

**INTERVIEWS**

| <b>Approx. Minutes</b> | <b>Activities</b>                      | <b>Teacher Materials</b>             | <b>Student Materials</b>             |
|------------------------|--|--------------------------------------|--------------------------------------|
| 8                      | 1. Introduction-Peer Leaders           |                                      | TEENS Peer Leader Guide              |
| 30                     | 2. TEENS Interviews<br>Sampling Snacks | TEENS video<br>VCR/Monitor           | TEENS Group File<br>Snacks*          |
| 7                      | 3. Assignment                          | Overhead Projector<br>Transparency 1 | TEENS Student Notebook<br>and Folder |
| <b>Total: 45</b>       |  |                                      |                                      |



\*See **SNACKS and REQUISITIONS** section of this manual for recommended snacks & supplies and Food Service Requisitions.

Prior to this session, decide how you will divide this class into small groups of 4-5 students and one Peer Leader per group, and decide which Peer Leader will lead each small group. It is suggested that students stay together in their assigned groups throughout this curriculum.

**Activity 1: Introduction - Peer Leaders**

- A. Explain that the class will be starting a new program that will look at the way teens eat and how to make some healthy changes in their eating habits. The program is called “TEENS” which stands for Teens Eating for Energy and Nutrition at School.
  
- B. Inform students that for many of the activities they will be working in small groups and each group will be led by one of the **Peer Leaders** elected by the class.

1. Read the names of the students and Peer Leaders in each group and designate the location in the classroom where each group will meet when they are working together.
  2. Emphasize that they will stay in their assigned group and in the same location for most of the small group activities during the program.
  3. Tell students to move to their small group locations.
- C. Explain that a special part of TEENS is that many of the class activities will be led by their classmates, students they chose a few days ago.
1. Announce the names of the Peer Leaders chosen by this class, and instruct them to come to the front of the room.
  2. Call on the Peer Leaders to take turns reading and answering the questions on their **Peer Leader Sheet #1** (Page 5 of their Peer Leader Guide) about the activities and assignments that will be included in the TEENS program.
  3. Add any additional information needed.
  4. Thank the Peer Leaders for their presentations, and ask the class to give them a round of applause.

## **Activity 2: TEENS Interviews - Sampling Snacks \_\_\_\_\_**

- A. Tell the class that in order to find out some of the things students think about eating, a middle school student did a video project where he asked students his age some questions about what they like to eat, why they eat or don't eat some foods, and other questions like that.
1. Explain that you will now play the videotape of the five interviews the student included in his video project.
  2. Tell students to clear their desks or tables so they can watch and listen to the video.
  3. Instruct students to be sure to listen to the questions asked and how each student answers them. Ask them to think about how they might have answered the questions themselves.

B. Play the **TEENS Interviews** video.

C. Tell students that they will now do their first small group activity.

1. Explain that each group will do an assessment or evaluation of the eating habits of one of the students interviewed on the video.
2. State that they will receive a copy of one of the **TEENS Interview Scripts** so they can refer back to the questions and answers, and a **two-day food record** completed by the student in the interview.

D. **Hand out snacks to students before they begin working.**

1. Explain that this is a low-fat snack for them to taste and they will have a chance to rate it at the end of the class.
2. Explain that during every TEENS class, they will taste a different low-fat snack that is available in convenience stores, grocery stores, or the snack line in the school lunchroom.

E. Distribute a **TEENS Group File** to each Peer Leader and ask them to record their name and their group's number on the front of the file.

1. Ask Peer Leaders to find and take out the **Interview Script** and **Food Records** under the **Session #1** section of their group file.
2. Assign each group a different person in the video to work on: Angela, James, Steve, Diane, or Chantha. They should find the part of the script for that person and that person's Food Records.
3. Remind Peer Leaders to lead their group as directed on **Peer Leader Sheet #2** on Pages 6 and 7 of their Peer Leader Manual.
4. Monitor groups as they work.

F. Allow approximately 5-7 minutes for groups to assess and discuss their assigned teen's eating habits, before having the groups report on the eating assessment of the teen they were assigned.

1. Call on one of the Peer Leaders to identify the teen they discussed and how their group answered the following questions from the assessment sheet:
  - Do you think this teen is eating healthy? Why or why not?
  - What do you think are the main things that are influencing what the teen is eating
    - cost, convenience, friends, time, what?

2. Ask the following questions about each individual teen:

**Angela:** Angela says that she is worried that she will get fat if she eats too much and that sometimes when girls hit 7th or 8th grade, they suddenly get fat.

1. Do you think this is true?
2. If you had a friend who was afraid they were going to get fat and stopped eating, even when they were hungry, what would you tell them?
3. What are some of the negative effects of not eating enough when you are an adolescent?

**James:** How can what you eat affect athletic performance?

**Steve:** Steve didn't seem to have much energy. How might Steve's diet affect his energy level?

**Diane:** Diane is a "sometimes eater" – sometimes she eats breakfast, sometimes she eats lunch, sometimes she eats the vegetables with dinner. Is being a "sometimes eater" good enough to keep you healthy?

**Chantha:** Chantha says that she likes fruit and vegetables, but that they are kind of expensive. Do you think that eating healthy has to be expensive?

