

Review & Goal Setting

Approx. Minutes	Activities	Teacher Materials	Student Materials
5	1. Assignment Check		TEENS Group File TEENS Student Notebook and Folder
10	2. Foods for Dudes	Foods for Dudes Session 10 Cassette Cassette Player	
15	3. Review Game* Sampling Snacks		Snacks**
15	4. Final Scoring		
Total: 45			

*Set up the game before the class begins.

See **SNACKS AND REQUISITIONS section of this manual for recommended snacks.

Activity 1: Assignment Check _____

- A. Tell students to take out their assignment, **Keep Your Options Open**, due today.

- B. Ask for a show of hands of how many students completed their assignment to record **three times** they were able to use one of the four Options: **CHOOSE – CHANGE – PLAN AHEAD – EAT A LITTLE** to make a smart decision about eating less fat.
 1. **Congratulate** those students, and ask for a few volunteers to report some of the situations where they used these options.
 2. Discuss, **as time permits**.
 3. Encourage students to remember their options when confronted with situations where they need to decide on how to stick to their decision to eat less fat or choose more fruits or vegetables.

Activity 2: Foods for Dudes

- A. Play **Foods for Dudes Session 10 Cassette**. Tell students to clear their desks or tables so they can listen.
- B. Briefly discuss some of the main points on the cassette.

ASK:

- Have any of you ever made a meal like Donny and Darlene suggested that Rudy from Minnesota try – the turkey sandwich with lettuce and cheese; some fresh or canned fruit; baby carrots or a lettuce salad from a bag?
- What are some of the meals you have prepared?
- What snacks have you eaten in TEENS that you would serve at a birthday party like Tara is planning?

Activity 3: Review Game

- A. Game set-up.
1. Tape the questions to the blackboard or wall with the categories in vertical rows according to their point values. Categories and point values are printed on the question sheets.
 2. Tape the point values over the questions. It works best to tape them at the top so they can be easily removed and then replaced for the next class.
 3. Tape category names above the appropriate categories.

Labels	Snacks	Foods for Dudes	Options	Take a Chance
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40

- B. Instruct students to get into their small groups.

C. Ask Peer Leaders to get the snacks and bring them to their small group.

1. Explain that today they will have another opportunity to sample a low-fat snack while they are doing the next activity.
2. They will have an opportunity to evaluate the snack at the end of the class.

D. Announce that today for their last TEENS class, they will play a quiz game to review some of the activities they did during the program.

1. Inform students that the object of the game is to gain the most points for their group by correctly answering review questions.
2. Explain that there will be five categories they can choose:
 - 1) **LABELS**
 - 2) **SNACKS**
 - 3) **FOODS FOR DUDES**
 - 4) **OPTIONS**
 - 5) **TAKE A CHANCE**
3. Appoint one person (possibly the alternate Peer Leader) to be the scorekeeper.

E. Explain the directions of the game. (Answers to the questions are at the end of this session.)

STATE:

- To begin the game, I will ask one member of every group to come up to the front of the room.
- I will write down a number between 1 and 20 and ask each of the first round contestants to guess the number. The contestant who guesses the number I wrote down (or the number closest to that number) will be the first contestant to choose a question.
- The contestant then chooses one of the five review categories and tells how many points they want to try for.
- I will then read the question under those points.
- The contestant who claps their hands first, gets the chance to answer the question.
- If that contestant can answer the question correctly, they score the points for their group.
- If they don't answer the question correctly, they must sit down and I will ask the question again.

STATE: (Continued)

- When the question has been answered, the group of contestants will sit down and another member from each group will come to the front of the room and the game continues.
- If no one can answer the question, I will give the answer.
- The team who scored the points last will choose the categories and the points for the next question.
- One more thing, if anyone yells out the answer to a question when it is not their turn, or whispers an answer to a member of their group, that contestant loses their turn and must sit down.

F. Briefly discuss any questions students have regarding the quiz game.

1. Ask each group to pick a group member to be the first, and ask the first round contestants to stand.
2. Play the game!
3. Ask for applause for the winning group, and **congratulate** all the groups for successfully playing the game!

