

INTRODUCTIONS & FOOD RECORDS

Approx. Minutes	Activities	Teacher Materials	Student Materials
20	1. TEENS Interviews (continued) Sampling Snacks	Transparency #2 and #3 Overhead Projector	TEENS Peer Leader Guide TEENS Group File TEENS Student Notebook & Folder Snacks*
10	2. Foods for Dudes	Cassette Player Foods for Dudes Session 2 Cassette	
15	3. Assignments & Scoring	There & Back Again – Parent Pack 1*	Return Card 1
Total: 40			



*See Snacks and Requisitions section of this manual for recommended snacks and supplies.

*See **PARENT PACKS** section of this manual for the materials included in these packs.

Activity 1: TEENS Interviews (Continued) _____

- A. Tell the students to get into their peer-led small groups.

- B. Remind students that during the last session of the TEENS program, they saw a video of five student interviews and discussed them. Explain that today they will take a closer look at the food records of the students who were interviewed on the video.

- C. **Distribute the Group Files to the Peer Leaders.**

- D. Tell the students that they will be looking at the two-day food records of the same student on the video that their group discussed last time.

E. Show **Transparency #2**.

1. Explain that the food records will look like this one in which the foods were broken down into servings from the Food Guide Pyramid.
2. Point out examples on the transparency.
3. Explain that these students figured out how to do this by looking at the Food Guide Pyramid.

F. **Tell students to turn to Page 3 of their TEENS Student Notebook to find a copy of the Food Guide Pyramid.**

1. Briefly review the Food Guide Pyramid.
2. Explain that it might be difficult to figure out how many servings from the food groups are in combination foods such as pizza or sandwiches.
3. Tell students to turn to **Page 5 of the Student Notebook, The Guide's Guide and show Transparency #3**. Explain that this sheet is to help them figure out how many servings from different food groups are in some common combination foods. Point out some examples.
4. Explain that by looking at the teen's food records and comparing them to the Food Guide Pyramid Guidelines, they will be able to evaluate how well the teen is eating and make recommendations.

G. **Tell the Peer Leaders to take out the Session #2 folder from their Group File and find their teen's food records and Check Out the Chow worksheet.**

H. Explain that they will use the Check Out the Chow sheet to evaluate how well their teen is eating. The Peer Leader will lead them in this activity. When they are finished, they should answer the questions at the end of the Check Out the Chow sheets. (Completed Check Out the Chow sheets are included in this session.)

1. Explain that while they are working in their groups, you will **hand out a snack for them to taste**. They will have a chance to rate the snack later.
2. Allow students 5-7 minutes to work in their groups while you hand out the snack.
3. Call on the Peer Leaders to report their teen's score and what recommendations they would make.

Activity 2: Foods for Dudes

- A. Explain that looking at what we eat and how we can improve our diet is one way to eat healthier. For more information, you taped a new radio call-in show for the teens that you want them to listen to. The show is called Foods for Dudes.
- B. Tell the students to clear their desks or tables so they can listen.
- C. Play **Foods for Dudes Session 2 Cassette**.
(A script for this show is included at the end of this session.)
- D. Discuss students' reactions to the information on the cassette.

ASK:

- So, what do you think this call-in show "**Foods for Dudes**" is all about?
- Do you think it matters what kids your age eat or don't eat? Why?

Activity 3: Assignments & Scoring

- A. Explain that their assignment for the next TEENS class is to complete their Food Records by figuring out how many servings they had from each food group for everything they ate.
1. Show **Transparency #2** again and point out examples of food items and how they are broken down into food group servings.
 2. Tell students to look at the back of their Food Guide Pyramids in their Student Notebooks. There is more information about serving sizes there. Briefly review serving sizes.
 3. Explain that they should do the best they can to estimate serving sizes and how to count combination foods.
 4. At the end of the session, allow students to work on finishing their food records as time permits.

- B. Hold up a **There & Back Again – Parent Pack 1**, and announce to students that a pack like this will be sent home to their parents or another adult in their home.

Briefly explain the contents of the parent packs as follows:

Letter – Explains TEENS program and the **There & Back Again – Parent Packs** to family.

Tip Sheet – Includes ideas and hints to help the family discover different ways to eat lower fat snacks and meals and how to eat more fruits and vegetables.

Recipes – Quick and easy recipes for some great tasting snacks or meals.

TEENS Coupons – Special coupons designed just for the TEENS program. Each coupon gives an activity for an adult and/or a teen to complete, such as preparing and eating different meals or shopping for fruits and vegetables or figuring out low-fat snacks to eat at home, etc.