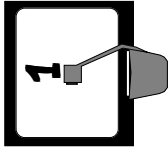
## Activity 3: Assignments & Scoring

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- A. **Distribute one student notebook and a folder to each student.** Tell students to put their name on the notebook and the folder.
1. Explain that most of the materials they will need for the TEENS program will be in this notebook and they can keep any handouts in the folder. There is also a Snacks and Recipes section. They will need to bring the notebook and folder to each TEENS class.
- B. Inform students that at the end of most of the TEENS classes, they will receive an assignment to complete before the next class.
1. Tell students to turn to **What I Actually Ate: Two Day Food Records on Page 1 & 2** of their **TEENS Student Notebook**.
  2. Project **Transparency 1**, and point out the spaces for them to record all of the foods and beverages they eat and drink all day today, including what they have already drunk and eaten. They will also fill out this form for everything they eat or drink tomorrow. For now, they should ignore the other part of the chart and only list the foods. They will fill in the food groups later.
  3. Instruct them to write today's date at the top of the **Day 1** chart, as you write it on the transparency.
  4. Point to the example foods recorded on the transparency for the Day 1 chart, so students can see how they should record the foods they eat today.
  5. Instruct students to turn to the **Day 2** chart on **Page 2** and write tomorrow's date at the top of that chart.
  6. Tell students to try to keep their notebooks handy so they can record what they eat as soon as possible.
  7. Give them a few minutes to write in what they have already had to eat and drink today on the Day 1 chart.
- C. Emphasize that they need to complete the food records for both today and tomorrow before the next class, and give them the date of Session 2. Tell them to write the date of Session 2 where it says "Date Due" on their food records. Remind them to bring their notebooks to class on that day.

- D. **Give students a chance to fill in their food records during class the next day. Remind them to bring their notebooks to class.**
- E. Instruct students to turn to the **SNACKS & RECIPES** section of their notebook, and refer to Page 19 in that section called **Sensational Snacks**.
1. Instruct students to find the snack they tasted in class today on this list.
  2. Explain that they need to check that they ate the snack, fill in today's date, and then evaluate what they thought by filling in their own rating of it.
  3. After students have eaten and rated today's snack, ask for some class reactions to the snack, **as time permits**.

## Notes & Reminders



Date due \_\_\_\_\_ Name \_\_\_\_\_

# Day 1: What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____<br>Today's date | Milk,<br>Yogurt,<br>Cheese | Meat,<br>Poultry<br>Protein | Vegetable | Fruit | Bread,<br>Cereal,<br>Grain | Fats,<br>Oils,<br>Sweets |
|--|----------------------------|-----------------------------|-----------|-------|----------------------------|--------------------------|
| <b>Food Choice</b>                     |                            |                             |           |       |                            |                          |
| <i>Example:</i>                        |                            |                             |           |       |                            |                          |
| 6 oz. of orange juice                  |                            |                             |           |       |                            |                          |
| Fruit loops, 3/4 cup                   |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
| <b>Snack</b>                           |                            |                             |           |       |                            |                          |
| 1 slice cheese pizza                   |                            |                             |           |       |                            |                          |
| 1 small bag of regular potato chips    |                            |                             |           |       |                            |                          |
| 1 carton of milk                       |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
| <b>Snack</b>                           |                            |                             |           |       |                            |                          |
| 1 can pop - regular                    |                            |                             |           |       |                            |                          |
| 4 cookies - regular                    |                            |                             |           |       |                            |                          |
| 1 hamburger                            |                            |                             |           |       |                            |                          |
| 1 cup lettuce salad                    |                            |                             |           |       |                            |                          |
| 2 teaspoons dressing, regular          |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
| <b>Snack</b>                           |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
|  |                            |                             |           |       |                            |                          |
| <b>Totals for today</b>                |                            |                             |           |       |                            |                          |



# What's It All About?

**Answer the following questions about the TEENS program. You will be asked to tell the class about the program using the answers to these questions.**

1. What is the TEENS program about? \_\_\_\_\_  
\_\_\_\_\_
2. Why do you think students will like this program? \_\_\_\_\_  
\_\_\_\_\_
3. What kinds of activities will students be doing in the TEENS program? \_\_\_\_\_  
\_\_\_\_\_
4. What will the Peer Leaders be doing in the TEENS program? \_\_\_\_\_  
\_\_\_\_\_
5. What would you say will be expected of the students in your class in order to get the most out of the program? \_\_\_\_\_  
\_\_\_\_\_
6. Why do you think this program is important for kids your age? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Teens Interviews

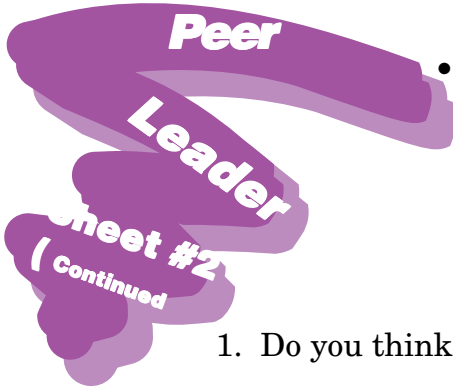
The teen our group is assigned is: \_\_\_\_\_

1. Take out one copy of the **Interview Script** and **Food Records** of the teens in the video.
2. Find the place in the script where your teen is interviewed and take out their **Two-Day Food Records**.
3. Point out the Food Record for your teen and read the directions at the top of it.
4. **Say:**  
\_\_\_\_\_ filled out this food record by writing down everything he/she ate for  
(Teen)  
2 days.

