



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

One-third of youth ages 2 to 19 are considered overweight or obese, which can result in serious health problems. The good news is that exercising, eating a balanced diet, controlling portion sizes, and limiting screen time can help.

Related KidsHealth Links

When Being Overweight Is a Health Problem

TeensHealth.org/en/teens/obesity.html

Why Exercise Is Wise

TeensHealth.org/en/teens/exercise-wise.html

MyPlate Food Guide

TeensHealth.org/en/teens/myplate.html

How Much Food Should I Eat?

TeensHealth.org/en/teens/portion-size.html

Go, Slow, and Whoa! A Quick Guide to Healthy Eating

TeensHealth.org/en/teens/go-slow-whoa.html

Managing Your Weight

TeensHealth.org/en/teens/center/weight-center.html

Easy Exercises for Teens

TeensHealth.org/en/teens/easy-exercises.html

5 Ways to Reach (and Maintain) a Healthy Weight

TeensHealth.org/en/teens/weight-tips.html

How Can I Lose Weight Safely?

TeensHealth.org/en/teens/lose-weight-safely.html

Emotional Eating

TeensHealth.org/en/teens/emotional-eating.html

Body Mass Index

TeensHealth.org/en/teens/bmi.html

Food Journal

TeensHealth.org/en/teens/food-journal.html

Exercise Log

TeensHealth.org/en/teens/exercise-log.html

Healthy Weight: Your Personal Plan

TeensHealth.org/en/teens/healthy-weight-plan.html

Resource for Teachers:

Obesity Special Needs Factsheet

KidsHealth.org/en/parents/obesity-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name some of the reasons teens can become overweight. What are some of the health problems associated with being overweight?
2. What's "portion control"? What's "emotional eating"?
3. How can you find out if you're overweight? How can you reach and maintain a healthy weight?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

5 Texts for Teens

Objectives:

Students will:

- Identify five ways teens can make healthy choices about eating and staying active
- Create five catchy text message slogans that can be sent to teens about exercising, eating right, and limiting screen time

Materials:

- TeensHealth.org articles related to nutrition, fitness, and weight
- Writing materials, computer
- “5 Texts for Teens” handout

Class Time:

2 hours

Activity:

You’ve convinced the president that texting is the best way to reach students about nutrition and fitness and help beat obesity. As the nation’s first Teen Nutrition and Fitness Czar, you’re going to create five tips that can be texted to teens across America to remind them about staying healthy. To begin your research, read these TeensHealth.org articles: “When Being Overweight Is a Health Problem,” “5 Ways to Reach (and Maintain) a Healthy Weight,” “Why Exercise Is Wise,” “MyPlate Food Guide,” “How Much Food Should I Eat?” “Easy Exercises for Teens,” and “How Can I Lose Weight Safely?” Now, create five text messages that the White House can send to students’ cellphones on a regular basis to remind them about making healthy choices. Try your best to make the texts memorable and catchy so they’ll go viral.

Extension:

You’ve read a lot of TeensHealth.org articles related to nutrition and fitness, and now it’s time to get the message out to the rest of your school. With a partner or in small group, create a public service announcement that can be read over the school loudspeaker to help students reach and maintain a healthy weight. Include five easy-to-remember tips that you think would help students. Make sure the announcement is not longer than 1 minute.



Don't Supersize Me

Objectives:

Students will:

- Understand the concept of portion control
- Learn how to apply the divided plate and other portion-control tips to their own eating habits

Materials:

- TeensHealth.org article “How Much Food Should I Eat?”
- “Don't Supersize Me” handout
- Art supplies (markers, colored pencils), magazines, grocery store advertisement circulars

Class Time:

- 1 hour

Activity:

Teens eat more today than they used to, and more than they need to. One reason obesity is an epidemic among teens is because food portions are larger. Teens who frequently eat these large portions are more likely to become overweight and develop serious health problems. Read the TeensHealth.org article “How Much Food Should I Eat?” Then think about how you can downsize your meals to the real size you need. Now you're ready to create a mini-poster to hang in your kitchen or eating area to help you remember these tips. The divided plate concept you read about not only helps keep portions to a healthy size, but also reminds you to eat a variety of foods. On the handout, label and illustrate the four sections on the blank plate. Then, list four portion-control tips that you can use at home during meals.

Extensions:

1. Create large portion-control posters for the school cafeteria based on the divided plate concept.
2. Record the foods you eat and your thoughts and feelings using the TeensHealth.org printable “Food Journal.”

Reproducible Materials

Handout: 5 Texts for Teens

[TeensHealth.org/classroom/9to12/problems/conditions/obesity_handout1.pdf](https://www.TeensHealth.org/classroom/9to12/problems/conditions/obesity_handout1.pdf)

Handout: Don't Supersize Me

[TeensHealth.org/classroom/9to12/problems/conditions/obesity_handout2.pdf](https://www.TeensHealth.org/classroom/9to12/problems/conditions/obesity_handout2.pdf)

Quiz: Obesity

[TeensHealth.org/classroom/9to12/problems/conditions/obesity_quiz.pdf](https://www.TeensHealth.org/classroom/9to12/problems/conditions/obesity_quiz.pdf)

Answer Key: Obesity

[TeensHealth.org/classroom/9to12/problems/conditions/obesity_quiz_answers.pdf](https://www.TeensHealth.org/classroom/9to12/problems/conditions/obesity_quiz_answers.pdf)



Name: _____

Date: _____

5 Texts for Teens

Instructions: As the nation's first Teen Nutrition and Fitness Czar, you've been asked by the president to write five catchy and memorable text message slogans that can be sent to students across the country to remind them about reaching and staying at a healthy weight.