After parents and/or the teens do the activity on the coupon, they return coupons to the teacher. (Designate a box or envelope for the coupons).

At the end of the TEENS program, one coupon will be drawn to win a prize.

So, the more coupons the family returns, the more chances they have to win the drawing!

C. **EXPLAIN:**

- You will have a short assignment that you and an adult in your home need to complete together.
- You should encourage the adult you live with to read the information and have them do the assignment with you.
- Your Peer Leader will give you a Back Again Return Card which you should bring home. After you and the adult in your home finish the assignment together, ask them to sign the **Back Again Return Card**.
- Then, you need to bring that card **BACK AGAIN** to school.

- D. Ask the Peer Leaders to look in the Session #2 folder in their Group Files to find the **Return Cards** and give one to each member of the group.

- E. Read the assignment on the card to the students.

F. Summarize the Parent Packs as follows:

1. Urge them to try to encourage their parent (or other adult) to look at the information.
2. Remind students to complete the assignment on the Back Again Return Card with a parent or adult.
3. Ask students to bring back the **Back Again Return Card 1** as soon as their parents have answered the questions and signed it. Then, return it to the Peer Leader of their group.
4. Announce that they will get 3 homework points for returning each of the **Back Again Return Cards**.

G. Hand out the **Parent Packs #1**

H. Instruct students to turn to the **SNACKS & RECIPES** section of their notebook, and refer to the **Sensational Snacks** section on Page 19.

1. Instruct students to find the snack they tasted in class today on the list.
2. Explain that they need to check that they ate the snack, fill in today's date, and then evaluate what they thought of it 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**.
4. Encourage students to try snacks on this list that they have never eaten before and then check off and rate them on this page.

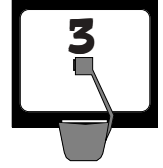
I. Ask Peer Leaders to take out the **It All Adds Up Scorecard** in the front of their group's file and show it to their group.

1. Explain to the class that this is the **page where each Peer Leader will keep score of all the points the members of their group accumulate during all the TEENS classes**.
2. Ask Peer Leaders to record their group number on this card, along with the names of the members of their group.
3. Ask Peer Leaders to point out the assignments due today, **What I Actually Ate: Two Day Food Record** and the assignments they received today, completing the Food Records and the **Back Again Return Card #1**.

4. Tell students that when they complete those assignments and bring them back to class, the Peer Leader will record the points they scored for each of them on their group's scorecard.
 5. Tell students to show the Peer Leaders their Food Records so the Peer Leader can record their points.
 6. **(Optional)** Explain how you will grade students' scores for completing TEENS assignments and discuss, **as time permits**.
- J. Tell the Peer Leaders to take out the yellow folders at the back of their Group File.
1. Peer Leaders should give one folder to each student in the group.
 2. Students should write their name on the top of the folder and give it back to the Peer Leaders.
 3. Peer Leaders should return the folders to the back of the files.
 4. The Peer Leaders will put each student's assignments, including the Back Again Return Cards from the Parent Packs, into that student's folder when they turn them in.
- K. Remind all students to be sure to bring their **TEENS Student Notebook/Folder** with them to each TEENS class.
1. Instruct Peer Leaders to keep their **TEENS Peer Leader Guide** at the front of their group's file.
 2. Inform them where in the classroom they should place their group's **TEENS Group File**.
 3. Remind them to pick up their group's file at the beginning of each TEENS class.

Notes & Reminders

- Fast forward the **Foods for Dudes Cassette** so it will be ready for Session Three.

