



Wise Eating for Youth

Pick the Right Fuel
for Your Body

K-STATE
Research and Extension

Module 6: Pick the Right Fuel for Your Body

Purpose

- This module will teach youth how to make informed food choices that supports overall health and satisfy their taste buds.

Learners' General Goal

- Make informed, but enjoyable, food decisions by the end of the module.

Learners' Objectives

- Display a positive attitude toward healthy eating.
- Recognize the relationship between food and health.
- Discuss the daily recommendations for each food group.
- Identify the benefits of eating fruits and vegetables.
- Initiate a lifelong commitment to Wise Eating.

Activities

- Make a Rainbow
- Read the Label



Discussion

1. Start the session by asking youth's opinions about what is healthy eating.

- Point out: Healthy eating means having a healthy balance of foods and having a healthy relationship with food.
- There is no need to eat perfectly to be healthy.
- Majority of food is consumed for nutritional health, and a smaller amount is for pleasure.
- Regardless of your food choice, all foods can offer satisfaction.

2. How is food associated with health? Discuss with youth the relationship between food and health.

- Eating a well-balanced healthy diet provides your body with the essential nutrients it needs to function on a daily basis.
- Chronic disease prevention: Improving eating habits by maintaining a well-balanced diet of fruits, vegetables, whole grains, dairy and lean meats can help prevent chronic diseases, such as heart disease, hypertension, diabetes, and stroke.
- Stress management: Stress can compromise your immune system and lead to many health problems, such as heart disease and stroke. Healthy foods contain vitamins and other nutrients that can reduce stress, including magnesium, serotonin, and antioxidants.
- Increased energy: Food provides your body with energy to function properly. Carbohydrates, protein, and fats supply 90 percent of the dry weight of the diet and 100 percent of its energy, but the amount of energy in 1 gram differs:
 - 4 calories in a gram of carbohydrate or protein.
 - 9 calories in a gram of fat.

3. Discuss with youth the daily recommendation for each food group. Encourage youth to meet the daily recommendation by eating a wide variety of foods and rejecting a dieting attitude.

- Grains
 - 5 to 6 servings
 - One serving size equals: 1 slice of bread, 1 cup ready-to-eat cereal, ½ cup cooked rice or cooked pasta, 5-inch taco shell, 6-inch whole wheat tortilla
 - A serving looks like: hockey puck, cupcake wrapper, ice cream scoop
- Fruit
 - 1½ to 2 cups
 - One serving size equals: 1 cup fruit or 100% fruit juice, ½ cup dried fruit
 - A serving looks like: 1 piece of fruit the size of a baseball, tennis ball, or light bulb
- Vegetables
 - 2 to 2½ cups
 - One serving size equals: 1 cup raw or cooked vegetables or vegetable juice, 2 cups raw leafy greens
 - A serving looks like: 1 vegetable the size of a baseball, tennis ball, or light bulb
- Dairy
 - 3 cups
 - One serving size equals: 1 cup milk or yogurt, 1½ ounces natural cheese, 2 ounces processed cheese
 - A serving looks like: 4 dice
- Meat and Beans
 - 5 ounces
 - One serving size equals: 1 ounce meat, poultry, or fish; ¼ cup cooked dry beans, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts or seeds
 - A serving looks like: 3 ounces of meat is about the size of a deck of cards or a check book

4. Discuss with youth the benefit of eating fruits and vegetables.

- Do you know...?
 - With today's snack and fast food choices, most youth eat too many high-fat foods, perhaps more than they think.
 - At the same time, foods with less fat, especially fruits and vegetables, often come up short.
- Fruits and vegetables are sources of:
 - Vitamins
 - Minerals
 - Dietary fiber
- They are naturally:
 - Low in fat, saturated fat, trans fat



