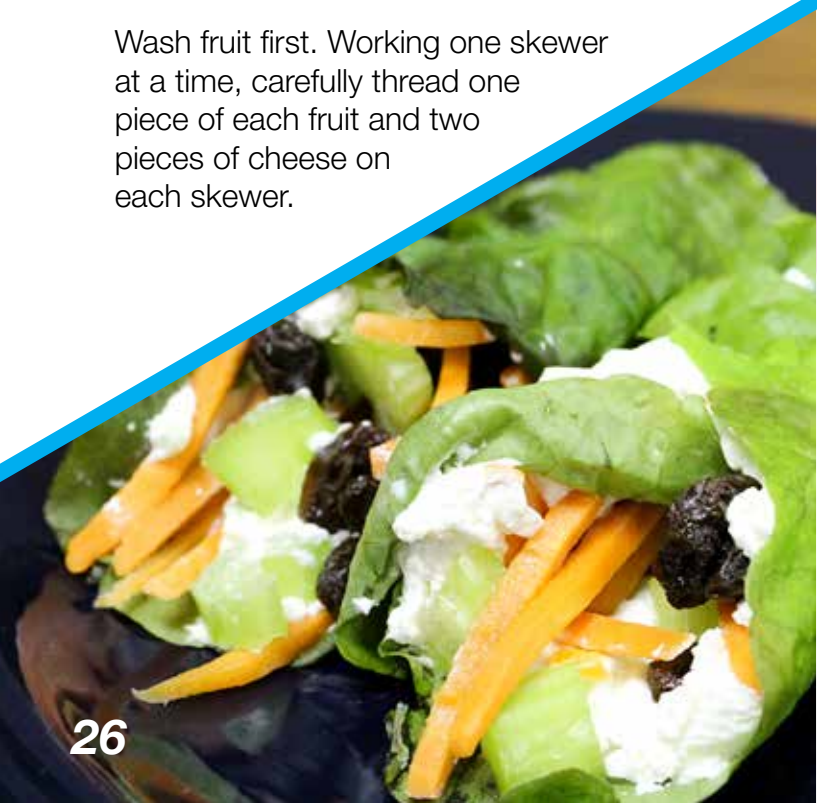
1/4 cup peanut butter or 2 ounces whipped,  
plain or flavored, cream cheese

shredded carrot

chopped celery

raisins

Spread lettuce leaf with peanut butter or softened cream cheese. Add carrots, celery, and raisins. Roll up and eat. Watch them “disappear.”



## ***Peanut Butter Yogurt Dip***

**Serves 4**

**3/4 cup low-fat vanilla yogurt**

**1/3 cup peanut butter**

**Dash of cinnamon**

Mix together all ingredients and serve with apples, bananas, grapes, graham crackers, etc.



## ***B.Y.O. Smoothie***

**Serves 1**

**Use this recipe guide to create a whole new flavor combination!**

**8 oz. low-fat milk**

*unflavored fat free or low-fat white or flavored fat-free*

**4 oz. low-fat yogurt**

**1 cup fruit** (frozen works best)

*banana, berries, cherries, kiwi, mango, melon, papaya, peaches, pineapple*

**Extras** (choose 1 or 2)

*nuts, carrot, avocado, peanut or almond butter, honey, fresh mint, vanilla, cinnamon, chocolate syrup, oats or oatmeal, ground flax seeds, spinach, nutmeg, cocoa powder*

Add all items to blender and pulse on high until smooth. Enjoy your creation!



***For more easy to make recipes: [MilkMeansMore.org](http://MilkMeansMore.org)***

# Eating + Physical Activity Plan Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Write your plan details below, then put a check in the daily boxes for each day you followed your plan. When you miss a day - DON'T GIVE UP! - MOVE ON!

Month: _____		Days of the Week							
<b><i>Eating Plan</i></b>		WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Physical Activity Plan</i></b>		WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# *Credits*

Smart Moves was updated and revised by Chris Flood, M.S., Nutrition Consultant, for the United Dairy Industry of Michigan; from the original National Dairy Council 1990 publication, Smart Moves.

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**Teacher and Nutrition Experts**

Pam Ford, Monica Soto, Cheri Stein, and Caroline Walker

**The United Dairy Industry of  
Michigan has other free and  
low-cost materials for schools.  
To find out more visit their website:  
[MilkMeansMore.org](http://MilkMeansMore.org)**

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