5. As a group, answer these questions:

- Do you think this teen is eating healthy? Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What do you think are the main things that are influencing what this teen is eating? Cost, convenience, friends, time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Over



- **If your teen is Angela, discuss the following questions:**

Angela says that she is worried that she will get fat if she eats too much and that sometimes when girls hit 7th or 8th grade, they suddenly get fat.

1. Do you think this is true? \_\_\_\_\_  
\_\_\_\_\_
2. If you had a friend who was afraid they were going to get fat and stopped eating, even when they were hungry, what would you tell them? \_\_\_\_\_  
\_\_\_\_\_
3. What are some of the negative effects of not eating enough when you are an adolescent? \_\_\_\_\_  
\_\_\_\_\_

- **If your teen is James, discuss the following question:**

How can what you eat affect athletic performance? \_\_\_\_\_  
\_\_\_\_\_

- **If your teen is Steve, discuss the following question:**

Steve didn't seem to have much energy. How might Steve's diet affect his energy level? \_\_\_\_\_  
\_\_\_\_\_

- **If your teen is Diane, discuss the following question:**

Diane is a "sometimes eater" – sometimes she eats breakfast, sometimes she eats lunch, sometimes she eats the vegetables with dinner. Is being a "sometimes eater" good enough to keep you healthy? \_\_\_\_\_  
\_\_\_\_\_

- **If your teen is Chantha, discuss the following question:**

Chantha says that she likes fruit and vegetables, but that they are kind of expensive. Do you think that eating healthy has to be expensive? \_\_\_\_\_  
\_\_\_\_\_

*Angela*  
(Your Name)

# Day 1 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

Date due \_\_\_\_\_

\_\_\_\_\_ Today's date

| Food Record for:             | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>           |                      |                       |           |       |                      |                    |
| Breakfast (or before school) |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
| Lunch                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
| Dinner                       |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
| <b>Total</b>                 |                      |                       |           |       |                      |                    |



James

(Your name)

# Day 1 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date _____ | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|---|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>                        |                      |                       |           |       |                      |                    |
| Breakfast (or before school)              |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| Snack                                     |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| Lunc                                      |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| Snack                                     |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| Dinner                                    |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| Snack                                     |                      |                       |           |       |                      |                    |
|   |                      |                       |           |       |                      |                    |
| <b>Total</b>                              |                      |                       |           |       |                      |                    |

*James*  
(Your name)

Date due \_\_\_\_\_

# Day 2 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date | Milk, Yogurt, Cheese                               | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|-------------------------------------|--|-----------------------|-----------|-------|----------------------|--------------------|
| Food Choice                         |  |                       |           |       |                      |                    |
| Breakfast<br>(or before school)     |  |                       |           |       |                      |                    |
|                                     | <i>Peanut butter &amp; jelly sandwich</i>          |                       |           |       |                      |                    |
|                                     | <i>Milk - 12 oz.</i>                               |                       |           |       |                      |                    |
|                                     |  |                       |           |       |                      |                    |
| Snack                               |  |                       |           |       |                      |                    |
|                                     | <i>Candy bar - 1</i>                               |                       |           |       |                      |                    |
|                                     |  |                       |           |       |                      |                    |
| Lunch                               |  |                       |           |       |                      |                    |
|                                     | <i>Turkey sub with cheese, lettuce, and tomato</i> |                       |           |       |                      |                    |
|                                     | <i>Chips - 1.5 oz.</i>                             |                       |           |       |                      |                    |
|                                     | <i>Strawberries - 1 cup</i>                        |                       |           |       |                      |                    |
|                                     | <i>Ice cream cone</i>                              |                       |           |       |                      |                    |
|                                     | <i>Milk - 8 oz.</i>                                |                       |           |       |                      |                    |
| Snack                               |  |                       |           |       |                      |                    |
|                                     | <i>Coke - 1 can</i>                                |                       |           |       |                      |                    |
|                                     | <i>M and M's - 1 bag</i>                           |                       |           |       |                      |                    |
| Dinner                              |  |                       |           |       |                      |                    |
|                                     | <i>Sausage pizza - 6 slices</i>                    |                       |           |       |                      |                    |
|                                     | <i>Coke - 1 can</i>                                |                       |           |       |                      |                    |
|                                     |  |                       |           |       |                      |                    |
|                                     |  |                       |           |       |                      |                    |
| Snack                               |  |                       |           |       |                      |                    |
|                                     | <i>Milk - 8 oz.</i>                                |                       |           |       |                      |                    |
|                                     | <i>1 medium piece of chocolate cake</i>            |                       |           |       |                      |                    |
| <b>Total</b>                        |  |                       |           |       |                      |                    |

*Steve*  
(Your name)