- Low in sodium
 - Cholesterol-free
 - They also help boost immunity and prevent chronic diseases such as:
 - Heart disease
 - Stroke
 - Some cancers
- 5. Ask youth to summarize a variety of nutritious choices for each food group. After that, ask youth to engage in Activity — Make a Rainbow**
- Fruits and vegetables
 - Fruits: strawberry, blueberry, watermelon, cantaloupe, apple, etc.
 - Vegetables: celery, cabbage, cucumber, eggplant, asparagus, etc.
 - Grain:
 - Whole-grain products, oatmeal, brown rice, barley, etc.
 - Protein:
 - Fish, nuts and seeds, beans and peas, soy product, lean meat, etc.
 - Dairy:
 - Calcium-fortified products, yogurt, low-fat milk and cheese, etc.
- 6. Discuss with youth the tips of practicing Wise Eating.**
- The body changes during adolescence dramatically increase your nutritional and dietary needs, so it is normal to feel an increase in appetite.
 - It is important to eat three meals (breakfast, lunch and dinner) every day with foods you enjoy, and eat healthy snacks as well, for example nuts, fruits, or vegetables.
 - Eat balanced meals. MyPlate can be a good guideline to help you eat a well-balanced meal.
 - Eat a wide variety of foods every day.
 - When you are dining out, try to stop eating once you feel full.
 - Do not use food to make yourself feel better when you are bored, sad, or upset.
 - Remember, it is OK to have “junk food” sometimes if you want. Don’t blame yourself for eating things you are not supposed to eat.
- 7. Encourage youth to make a lifelong commitment to Wise Eating.**

Activity

1. Make a Rainbow

- Pair up youth in groups, 5 to 6 in a group.
- Ask each group to come up with a rainbow dish idea by using the fruits and vegetables in different colors. Be creative!
 - Possible recipes:
 - Tropical fruit salad: orange, pink grapefruit, mango, papaya, kiwifruit, banana, and purple grapes.
 - Vegetable medley: red onion, carrots, corn, broccoli, and black beans.



- Spinach salad: dress with dried cranberry, canned mandarin orange, red onion, and vinaigrette.
- Fruitsicles: freeze melon, peach, banana, berry puree in ice cube trays.
- Give youth 5 to 10 minutes to prepare the meal and then present the meal to the class.
- Discuss with youth the health benefits of “eating a rainbow.”



Color	Benefits	Example
Red	Improve heart, blood health, and support joints	Apple, strawberry, tomato, watermelon
Orange	Prevent cancer, and promote collagen growth	Sweet potato, carrot, pumpkin, cantaloupe, orange
Yellow	Help with heart, vision, digestion and immune system	Mango, yellow bell pepper, banana, star fruit, pineapple
Green	Powerful detoxifiers, fight free radicals, improve immune system	Kiwifruit, lettuce, broccoli, cucumber, green beans
Blue/Purple	Improve mineral absorption, powerful antioxidants	Blueberry, eggplant, red onion, fig
White	Activate our natural killer cells, reduce cancer risk	White onion, cauliflower, garlic, mushroom

Resource

1. Major Nutrients in Fruits and Vegetables

- Vitamin A: Keeps eyes and skin healthy; protects against infections. Orange fruits and vegetables are rich in Vitamin A.
- Vitamin C: Helps heal cuts and wounds; keeps teeth and gums healthy.
- Folate: Reduces risk of brain and spinal cord defects during pregnancy; forms red blood cells.
- Potassium: Helps maintain a healthy blood pressure.
- Fiber: Aids in digestion.



Worksheet

1. **List some benefits of consuming fruits and vegetables.**

Fruits and vegetables are good sources of vitamins, minerals, and dietary fiber. They are naturally low in fat, saturated fat, trans fat, low in sodium, and they are cholesterol-free. They also help boost immunity and prevent chronic diseases such as heart disease, stroke, and some cancers.

2. **What is the role of vitamin C?**

Vitamin C helps heal cuts and wounds; keeps teeth and gums healthy.

3. **Name two ways to increase your fruit and vegetable consumption at meal time.**

Make fruit and/or veggie smoothies; drink 100% fruit juice.

4. **How were you able to find pleasure in eating?**

Eat the food I like with moderation; eat until I feel satisfied.



Resources

Intuitive Eating, 2012, E. Tribole and E. Resch

K.N.A.C.K Online: <http://knackonline.org>

Dietary Guidelines for Americans, 2015-2020, 8th Edition, 2016

The Power of Choice, United States Department of Agriculture, Department of Health and Human Services, 2003

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