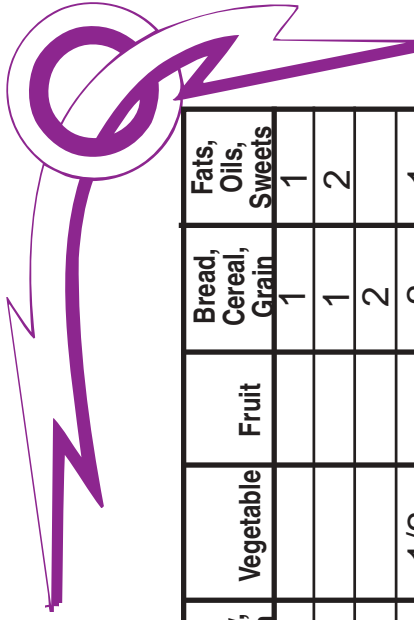


The Guide's Guide

Food Choice (Combination foods)	Milk, Yogurt, Cheese	Meat, Poultry, Protein	Vegetable	Fruit	Bread, Cereal, Grain	Fats, Oils, Sweets
1 slice pizza, cheese	1				1	1
1 slice pizza, pepperoni or sausage	1				1	2
1 hamburger		2			2	
1 cheeseburger with lettuce, tomato, mayo	1	2	1/2		2	
1 peanut butter and jelly sandwich		1			2	1
1 cup spaghetti with meat sauce		1/2	1/2		2	
1 taco with cheese, meat, lettuce, tomato	1/2	1/2	1/2		1	1
1 cup macaroni and cheese	1/2				2	
1 chicken burger		2			2	
Food Choice – Hard to place foods (per serving on label)						
Regular cookies - 2					1	2
Low-fat cookies - 2 medium					1	1
Cake, pie, pastry - 1 average size piece					1	2
Regular potato chips - 1.5						2
Low-fat potato chips - 1.5 oz.						1
Pretzels - 1.5 oz.					1	
Fruit roll-ups, fruit chews (per package)						1
Candy (per serving on the						1
Fruit drinks with less than 10% real fruit juice (per serving on the						1
1/2 cup frozen yogurt	1					1
1/2 cup ice cream	1					2
1 cup popcorn - air popped or low-fat					2	
1 cup popcorn - regular					2	1
Small order of French fries			1			1
Regular pop - 12 oz.						1
Diet pop - 12 oz.						1
Does not contain servings from any food groups.						

Food Guide Pyramid

Food Guide Pyramid - page 2



The Guide's Guide

Food Choice (Combination foods)	Milk, Yogurt, Cheese	Meat, Poultry, Protein	Vegetable	Fruit	Bread, Cereal, Grain	Fats, Oils, Sweets
1 slice pizza, cheese	1				1	1
1 slice pizza, pepperoni or sausage	1				1	2
1 hamburger		2			2	
1 cheeseburger with lettuce, tomato, mayo	1	2	1/2		2	1
1 peanut butter and jelly sandwich		1			2	1
1 cup spaghetti with meat sauce		1/2	1/2		2	
1 taco with cheese, meat, lettuce, tomato	1/2	1/2	1/2		1	1
1 cup macaroni and cheese	1/2				2	
1 chicken burger		2			2	
Food Choice – Hard to place foods (per serving on label)						
Regular cookies - 2					1	2
Low-fat cookies - 2 medium					1	1
Cake, pie, pastry - 1 average size piece					1	2
Regular potato chips - 1.5						2
Low-fat potato chips - 1.5 oz.						1
Pretzels - 1.5 oz.					1	
Fruit roll-ups, fruit chews (per package)						1
Candy (per serving on the						1
Fruit drinks with less than 10% real fruit juice (per serving on the						1
1/2 cup frozen yogurt	1					1
1/2 cup ice cream	1					2
1 cup popcorn - air popped or low-fat					2	
1 cup popcorn - regular					2	1
Small order of French fries			1			1
Regular pop - 12 oz.						1
Diet pop - 12 oz.						1
Does not contain servings from any food groups						

Angela
(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
Food Choice						
Breakfast (or before school)						1
Snack						
Lunch	1				1	1
			1			
	1					
Snack						
Dinner						2
	1				1	1
						2
Snack						
Total	3	0	1	0	2	11

Angela
(Your name)

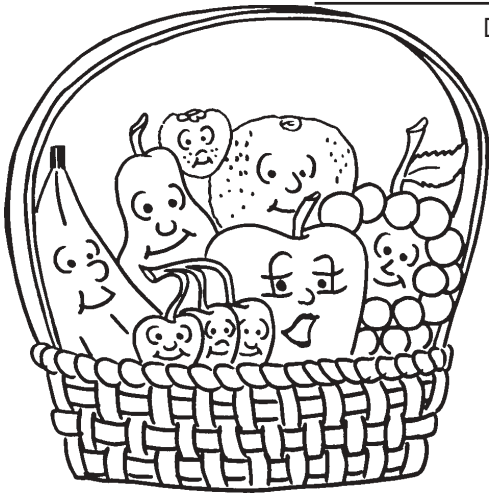
Date due _____

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						
(or before school)						
Snack						1
						2
Lunch	1				1	2
	1					
Snack						2
Dinner					4	1
Snack					2	4
						1
Total	2	0	0	0	7	13

Date _____



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

10
 (points)

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

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

0
 (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

5
 (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

0
 (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

5
 (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

0
 (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

0
 (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

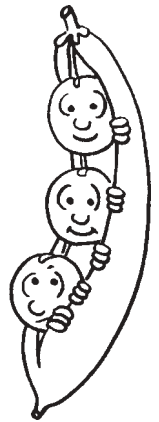
0
 (points)

There's more!