Date due \_\_\_\_\_

# Day 1 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|-------------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>                  |                      |                       |           |       |                      |                    |
| <i>Frosted Flakes - 1-1/2 cups</i>  |                      |                       |           |       |                      |                    |
| <i>Milk - 12 oz.</i>                |                      |                       |           |       |                      |                    |
| <i>Chips - 1.5 oz.</i>              |                      |                       |           |       |                      |                    |
| <i>French fries - 1 small order</i> |                      |                       |           |       |                      |                    |
| <i>Fruit juice</i>                  |                      |                       |           |       |                      |                    |
| <i>Root beer- 1 can</i>             |                      |                       |           |       |                      |                    |
| <i>Candy bar</i>                    |                      |                       |           |       |                      |                    |
| <i>Frosted Flakes - 3 cups</i>      |                      |                       |           |       |                      |                    |
| <i>Milk - 12 oz.</i>                |                      |                       |           |       |                      |                    |
| <i>Pretzels - 6 oz.</i>             |                      |                       |           |       |                      |                    |
| <i>Coke - 1 can</i>                 |                      |                       |           |       |                      |                    |
| <b>Total</b>                        |                      |                       |           |       |                      |                    |

*Steve*  
(Your name)

# Day 2 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

Date due \_\_\_\_\_  
 Food Record for: \_\_\_\_\_ Today's date

| Food Choice                  | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| Breakfast (or before school) |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Lunch                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Dinner                       |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| <b>Total</b>                 |                      |                       |           |       |                      |                    |

Diane

(Your name)

# Day 1 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

Date due \_\_\_\_\_

Food Record for: \_\_\_\_\_ Today's date

| Food Record for:             | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| Food Choice                  |                      |                       |           |       |                      |                    |
| Breakfast (or before school) |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Lunch                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Dinner                       |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| Snack                        |                      |                       |           |       |                      |                    |
|                              |                      |                       |           |       |                      |                    |
| <b>Total</b>                 |                      |                       |           |       |                      |                    |

*Diane*

(Your name)

Date due \_\_\_\_\_

# Day 2 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date _____  | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|--|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>                         |                      |                       |           |       |                      |                    |
| Breakfast (or before school)               |                      |                       |           |       |                      |                    |
| <i>Toast with peanut butter - 2 pieces</i> |                      |                       |           |       |                      |                    |
| <i>Milk - 8 oz.</i>                        |                      |                       |           |       |                      |                    |
| <i>Orange juice - 6 oz.</i>                |                      |                       |           |       |                      |                    |
| Snack                                      |                      |                       |           |       |                      |                    |
| <i>Chocolate chip cookies - 2 medium</i>   |                      |                       |           |       |                      |                    |
| Lunch                                      |                      |                       |           |       |                      |                    |
| <i>Chicken burger - 1</i>                  |                      |                       |           |       |                      |                    |
| <i>French fries - 1 small order</i>        |                      |                       |           |       |                      |                    |
| <i>Canned pears - 1/2 cup</i>              |                      |                       |           |       |                      |                    |
| <i>Peanut butter cookies - 2 medium</i>    |                      |                       |           |       |                      |                    |
| Snack                                      |                      |                       |           |       |                      |                    |
| <i>Chips - 1.5 oz.</i>                     |                      |                       |           |       |                      |                    |
| <i>Coke - 1 can</i>                        |                      |                       |           |       |                      |                    |
| Dinner                                     |                      |                       |           |       |                      |                    |
| <i>1 pork chop</i>                         |                      |                       |           |       |                      |                    |
| <i>Broccoli - 1 cup</i>                    |                      |                       |           |       |                      |                    |
| <i>Bread - 1 slice</i>                     |                      |                       |           |       |                      |                    |
| <i>Milk - 8 oz.</i>                        |                      |                       |           |       |                      |                    |
| Snack                                      |                      |                       |           |       |                      |                    |
| <i>Microwave popcorn - 3 cups</i>          |                      |                       |           |       |                      |                    |
| <b>Total</b>                               |                      |                       |           |       |                      |                    |



*Chantha*

(Your name)

Date due \_\_\_\_\_

# Day 2 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|-------------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>                  |                      |                       |           |       |                      |                    |
| Breakfast (or before school)        |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
| Lunch                               |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
| Dinner                              |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
|                                     |                      |                       |           |       |                      |                    |
| <b>Total</b>                        |                      |                       |           |       |                      |                    |

# TEENS Video Interviews Script

**Nick:** Testing, one, two, three...testing one two, three. Uh, okay I think it's working. Uh, this is Nick Schumacher, roving reporter. Actually this is my video project for Family Social Science. Hey, Miss Barrows! Hi all you guys in room 107. So I am about to interview several seventh and eighth graders about their eating habits. Now let's see, I think I'll start in the library and see who I can find. Aha! There's Angela Alexander! This is my big chance. I've always wanted to talk to her! Ahem! Excuse me, Angela.

**Angela:** *(Looks up from her book then goes back to reading)*

**Nick:** I said excuse me, Angela.

**Angela:** You're excused.

**Nick:** Uh, thanks. Something tells me this isn't gonna be easy. Uh, Angela, I was wondering if you wouldn't mind doing an interview. I'm doing a video for Miss Barrows Family Social Science class and I was wondering if you'd like to, uh, star in it.