Activity 4: Final Scoring _____

A. Ask students to look at the food record they just did and explain that they will now do a **Check Out the Chow** assessment for themselves using the food record.

1. Tell Peer Leaders to distribute the Check Out the Chow assessment in the Session #10 section of their TEENS group file.
2. Tell students to fill out the assessment for each day and then figure out their average score by adding the two scores together and dividing by two.
3. After a few minutes, ask students if their scores changed from when they did this in Session 3, and why they did or did not.
4. Discuss as time permits.
5. **Optional:** Reward the small group that earned the most points (or had the most improvement).

- B. Tell students to turn to their **Sensational Snacks** list in the Snacks and Recipes section of their notebook.
1. Tell students to find the snack they sampled today on the list.
 2. They should evaluate it by filling out their rating of the snack on their **Sensational Snacks** list.
 3. After students have eaten and rated today's snack, ask for some class reactions to the snack, **as time permits**.
- C. Ask groups to look over their **Sensational Snacks** list and see if they can come up with their group's **top 10 favorite snacks on the list**.
1. Call on Peer Leaders to report the top 10 favorite snacks of their group.
 2. Encourage students to continue to eat these "**sensational snacks**," and remember to keep trying other snacks on this list and the recipes in their notebook.
- D. Ask Peer Leaders to take out their group's **It All Adds Up Scorecard**.
1. Ask Peer Leaders to record any points in the previous class sections that the members of their group have now scored for completing assignments and/or returning their **Back Again Return Cards 1, 2, and 3**.
 2. Ask them to then record any points in the Session #9 section that the members of their group scored for completing their **Keep Your Options Open** assignment and the food record assignment due today. They are to collect those assignments and put them in the yellow student folders at the back of their group file.
 3. **(Optional)** Review how you will grade students' scores for completing TEENS assignments.
- E. Announce when you will be holding the drawing from the **Parent Pack Coupons**.

Notes & Reminders

- Collect the **TEENS Group Files** at the end of this final class.

FOODS FOR DUDES GAME

LABELS:

10 points

Name two items of information that you can find on a food label.

(Possible answers: ingredients, serving size, amount of fat, calories, calories from fat, sodium, percent of daily values of nutrients)

20 points

What does “calories from fat” mean on a food label?

(How much of the total calories come from fat.)

30 points

The information on a food label is about what amount of the food?

(The information is about a serving size of the food. The serving size is also on the label.)

40 points

What percent of calories from fat should you look for on a food label?

(30%)

SNACKS

10 points

Name three fruits you could eat for a snack.

(apple, pear, banana, peaches, fruit cocktail, strawberries, oranges, pineapple, etc.)

20 points

Name two ways to eat vegetables as snacks.

(Possible answers: carrots with dip, celery with cream cheese or peanut butter, broccoli and dip, bag of salad)

30 points

How many grams of fat (or less) does a snack have if it is considered low-fat?

(3 grams or less)

DAILY DOUBLE

40 points – Double points for correct answer.

Name three snacks from the Sensational Snacks List that you could buy at a convenience store.

(Check answers on the Sensational Snacks list in the Student Notebook)

FOODS FOR DUDES

10 points

You usually eat a Big Mac, large fries, and a chocolate shake at McDonald's. Name two ways you could cut down on fat.

(Possible answers: Eat one or two hamburgers instead of the Big Mac, choose a small or medium fries or share fries with a friend, choose water, 100% fruit juice, or milk to drink or a small shake.)

20 points

Name three ways to eat fruits as a snack.

(Possible answers: Fresh fruit, mix with yogurt, fruit with dip, fruit on top of frozen yogurt)

30 points

Name three things you could eat if you didn't have much time for breakfast.

(Possible answers: yogurt, breakfast bar, fruit, sandwich made the night before, small box of cereal)

40 points

Name three reasons why it's important to eat fruits and vegetables.

(They are low in fat, they contain vitamins and minerals your body needs, a diet high in fruits and vegetables can lower the risk of some cancers, they are high in fiber.)

OPTIONS

10 points

Name the four TEENS options.