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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

0
(points)

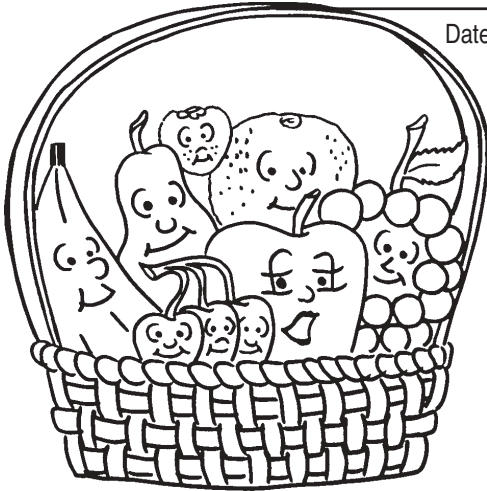
TOTAL SCORE

15
(points)

Now look on the next page to score your Day 2.



Date _____



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

5
(points)

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

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

0
(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

0
(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

0
(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

10
(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

0
(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

0
(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

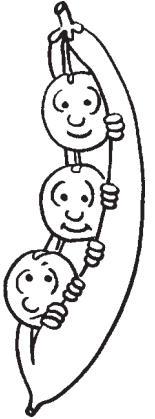
0
(points)

There's more!



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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

0
(points)

TOTAL SCORE

15
(points)

Now look on the next page to interpret your score!





Date _____

Name Angela

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: $120 \div 2 = 60$.

$$\frac{15}{\text{Day 1 score}} + \frac{15}{\text{Day 2 score}} = \frac{30}{\text{Total score}} \div 2 = \frac{15}{\text{Average score}}$$

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!**

James

(Your name)

Session 2

Group File

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
Breakfast (or before school)						
Peanut butter & jelly sandwich		1			2	1
Milk - 12 oz.	1-1/2					
Snack						2
Chips - 1.5 oz.						
Lunch		2			2	
Chicken burger			2			2
French fries - 2 small orders						
Applesauce - 1/2 cup				1		
2 chocolate chip cookies					1	2
Milk - 8 oz.	1					
Snack						1
Pepsi - 1 can						
						2
Chips - 1.5 oz.						
Dinner		2			6	
Spaghetti with meat sauce - 4 cups			2			
2 slices bread with butter					2	2
Milk - 8 oz.	1					
Snack		2			2	
Ham sandwich						
Mountain Dew - 1 can						1
Total	3-1/2	7	4	1	15	13

James
(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
Food Choice							
Breakfast (or before school)	Peanut butter & jelly sandwich		1			2	1
	Milk - 12 oz.	1-1/2					
Snack	Candy bar - 1						1
	Turkey sub with cheese, lettuce & tomato	1	2	1/2		2	
Lunch	Chips - 1.5 oz.						2
	Strawberries - 1 cup				2		
	Ice cream cone	2					4
	Milk - 8 oz.	1					
Snack	Coke - 1 can						1
	M and M's - 1 bag						1
Dinner	6 slices sausage pizza	6				6	12
	Coke - 1 can						1
Snack	Milk - 8 oz.	1					
	Chocolate cake - 1 medium piece						1
Total		12-1/2	3	1/2	2	10	24

Date



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

10
(points)

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

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

10
(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

10
(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

5
(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

10
(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

0
(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

10
(points)

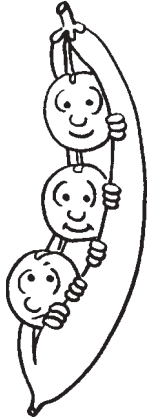
8. Did your evening meal include foods from at least 3 different food groups? (Foods from the fats, oils, and sweets group don't count!)

Yes = 10 points
 No = 0 points

10
(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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

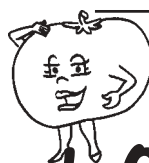
TOTAL SCORE

75
(points)

Now look on the next page to score your Day 2.



Date _____



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

10
(points)

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

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

10
(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

5
(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

5
(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

10
(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

0
(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

10
(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

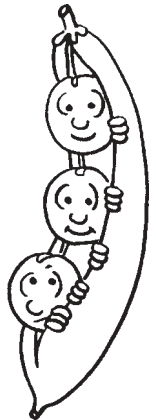
0
(points)

There's more!