**Angela:** What would I have to do?

**Nick:** Just answer some questions about what you like to eat and stuff like that.

**Nick:** Could you say your name, please?

**Angela:** Angela.

**Nick:** Okay, Angela, So, tell me, would you say that you are healthy?

**Angela:** Well, yeah, I guess so. I mean I'm not sick or anything.

**Nick:** But do you think you're healthy? You know, that you live in a healthy way?

**Angela:** Mostly, I think.

**Nick:** What do you do to stay healthy?

**Angela:** Well, I eat pretty good. I mean I usually eat lunch at school. Sometimes I bring it from home.

**Nick:** What do you like to eat at school?

**Angela:** Pizza. It's kind of greasy, but I like the pizza and the tacos. Those are good too.

**Nick:** What about breakfast?

**Angela:** Oh, I don't think anybody eats breakfast. *(pause)* Do they?

**Nick:** Well, actually some people do.

**Angela:** I can't imagine having enough time in the morning to eat breakfast!

**Nick:** Don't you get hungry until lunch time?

**Angela:** Hungry isn't the word for it. Starving is more like it. One time in math class we were taking a test and my stomach was growling so loud the teacher asked me to finish my test out in the hall. Everybody was cracking up because it was so loud. It was like I was disturbing the peace! But sometimes it's not just my stomach that feels like it's growling – I get a killer headache, too.

**Nick:** So what do you do when you're so hungry?

**Angela:** I eat a candy bar if I have one or I drink a can of pop if somebody has one. Something like that.

**Nick:** Do you drink a lot of pop?

**Angela:** No, not too much. Maybe four or five cans a day. It fills me up so I don't get so hungry.

**Nick:** What about milk or juice?

**Angela:** Oh, I don't think anybody really drinks a lot of milk, do they?

**Nick:** Actually, some people do.

**Angela:** Sometimes I drink milk with lunch. You know, that's something I've been kind of worried about. My grandma fell last week and broke her arm and a hip and it wasn't even a big fall. Her bones break really easily and my mom says that can happen to you if you don't drink enough milk when you're like my age, but it's so hard—I mean who wants to walk around with some dorky old carton! What I don't understand is why they can't just put milk in a can? I mean we could recycle it and everything. Besides, it's not cool to drink milk.

**Nick:** How about fruits and vegetables?

**Angela:** What about 'em?

**Nick:** Do you eat them? Do you like them?

**Angela:** I like fruit. I eat fruit maybe a few times a week. Yeah, every once in a while I eat an apple or a banana. Yeah, I think I'm a pretty good fruit eater.

**Nick:** And vegetables? Do you eat vegetables?

**Angela:** I mean vegetables are okay sometimes. I eat salad every once in a while and I like mashed potatoes and corn on the cob. But you know, I might eat them if like they were in a candy bar. I mean why couldn't they just hide 'em in a Hershey Bar or something so you wouldn't have to taste 'em? It's not just that they don't taste good, but they're so inconvenient!

**Nick:** What do you mean by inconvenient?

**Angela:** Oh, you know, you have to go and get them from the bottom of the refrigerator. You always have to do something to them like peel them or cut them up. It's such a hassle!

**Nick:** How about dinner? What do you usually have for dinner?

**Angela:** Well, I eat a lot of pizza. My mom's a good cook, but I'm really busy and don't always have dinner with my parents.

**Nick:** It doesn't sound like you eat very much. Where do you get the energy to do all that?

**Angela:** Well, I don't eat very much. I'm afraid I'll like get fat all of a sudden. I've heard that can happen, you know. I've heard that sometimes when girls hit like 7th or 8th grade, it happens just like that. They start to put on weight and then before you know it – it's done and you're like fat for the rest of your life. So I just drink a lot of pop— keeps me full, keeps me awake –there's plenty of time to eat when you grow up and being fat or not doesn't matter so much.

**Nick:** Thank you, Angela. You'll never know how much this meant to me.

**Angela:** Weird.

**Nick:** I'm really hoping to catch someone to interview in the gym. I've always wondered what the jocks really eat. Hey, there's James Johnson. Now there's an athlete. I couldn't shoot baskets like that in my dreams. Uh, excuse me, Uh, James? Uh, James? EXCUSE ME! Uh, TRAVELLING!

**James:** I was not! Who are you anyway?

**Nick:** Uh, I'm doing a video project for Miss Barrows' Family Social Science class and I was wondering if I could interview you.

**James:** How long would it take?

**Nick:** Just a few minutes. Gee, that's a great hook shot you've got there.

**James:** Okay, I'll meet you outside.

**Nick:** Could you say your name, please?

**James:** Sure. It's James.

**Nick:** James, thanks for doing this interview.

**James:** No problem.

**Nick:** Would you say that you are healthy?

**James:** Yeah, I think I'm pretty healthy.

**Nick:** Why do you think that? What do you do to stay healthy?

**James:** Well, I'm a really active person, you know. I like to play basketball and I went out for track this year and I think I'm like in good physical shape.

**Nick:** How about the way you eat? Do you think that's as important as how active you are?

**James:** Yeah. I eat a lot.

**Nick:** What kinds of foods do you eat? Like what do you eat for breakfast?

**James:** I get up and I get dressed and I go into the kitchen and I make me a big peanut butter and jelly sandwich and a big old glass of milk.