(Choose, change, plan ahead, eat a little)

20 points

Which of the four TEENS options is being used in this situation?

John wanted to eat fries with his friends, so he split an order with a friend.

(Eat a little.)

30 points

How would you handle this situation if you were trying to eat low-fat foods using the **Choose** option: You and your friends stop by a convenience store on the way home from school. Your friends buy chips, snickers bars and pop. What do you buy?

(baked chips, pretzels, low or no fat candy such as licorice or skittles, choose just one – chips, snickers, OR pop.)

40 points

Explain how you could use each of the four TEENS options in this situation: You know you will be going to a birthday party tonight at your best friend's house. There will be tons of chips and dip, salsa, pop, and a huge birthday cake. You offered to bring the ice cream for the cake.

(Possible answers: CHOOSE salsa instead of creamy dip, CHANGE the ice cream to frozen yogurt, EAT A LITTLE of what you want, PLAN AHEAD and eat a low-fat foods during the day.)

TAKE A CHANCE

10 points

How many grams of fat are in one teaspoon of fat?

(4 grams)

20 points

How do Donny and Darlene sign off the Foods For Dudes Show?

(We eat lunch so you eat lunch.)

30 points

What are two of the consequences of eating too much fat?

(Higher risk for heart attack, stroke, some types of cancers, less energy to do the things you like to do.)

40 points

Name one reason why your body needs some fat?

(Fat cushions the body, protects your organs, and provides some essential fat-soluble vitamins and minerals.)

Print game cards

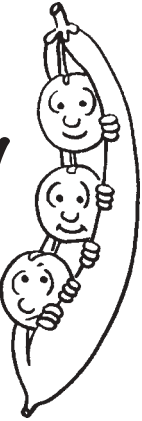


Date _____



Name _____

Check Out the Chow Day 1



1. How many servings from the milk, yogurt, and cheese group did you eat today?

3 or more servings = 10 points
1 - 2 servings = 5 points
0 servings = 0 points

_____ (points)

2. How many servings from the meat, poultry, or protein group did you eat today?

3 servings = 10 points
1 - 2 servings = 5 points
0 servings = 0 points

_____ (points)

3. How many servings from the vegetable group did you eat today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

4. How many servings from the fruit group did you eat today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

5. How many servings did you eat from the bread, cereal, and grain group today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

6. How many servings did you eat from the fats, oils, and sweets group?

0 - 2 servings = 10 points
3 - 4 servings = 5 points
More than 4 servings = 0 points

_____ (points)

7. Did you eat something before school started? (Foods from the fats, oils, and sweets group don't count!)

Yes = 10 points
No = 0 points

_____ (points)

8. Did your evening meal include foods from at least 3 different food groups? (Foods from the fats, oils, and sweets group don't count!)

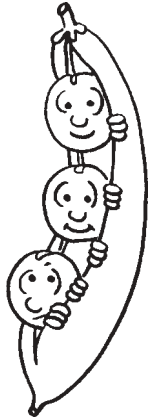
Yes = 10 points
No = 0 points

_____ (points)



Check Out the Chow

Day 1 (Continued)



9. Did you drink more than 12 oz. (1 can) of pop?

Yes = 0 points
No = 10 points

_____ (points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

_____ (points)

TOTAL SCORE _____ (points)

Now look on the next page to score Day 2.



Date _____

Name _____



Check Out the Chow Day 2



1. How many servings from the milk, yogurt, and cheese group did you eat today?

3 or more servings = 10 points
1 - 2 servings = 5 points

_____ (points)

2. How many servings from the meat, poultry, or protein group did you eat today?

3 servings = 10 points
1 - 2 servings = 5 points
0 servings = 0 points

_____ (points)

3. How many servings from the vegetable group did you eat today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

4. How many servings from the fruit group did you eat today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

5. How many servings did you eat from the bread, cereal, and grain group today?

4 or more servings = 10 points
1 - 3 servings = 5 points
0 servings = 0 points

_____ (points)

6. How many servings did you eat from the fats, oils, and sweets group?

0 - 2 servings = 10 points
3 - 4 servings = 5 points
More than 4 servings = 0 points

_____ (points)

7. Did you eat something before school started? (Foods from the fats, oils, and sweets group don't count!)

Yes = 10 points
No = 0 points

_____ (points)

8. Did your evening meal include foods from at least 3 different food groups? (Foods from the fats, oils, and sweets group don't count!)