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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

TOTAL SCORE

60
(points)

Now look on the next page to interpret your score!





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: $120 \div 2 = 60$.

$$\frac{75}{\text{Day 1 score}} + \frac{60}{\text{Day 2 score}} = \frac{135}{\text{Total score}} \div 2 = \frac{67-1/2}{\text{Average score}}$$

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!**

Steve
(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
Food Choice						
Breakfast (or before school)	<i>Frosted Flakes - 1-1/2 cups</i>				2	
	<i>Milk - 12 oz.</i>					
Snack	<i>Chips - 1.5 oz.</i>					2
Lunch	<i>French fries - 1 small order</i>		1			1
	<i>Fruit juice - 12 oz.</i>			2		
Snack	<i>Root beer- 1 can</i>					1
	<i>Candy bar</i>					1
Dinner	<i>Frosted Flakes - 3 cups</i>				4	
	<i>Milk - 12 oz.</i>					
Snack	<i>Pretzels - 6 oz.</i>				4	
	<i>Coke - 1 can</i>					1
Total	3	0	1	2	10	6

Steve
(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
Breakfast (or before school)	<i>Frosted Flakes - 1-1/2 cups</i>				2	
	<i>Milk - 12 oz.</i>	1-1/2				
Snack	<i>Candy bar - 1</i>					1
	<i>Orange pop - 1 can</i>					1
Lunch	<i>French fries - 1 small order</i>		1			1
	<i>Fruit juice - 12 oz.</i>			2		
Snack						
Dinner	<i>Hamburger - 1</i>	2			2	
	<i>Coke - 1 can</i>					1
Snack	<i>Cap'n Crunch - 1-1/2 cups</i>				2	
	<i>Milk - 12 oz.</i>	1-1/2				
Total	3	2	1	2	6	4

Date



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

10
(points)

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

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

0
(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

5
(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

5
(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

10
(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

0
(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

10
(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!)

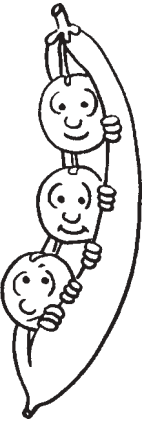
Yes = 10 points
 No = 0 points

0
(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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

TOTAL SCORE

50
(points)

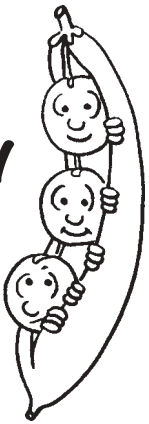
Now look on the next page to score your Day 2.



Date



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

10
(points)

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

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

5
(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

5
(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

5
(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

10
(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

5
(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

10
(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

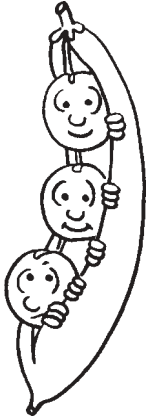
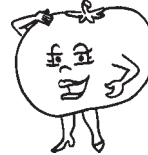
0
(points)

There's more!



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

0
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

TOTAL SCORE 60
(points)

Now look on the next page to interpret your score!





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: $120 \div 2 = 60$.

$$\frac{50}{\text{Day 1 score}} + \frac{60}{\text{Day 2 score}} = \frac{110}{\text{Total score}} \div 2 = \frac{55}{\text{Average score}}$$

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!**

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						1
Lunch	1				1	2
Snack						2
Dinner	1/2				2	1
	1-1/2					
Snack						
Total	3	0	0	0	3	9

Diane

(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 _____

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)		2			2	2
<i>Toast with peanut butter - 2 pieces</i>	1					
<i>Milk - 8 oz.</i>				1		
<i>Orange juice - 6 oz.</i>						
Snack					1	2
<i>Chocolate chip cookies - 2 medium</i>						
Lunch		2	1		2	1
<i>Chicken burger - 1</i>						
<i>French fries - 1 small order</i>				1		
<i>Canned pears - 1/2 cup</i>						
<i>Peanut butter cookies - 2 medium</i>					1	2
Snack						2
<i>Chips - 1.5 oz.</i>						
<i>Coke - 1 can</i>						1
Dinner		1	2			
<i>1 pork chop</i>						
<i>Broccoli - 1 cup</i>						
<i>Bread - 1 slice</i>					1	
<i>Milk - 8 oz.</i>	1					
Snack					6	3
<i>Microwave popcorn - 3 cups</i>						
Total	2	5	3	2	13	13

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

10
(points)

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

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

0
(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

5
(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

0
(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

5
(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

0
(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

0
(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!)