**Nick:** What kind of milk do you drink?

**James:** Whatever's there. I think it's whole milk because my little brother is skinny so my mom's trying to fatten him up.

**Nick:** Do you eat the fruits and vegetables served in school lunch?

**James:** No! Sometimes I eat the fruit. But I just think vegetables are nasty!

**Nick:** Even at home?

**James:** They're nasty at school, they're nasty at home. They're nasty everywhere. OOh! I just don't like those things.

**Nick:** I think we get the message. And what about dinner? What do you usually eat for dinner?

**James:** I mostly eat whatever my mom or my grandma makes and I usually eat a lot of it.

**Nick:** Even the vegetables?

**James:** You know I said those vegetables are nasty.

**Nick:** How about fast food?

**James:** Yeah, sure, I like that.

**Nick:** How often do you eat fast food? What do you usually get?

**James:** I get a couple of cheeseburgers and fries and maybe a vanilla shake. We go maybe two times a week.

**Nick:** Are there any changes you'd like to make in the way you eat?

**James:** I'd change and eat more vegetables if they'd just taste good. I guess that's it.

**Nick:** Tell us something more about yourself, like what kinds of things do you like to do?

**James:** I like to ride my bike and like I said, I like sports. I like to watch TV. I got a skate board and I like to do that. I like to hang around with my friends and go to movies. I like to keep doing things so I don't get bored. I like to keep moving.

**Nick:** Thanks, James.

**James:** Sure, hey, catch!

**Nick:** Sure. No problem.

**Nick:** Ah, there's a likely subject. Hmm, he's got his lunch, but he isn't eating it. Nick Schumacher, roving reporter will find out why. Oooh, yuck, I just stepped on somebody's pizza. Um, excuse me, could I talk to you for a minute?

**Steve:** Yeah.

**Nick:** I'm doing a video project for my Family Social Science class. Would you mind answering a few questions.?

**Steve:** About what?

**Nick:** Well, actually about eating—or not eating as the case may be.

**Steve:** Okay. Do I get anything for doing it?

**Nick:** Um, not exactly.

**Steve:** Okay, just checking.

**Nick:** Could you tell us your name please?

**Steve:** Steve.

**Nick:** Thanks for talking with us today, Steve.

**Steve:** Yeah.

**Nick:** So we're here to talk about eating. Do you think you eat healthy foods?

**Steve:** Probably not.

**Nick:** Well, what about your lunch here, are you going to eat it??

**Steve:** Probably not.

**Nick:** Well, what will you eat then?

**Steve:** I'll probably eat the french fries.

**Nick:** Is that what you usually eat for lunch?

**Steve:** Yeah.

**Nick:** Why don't you eat the other stuff?

**Steve:** I don't really like it.

**Nick:** Don't you get hungry?

**Steve:** Yeah.

**Nick:** Then what do you eat?

**Steve:** Some candy or chips or something.

**Nick:** What do you eat for breakfast?

**Steve:** I eat cereal.

**Nick:** That's it?

**Steve:** Well, I drink some milk with it. I don't put milk on it because it gets so mushy.

**Nick:** How about fruits and vegetables? Do you eat those?

**Steve:** Not really.

**Nick:** Pop?

**Steve:** Yeah, I drink pop a lot.

**Nick:** What kind?

**Steve:** Coke.

**Nick:** So, Steve, what do you do for fun?

**Steve:** I watch TV mostly.

**Nick:** Are there any changes you'd like to make in the way you eat?

**Steve:** No, not really.

**Nick:** Steve, you're a man of few words and few foods. Thanks for doing this interview.

**Steve:** Yeah.

**Nick:** Cut. Cut! Cut already!!

**Nick:** Hey, there's Diane Coleman. She's the class president. Let's see if I can just catch her before the bell rings.

Hey, Diane! Would you be willing to be in my video for Family Social Science? I'd really appreciate it. It'll just take a few minutes – you won't even be late to class.

**Diane:** Sure. What's your name?

**Nick:** Nick.

**Diane:** What's it about? Hi, Tina!

**Nick:** Just a few questions about what you eat.

**Diane:** Okay.

**Nick:** Do you think you eat in a healthy way?

**Diane:** Yeah, I guess so. I mean I sometimes eat breakfast, but not always. *(To a student passing by off camera.)* Hey, Justin! Save me a seat!

**Nick:** What do you eat when you do?

**Diane:** Cereal or toast, something like that.

**Nick:** And how about lunch?

**Diane:** I eat lunch at school most of the time.

**Nick:** Do you eat what you take on your tray?

**Diane:** Sometimes. Sometimes I don't eat very much. It all depends on what it is. If it's pizza I eat the whole thing. If it's one of those dip sandwiches I just throw it away. Savannah, you go, girl!

**Nick:** How about the fruits and vegetables do you like those?

**Diane:** Well, I like the pears, and I like corn, but not many of the other ones.

**Nick:** How about at home for dinner or lunch? Do you eat fruits and vegetables then?

**Diane:** Sometimes. If we're having broccoli I eat that, but if we're having green beans I don't eat those. I like apples so I eat those sometimes, but I don't like bananas. I eat pears and if we have fruit cocktail—I like that. So it all depends on what it is. I'll help you with math sixth hour!

