

EAT RIGHT

Get into the health habit

Materials: Worksheet copies

Directions: Read the worksheet, complete the activity and discuss as a group.

Middle school is a time of fast-paced growth. Choosing the right foods to fuel that growth affects your mental outlook and long-term health.

Natural and nutrient-rich foods provide our bodies with vital energy to go and grow!

We're going to play a game called "Stand Up, Sit Down" to better understand our eating habits.

ACTIVITY INSTRUCTIONS

- 1 Sit in a circle. We'll call out the name of a healthy food. If you sometimes eat the food, stand up. If you never eat it, remain seated.
- 2 If you eat the next food we call out, sit if you're standing or stand if you're sitting. If you've never eaten the food, remain in the same position.

We'll continue to play until we've gone through the list of healthy foods.

- 3 Let's talk about our eating habits. Are they unhealthy, somewhat healthy or really healthy?
- 4 Show your parents the list of healthy foods on your worksheet and discuss healthy eating habits. Try to incorporate at least one healthy food into your weekly diet.

HEALTHY FOODS

- | | |
|---------------------------------|-----------------------------|
| brown rice | lean beef |
| whole-grain bread | whole-wheat crust pizza |
| chicken (grilled or roasted) | lentils |
| tortilla chips (baked) | water |
| eggs | fresh vegetables |
| popcorn (air popped, no butter) | hummus |
| seafood | trail mix (low-fat) |
| milk (2% or fat free) | tuna fish (packed in water) |
| oatmeal | avocados |
| granola bars (low-sugar) | low-fat yogurt (not frozen) |
| fresh fruits | fruit juice (100%) |