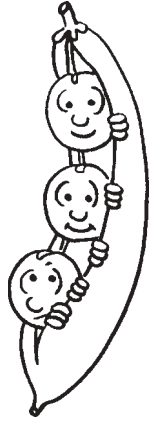
Yes = 10 points
No = 0 points

0
(points)

There's more!

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

10
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

0
(points)

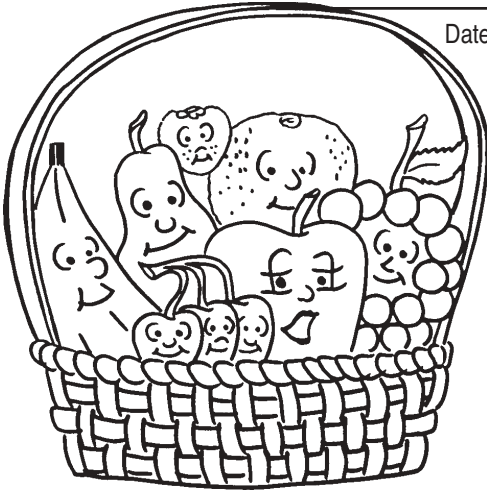
TOTAL SCORE

25
(points)

Now look on the next page to score your Day 2.

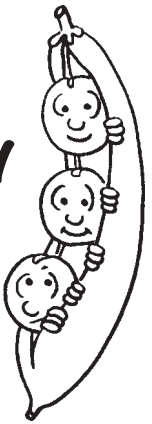


Date _____



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

5
(points)

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

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

10
(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

5
(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

5
(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

10
(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

0
(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

10
(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!)

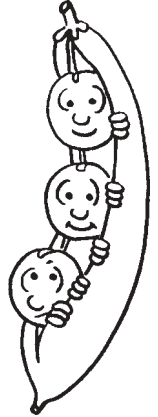
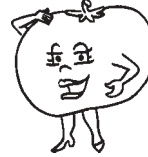
Yes = 10 points
No = 0 points

10
(points)

There's more!

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

10
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

TOTAL SCORE

75
(points)

Now look on the next page to interpret your score!





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: $120 \div 2 = 60$.

$$\frac{25}{\text{Day 1 score}} + \frac{75}{\text{Day 2 score}} = \frac{100}{\text{Total score}} \div 2 = \frac{50}{\text{Average score}}$$

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!**

Chantha

(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
Food Choice						
Breakfast (or before school)					1	
				1		
Snack						
Lunch		1	1		1	
						1
Snack					2	
Dinner		1	1		1	
Snack	2					4
Total	2	2	2	1	5	5

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 (or before school)						
Snack						1
Lunch		2			2	
			1			1
						1
Snack					2	
Dinner		1				
			1			
					2	
Snack						
Total	0	3	2	0	6	3

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

5
(points)

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

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

5
(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

5
(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

5
(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

10
(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

0
(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

10
(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!)

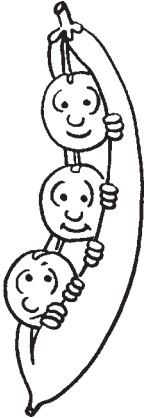
Yes = 10 points
No = 0 points

0
(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

10
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

10
(points)

TOTAL SCORE

60
(points)

Now look on the next page to score your 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

0
(points)

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

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

10
(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

5
(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

0
(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

10
(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

5
(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

0
(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!)

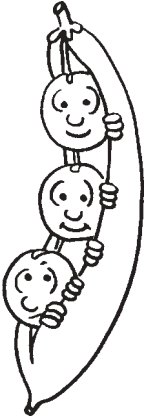
Yes = 10 points
No = 0 points

10
(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

10
(points)

10. Did you skip any meal?

Yes = 0 points
No = 10 points

0
(points)

TOTAL SCORE

50
(points)

Now look on the next page to interpret your score!



Date _____



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: $120 \div 2 = 60$.

$$\frac{60}{\text{Day 1 score}} + \frac{50}{\text{Day 2 score}} = \frac{110}{\text{Total score}} \div 2 = \frac{55}{\text{Average score}}$$

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!**

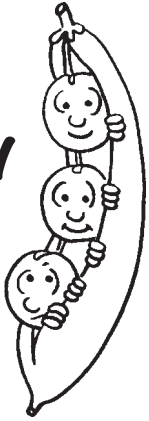


Date _____



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 or more 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!)