Yes = 10 points
No = 0 points

_____ (points)



Check Out the Chow

Day 2 (Continued)



9. Did you drink more than 12 oz. (1 can) of pop?

Yes = 0 points
No = 10 points

_____ (points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

_____ (points)

TOTAL SCORE

_____ (points)

Now look on the next page to interpret your score!





Date _____

Name _____

Interpreting Your Score

Add your total scores for the two days together and find your average score for the two days. To do this:

- 1) First add up your score for 2 days. Example $40 + 80 = 120$.
- 2) Then divide your total by 2. Example: $120 \div 2 = 60$.

$$\text{Day 1 score} + \text{Day 2 score} = \text{Total score} \div 2 = \text{Average score}$$

80 or above:

If your average score for the two days is **80 or above, Congratulations!** You are eating a healthy diet with good variety from different food groups. You have eating patterns that will keep your body healthy and give you nutrients to grow well, be strong, and be active. **Keep up the GREAT work!!!**

50 -79:

If your average score for the two days is **less than 80, but more than 49**, it's time to take stock. Where are you losing points? Are there some food groups you've been missing? Are you eating too much junk food like pop, sweets, and high-fat foods? Make a plan today to turn one of those zero answers into a +10 answer. Keep working at it – you're not too far from a healthy diet and feeling and growing great!

Less than 50:

If your average score is less than 50, you are getting into some bad habits. Not eating well can hurt you in the short and long run. In the short run, it can mean that you may not grow to your full potential, that you will lack the energy and strength to do the things you want to do and it may be hard to concentrate in school. In the long run, what you eat can affect your chances of getting cancer, heart disease, and other diseases, and how fit and active you can be when you are an adult. So ... start now and bring your food choices back on track. Make a plan today to turn at least 2 of those zero answers into a +10 point answer. **You can do it!**

FOODS FOR DUDES

Session Ten

- Donny:** Hey, I hear a munch, I hear a crunch, it's time for lunch and FOODS FOR DUDES with Donny . . .
- Darlene** And Darlene. Welcome to FOODS FOR DUDES, the call-in show for kids who like to eat – and who doesn't? (*haha*)
- Donny:** Nobody I know, Darlene. Say, we have a great letter today from one of our listeners in Minneapolis, Minnesota (*sings*) Minnesota, hats off to thee.... by the name of Rudy.
- Darlene:** Now there's a name for you. I like that name. Rudy. What does Rudy have to say, Donny?
- Donny:** Okay. Dear Darlene and Donny. I love your show . Here's my problem. I live with my mom and my little sister. My mom works and I usually fix dinner for me and my sister. Most nights we have cereal, but it just doesn't fill me up. I don't like to cook and I for sure don't like to clean up the kitchen. What can I do to make our dinners better without really cooking?
- Darlene** Oh, Rudy, Rudy, Rudy, one cannot live on cereal alone. Making a sandwich does not have to be messy. Two slices of bread, a little mayo and lettuce and cheese and you're in business. Add some sliced turkey to the cheese and you're a gourmet in the making. You still need a fruit or vegetable. Slice up an apple or a pear for you and your sister. You could even put some peanut butter on it. Try opening a can of pears or peaches or fruit cocktail – no muss, no fuss, and they're healthy and sweet. For vegetables just open a bag of salad and pour on the dressing and you're set – or just put a bag of baby carrots on the table and eat 'em out of the bag – you don't have to set a table of fine China to eat well and have dinner a little less boring.
- Donny:** Good answer Dar. You know you are sharp today –I can just tell. You have that look about you that says: Ask me a question and believe you me, I've got the answer.
- Darlene** Why thank you, Donnny. I do my best, as you know.
- Donny:** We have a caller on the line. It's Tara from Gary, Indiana..*(sings)* Gary Indiana, Gary Indiana, Gary, Indiana let me say it once again... Hello, Tara, you're on the air.
- Tara:** Hi.
- Donny:** Tara, did you know I grew up in Gary Indiana?
- Tara:** No.