**Nick:** We don't have much time—uh, any changes you'd like to make in the way you eat?

**Diane:** No, I just eat what I eat—I think I do okay. Listen, Nick, I've gotta go—the bell's gonna ring and I don't want to be late.

**Nick:** Yeah, sure, uh, thanks, Diane.

**Nick:** Okay, I just need one more. There's Chantha. She sits next to me in English class. Hey, Chantha, could you spare a few minutes to do an interview for me for my Family Social Science class?

**Chantha:** What kind of interview?

**Nick:** It's just a couple of minutes. Please.

**Chantha:** I don't know about being on camera—I'd be so embarrassed.

**Nick:** You'd be great. You're a natural. C'mon, I just need one more. I'll bet Steven Spielberg doesn't have to go through this!

**Chantha:** Well, okay, but I have to get to dance practice in a few minutes.

Hi, could you please tell us your name?

**Chantha:** Chantha. This is so embarrassing.

**Nick:** Thanks, Chantha for doing this interview with us. We're going to be talking about eating habits and how healthy you think you are. Do you think you're pretty healthy?

**Chantha:** Oh, yes.

**Nick:** Why do you say that?

**Chantha:** Well, I don't get sick very often. And I eat pretty well. I try to get enough sleep and I'm pretty active. I'm in gymnastics so that really keeps me in good shape.

**Nick:** You said you eat pretty well. What do you mean by that?

**Chantha:** *(Laughing)* I'm so embarrassed. I mean I think I eat pretty well. At home my mother cooks a lot of traditional foods so we eat a lot of vegetables and rice, chicken, pork, noodles, that kind of thing.

**Nick:** What about at school?

**Chantha:** At school I eat from the salad bar sometimes and sometimes I buy my lunch. I bring rice or noodles or maybe some peppers sometimes but this is really embarrassing—

**Nick:** It's okay, go ahead.

**Chantha:** Well, sometimes I just like to talk with my friends and I don't really want to take the time to eat. Two of my best friends don't have any of the same classes as I do so the only time we get to see each other is at lunch.

**Nick:** Do you ever get things at the snack bar or the a la carte line?

**Chantha:** No, not really.

**Nick:** How about fruits and vegetables? You said you eat more vegetables and rice at home. Do you like vegetables?

**Chantha:** Oh, yes. We do eat a lot of vegetables at home and we grow some of our own in the summer. I like broccoli a lot and greens – we grow those in our garden.

**Nick:** How about fruit? Do you eat a lot of fruit?

**Chantha:** I like fruit. I like apples and bananas and mango and papayas. It's kind of expensive though.

**Nick:** What kinds of foods do you eat for snacks? Like when you get home from school?

**Chantha:** I make some rice or noodles.

**Nick:** Do you put butter or margarine on them?

**Chantha:** No. This is embarrassing.

**Nick:** I think that's all my questions. Thanks, Chantha.

**Chantha:** Sure. See you in English, Spielberg!

**Nick:** This is Nick Schumacher, roving reporter, signing off.

CUT!

(Black)

(Titles)

\_\_\_\_ Date due

(Your name)

# Day 1 What I Actually Ate: Two-Day Food Record

Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date |  | Milk,<br>Yogurt,<br>Cheese | Meat,<br>Poultry<br>Protein | Vegetable | Fruit | Bread,<br>Cereal,<br>Grain | Fats,<br>Oils,<br>Sweets |
|-------------------------------------|--|----------------------------|-----------------------------|-----------|-------|----------------------------|--------------------------|
| Food Choice                         |  |                            |                             |           |       |                            |                          |
| Breakfast<br>(or before school)     |  |                            |                             |           |       |                            |                          |
| Snack                               |  |                            |                             |           |       |                            |                          |
| Lunch                               |  |                            |                             |           |       |                            |                          |
| Snack                               |  |                            |                             |           |       |                            |                          |
| Dinner                              |  |                            |                             |           |       |                            |                          |
| Snack                               |  |                            |                             |           |       |                            |                          |
| <b>Total</b>                        |  |                            |                             |           |       |                            |                          |

Date due \_\_\_\_\_

(Your name)

# Day 2 What I Actually Ate: Two-Day Food Record

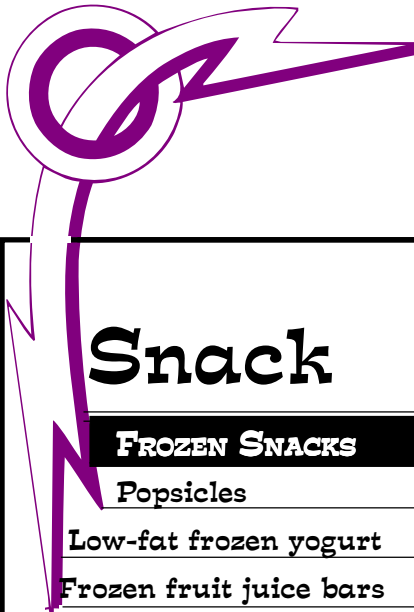
Write down everything you EAT or DRINK today. Then, using the information given to you on the Food Guide Pyramid and the Guide's Guide sheet, mark what food groups your food choice belongs to and the number of servings it counts for. If you do not eat a meal or snack, leave that section blank.