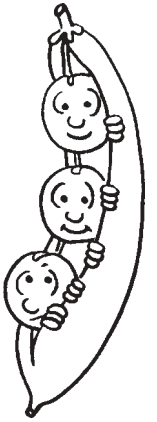
Yes = 10 points
No = 0 points

_____ (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 your 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 or more 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!

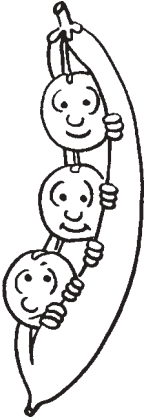
Yes = 10 points
No = 0 points

_____ (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:

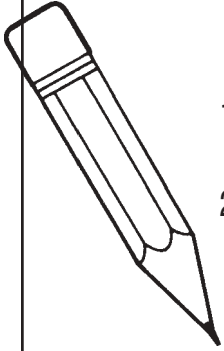
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Check Out the Chow

As a group, answer these questions:



1. What was your teen's score? _____

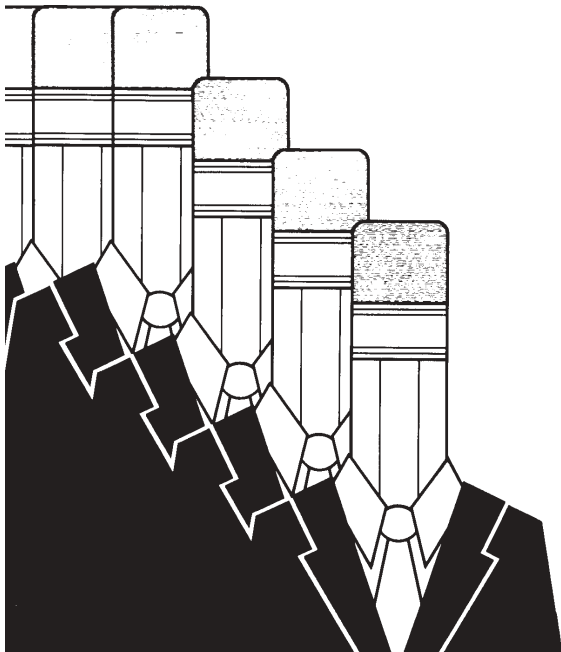
2. What food groups was your teen skipping or lacking? _____

3. Give three realistic suggestions about how your teen could change his/her eating habits to meet the guidelines set in the Food Guide Pyramid Guidelines.

1. _____

2. _____

3. _____



It All Adds Up Scorecard

Group # _____

Teens Sessions

Points

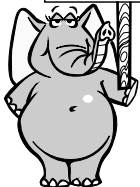
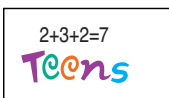
Peer Leader:

Group Members					

#1: Assignment: What I Actually Ate: Two--Day Food Record	2					
#2: Assignment: Complete 2-day Food Record	2					
Back Again Return Card 1	3					
#3: Assignment: A Challenge I Can Meet #1	2					
#4: No written assignment.						
#5: Assignment: I'm in the Mood for Low-Fat Fast Food	2					
Back Again Return Card 2	3					
#6: Assignment: A Challenge I Can Meet #2	2					
#7: Assignment: Breaking Through Breakfast Barriers	2					
Back Again Return Card 3	3					
#8: Assignment: A Challenge I Can Meet #3	2					
#9: Assignment: Keep Your Options Open	2					
#10: Assignment: What I Actually Ate - Two-Day Food Record	2					

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Add up the points!



Teens RETURN CARD #1

With help from your teen, write down three of your family's favorite snacks.

1. _____
2. _____
3. _____

Are any of these low in fat? (Low-fat foods would be foods naturally low in fat like fruits and vegetables or less than 3 grams of fat per serving as listed on a food label.) Think of three lower-fat snack options and write them here.

1. _____
2. _____
3. _____

Try one of your low-fat alternatives this week!

- Yes! I read the Parent Pack and will send my coupons when we have completed some of the activities.
- Yes! We did the Parent Pack Assignment on this Return Card!