Donny: Well, I did. What school do you go to, Tara?

Tara: Deerfield.

Donny: No!

Tara: Yes!

Donny: No!

Tara: Yes!

Donny: No!

Darlene She said yes, for goodness sakes!

Donny: I went to Deerfield School. My favorite teacher was Mrs. Appleton in seventh grade in room 206.

Tara: I'm in room 206.

Donny: No!

Tara: Yes!

Donny: No!

Tara: Yes!

Donny: No!

Darlene SHE SAID YES!!!!!!!!!!

Donny: No need to shout Dar. You're just jealous because Tara and I have an instant bond that happens when you meet someone who understands you and how you were raised and who you are at the core of your being.

Darlene Donny, I hardly think that just because Tara goes to the same school that you went to back in the good old days you are soul mates.

Donny: Now that was unfair, Darlene. The good old days! You're just jealous because no one has ever called in from — what was that little town where you grew up?

Darlene Ripple Ridge, North Dakota.

Donny: Ah, yes, Ripple Ridge — we have yet to have a caller from Ripple Ridge — do they have telephones there yet?

Darlene (*mocking him*) Yes, we have telephones.

Tara: Excuse me, but I have a question.

Donny: Of course, dear Tara, comrade from the Hoosier state.

Darlene: Go ahead, Tara, dear.

Tara: Well, I'm having a party for my fourteenth birthday in two weeks. I invited twenty kids and I have to figure out what to have to eat.

Darlene: Now that is a good question. Are you having supper or just snacks?

Tara: Just snacks. But I don't want to have just really fatty stuff and I don't want to have just fruit and vegetables, either.

Donny: I hear you, Tara, after all, we speak the same language. You know, I'd like to just give you one idea to think about. Even though you're just having snacks having one or two things that are a little more substantial can be a good idea. Sometimes kids are really hungry and they might make themselves a sandwich instead of eating a whole bowl of chips. So you might want to consider having a veggie pizza or pitas stuffed with cheese and veggies.

Darlene: I like that idea, Donny. The folks in Ripple Ridge have been giving parties like that for years, however. You know you could still have chips, but you could have baked chips or reduced fat chips with salsa instead of a high fat creamy dip or you could have pretzels or fat-free microwave popcorn. You could serve low-fat dip – low-fat salad dressing works great – and have a plate of raw veggies with it. You could try some kind of low-fat chocolate dip for fruit and that would look great and taste great and it's fun to dip the fruit in the chocolate.

Donny: You could have some diet pop available or some canned fruit juice or flavored sparkling water. You could even make a pitcher of your own combinations of fruit juices with sparkling water. Those taste good and look good, too.

Tara: That helps. I like the sandwich idea and I know there's lots of chips and crackers that are low-fat and kids would still like them. I really like the idea about dipping the fruit in the chocolate – do I just use chocolate sauce?

Darlene: We've got a great low-fat chocolate dip recipe in our FOODS FOR DUDES cookbook.

Tara: Thanks a lot, I'll check it out.

Donny: Before you go, Tara, is the little grocery store still there on Marshall Street and Dorsey?

Tara: No, there's a gas station there now.

Donny: No!

Tara: Yes!

Donny: No!

Tara: Yes!

Donny: No!

Darlene Yes! Yes! YES! SHE SAID YES! Thank you Tara, now hang up already!

Donny: Darlene, that was quite unnecessary. Rule number one of the call-in show handbook is treat every caller with respect. You should be ashamed.

Darlene I'm sorry, Donny, but she said yes. She said yes over and over again.

Donny: If I wasn't such a gentleman I'd take your headset. Hey! It looks like we're out of time.

Darlene This is Darlene –

Donny: And Donny signing off till next time on –

Don & Darlene Foods for Dudes

Darlene And remember, we eat lunch.

Donny: So you eat lunch. You know, we were served the best lunches at Deerfield School.