| Food Record for: _____ Today's date | Milk, Yogurt, Cheese | Meat, Poultry Protein | Vegetable | Fruit | Bread, Cereal, Grain | Fats, Oils, Sweets |
|-------------------------------------|----------------------|-----------------------|-----------|-------|----------------------|--------------------|
| <b>Food Choice</b>                  |                      |                       |           |       |                      |                    |
| Breakfast (or before school)        |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
| Lunch                               |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
| Dinner                              |                      |                       |           |       |                      |                    |
| Snack                               |                      |                       |           |       |                      |                    |
| <b>Total</b>                        |                      |                       |           |       |                      |                    |



# Sensational Snacks

| Snack                        | ✓ | Date Eaten | My Evaluation |                     |             | Comments |
|------------------------------|---|------------|---------------|---------------------|-------------|----------|
|                              |   |            | Forget it!    | Take it or leave it | I'd buy it! |          |
| <b>COOKIES, BARS, CAKES</b>  |   |            |               |                     |             |          |
| Rice Krispie Treats          |   |            |               |                     |             |          |
| Low-fat cookies              |   |            |               |                     |             |          |
| Vanilla wafers               |   |            |               |                     |             |          |
| Low-fat fig/strawberry bars  |   |            |               |                     |             |          |
| Little Debbie Brownie Lights |   |            |               |                     |             |          |
| Snackwells cookies           |   |            |               |                     |             |          |
| Teddy Grahams                |   |            |               |                     |             |          |
| Animal Crackers              |   |            |               |                     |             |          |
| Ginger Snaps                 |   |            |               |                     |             |          |
| Nutrigrain bars              |   |            |               |                     |             |          |
| Low-fat granola bars         |   |            |               |                     |             |          |
| <b>CRACKERS, CHIPS</b>       |   |            |               |                     |             |          |
| Fat-free pretzels            |   |            |               |                     |             |          |
| Low-fat crackers             |   |            |               |                     |             |          |
| Saltine crackers             |   |            |               |                     |             |          |
| Graham crackers              |   |            |               |                     |             |          |
| Rice cakes                   |   |            |               |                     |             |          |
| Baked chips with salsa       |   |            |               |                     |             |          |
| Low-fat chips                |   |            |               |                     |             |          |
| <b>CANDY</b>                 |   |            |               |                     |             |          |
| Gummies                      |   |            |               |                     |             |          |
| Marshmallows                 |   |            |               |                     |             |          |
| Gum                          |   |            |               |                     |             |          |
| Fruit-flavored suckers       |   |            |               |                     |             |          |
| Licorice                     |   |            |               |                     |             |          |
| Skittles                     |   |            |               |                     |             |          |
| Milky Way Lite Bars          |   |            |               |                     |             |          |
|                              |   |            |               |                     |             |          |
|                              |   |            |               |                     |             |          |
|                              |   |            |               |                     |             |          |



# Sensational Snacks (Continued)

| Snack                          | ✓ | Date Eaten | My Evaluation |                     |             | Comments |
|--------------------------------|---|------------|---------------|---------------------|-------------|----------|
|                                |   |            | Forget it!    | Take it or leave it | I'd buy it! |          |
| <b>FROZEN SNACKS</b>           |   |            |               |                     |             |          |
| Popsicles                      |   |            |               |                     |             |          |
| Low-fat frozen yogurt          |   |            |               |                     |             |          |
| Frozen fruit juice bars        |   |            |               |                     |             |          |
| Low-fat ice cream bars         |   |            |               |                     |             |          |
| Sherbet                        |   |            |               |                     |             |          |
| Frozen yogurt bars             |   |            |               |                     |             |          |
| <b>BEVERAGES</b>               |   |            |               |                     |             |          |
| Fat-free skim milk             |   |            |               |                     |             |          |
| 100% fruit juice               |   |            |               |                     |             |          |
| Bottled water                  |   |            |               |                     |             |          |
| Vegetable juice                |   |            |               |                     |             |          |
| Diet pop                       |   |            |               |                     |             |          |
| Fruit juice and Club soda      |   |            |               |                     |             |          |
| <b>FRUITS &amp; VEGETABLES</b> |   |            |               |                     |             |          |
| Fresh fruit                    |   |            |               |                     |             |          |
| Apples with carmel sauce       |   |            |               |                     |             |          |
| Canned fruit                   |   |            |               |                     |             |          |
| Dried fruit                    |   |            |               |                     |             |          |
| Veggies and low-fat dip        |   |            |               |                     |             |          |
| <b>MORE SNACKS</b>             |   |            |               |                     |             |          |
| Cereals                        |   |            |               |                     |             |          |
| String cheese                  |   |            |               |                     |             |          |
| Pickles                        |   |            |               |                     |             |          |
| Bread                          |   |            |               |                     |             |          |
| Turkey sticks                  |   |            |               |                     |             |          |
| Jello                          |   |            |               |                     |             |          |
| Low-fat pudding                |   |            |               |                     |             |          |
| Low-fat yogurt                 |   |            |               |                     |             |          |
|                                |   |            |               |                     |             |          |
|                                |   |            |               |                     |             |          |