Print name of student

Parent signature

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Print name of student

Parent signature

FOODS FOR DUDES

Session Two

- Donny:** Hey, I hear a munch, I hear a crunch, it's time for lunch and FOODS FOR DUDES with Donny—
- Darlene** And Darlene.
- Donny:** Welcome to Foods for Dudes, the call-in show for kids who like to eat.
- Darlene:** And who doesn't? (*haha*)
- Donny:** Right Dar. Say before we start, I'd just like to say thank you to all the teens who've been sending in their questions. Our mail room is overloaded and we'll answer them all just as soon as we can.
- Darlene** Oh, that reminds me Donny. Rod, in the mail room asked me to remind all of our listeners not to send food in the mail. That means you, Carla from Hackensack, New Jersey – no more pepperoni pizza tucked inside those letters – that's a no-no.
- Donny:** Right Dar. Tell you what. Let's go ahead and start the show with our first caller. That should be Eric. Hello, Eric, are you there? You're on the air.
- Eric:** Hi.
- Darlene** Welcome, Eric. Where are you calling from?
- Eric:** My school.
- Darlene** Great and where is your school?
- Eric:** Chico, California.
- Donny:** (*Sings*) California, here I come Okay Eric, what's your question?
- Eric:** Well, there's a lot of talk about eating low-fat foods and stuff and I was wondering what fat really does. I mean should you not eat any fat? Should you eat some fat? What does it do to you, anyway?
- Donny:** Eric that is a wonderful question, wouldn't you say, Darlene?
- Darlene** I would have to agree Donny. Eric, thank you for that question. If you don't mind Donny, I'd like to take a stab at it. Eric, your body does need some fat to grow and be healthy, but too much fat, Eric, can be very harmful to your body. Eating too much fat can make you overweight and affect your energy levels.
- Donny:** I'd like to add something there Darlene.

Darlene I'm not through, Donny. As I was saying Eric, before I was so rudely interrupted, at your age you need plenty of energy to do all the things you like to do and even the things you might not like to do, like chores. So some fat is really important. However, people who eat high-fat diets have a higher risk of heart disease, strokes, and some kinds of cancer. The-

Donny: I'd like to continue if I could Dar—

Darlene I'm not finished Donny.

Donny: Well it's my turn Darlene.

Darlene I said, I'm not finished.

Donny: It's time for me to put in my two cents Darlene.

Darlene You can do it in a minute Donny.

Donny: Don't be an air hog Darlene!

Darlene I am not an air hog Donny. I am trying to answer Eric's question. Now Eric, the other thing is that when you eat lots of foods that are high in fat you are probably getting really full and not eating some of the other foods that your body really needs to grow, especially at your age – what is your age?

Eric: Thirteen.

Darlene Yes, especially at thirteen. You need to make sure you're getting enough calcium – that's in milk or milk products like yogurt or cheese – and lots of fruits and vegetables and plenty of foods from the bread group. This is a very important time in your life!

Donny: Absolutely. Are you finished Darlene?

Darlene Oh go ahead. You are such a baby sometimes Donald!

Donny: You still there Eric?

Eric: Uh yeah.

Donny: It is true, as my kooky co-host said—

Darlene Kooky? Are you being cute?

Donny: Dar, I'm always cute and don't you forget it!

Darlene Oh Donny, you know I can never really stay mad at you for very long.

Donny: I hope not, Dar. You know I'm always on your side.

Darlene Thanks Donny.

Donny: Right Dar. As I was saying, it's true you can eat too much fat, but some people decide not to eat any fat and that's dangerous too. The fat on your body actually acts as a cushion or protector of your body's organs and it's a source of energy . If you didn't have some fat in your diet you'd be hungry all the time.

Darlene Good point Donny. Another reason why your body needs fat is because some of the vitamins you need like . . .

Donny: Oh Dar, I love when you talk vitamins. Go ahead, do it some more.

Darlene (*Embarrassed laughter*) Oh Donny, really. As I was saying Eric, vitamins A, D, E, and K are important fat-soluble vitamins that you get through fats and oils in the food you eat.

Donny: Oh Dar. You're too much.

Darlene Oh stop it now. So Eric, does that answer your question?

Eric: I think so. It means I can have my pizza and eat it too, as long as I eat some fruits and vegetables with it and a glass of milk.

Donny: Way to go Eric. Skip the pepperoni on the pizza, make sure the milk is fat-free, and you've got a totally cool meal.

Darlene Basically, Eric, the word for the day is balance. You need some fat, but not too much, and you need to eat a variety of healthy foods.

Donny: I couldn't have said it better myself.

Darlene I know. Just kidding. I think that's all we have time for today.

Donny: Thank you Eric from Chico, California. This is Donny –

Darlene: And Darlene –

Donny: Signing off – till next time on –

Don & Dar Foods For Dudes

Darlene And remember we eat lunch . . .

Donny: So you eat lunch.