A large, dark grey smartphone graphic with rounded corners. The screen is white and contains four text input areas, each labeled 'Text 1', 'Text 2', 'Text 3', and 'Text 4' from top to bottom. The phone has a white home button at the bottom center and a white notch at the top center.



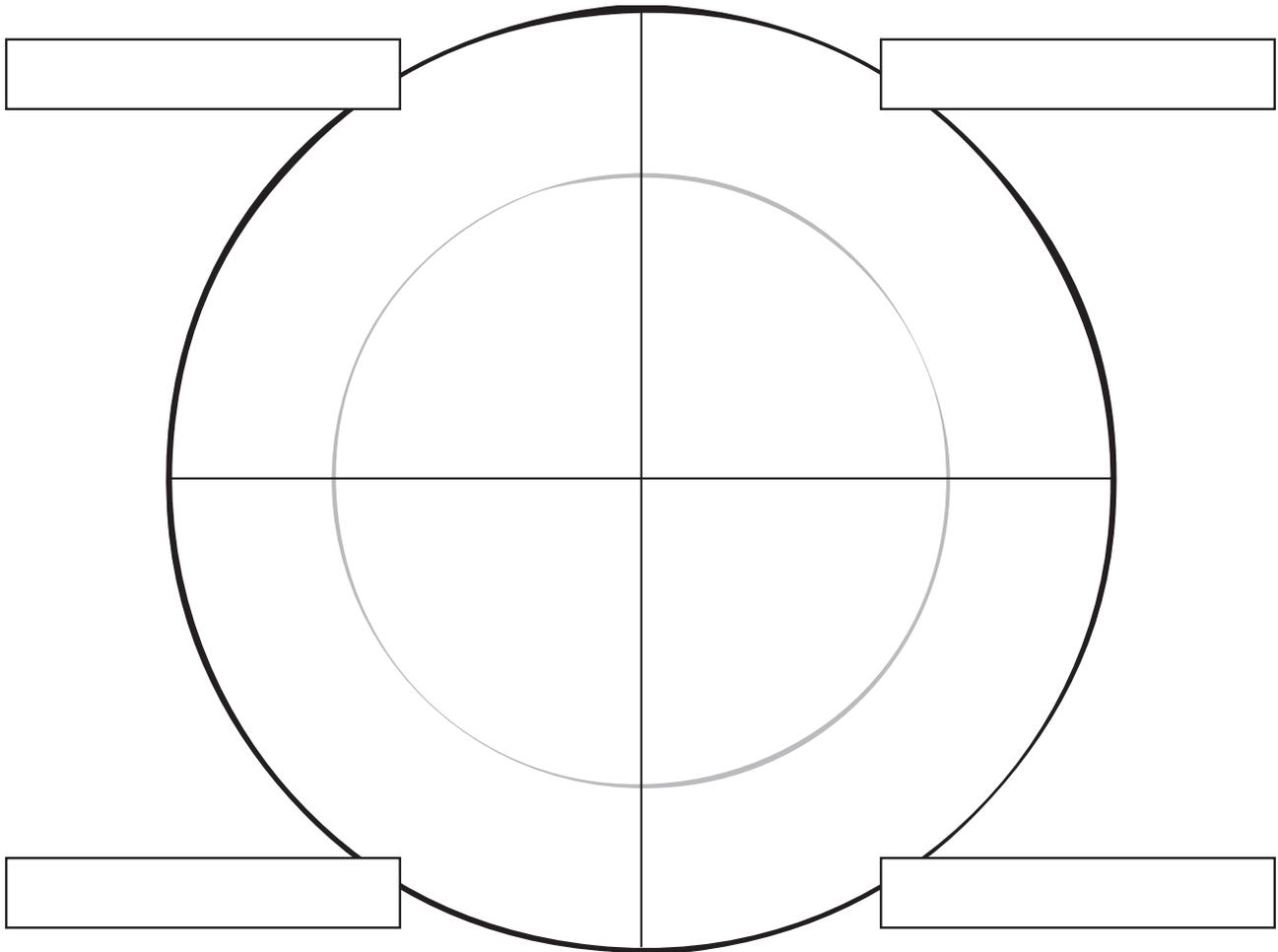
Name: _____

Date: _____

Don't Supersize Me

Instructions: Label the four sections of the divided plate and illustrate each section with an example of a food that fits in each section. Then list four portion-control tips to help you avoid getting supersized.

The divided plate:



Portion-control tips:

1. _____

2. _____

3. _____

4. _____



Quiz Answer Key

1. True or false: One in three youth ages 2 to 19 are overweight or obese. (T) F
2. Draw and label the four sections of the divided plate: *plate with four quarters labeled protein, starch, vegetable, vegetable*

3. True or false: Eating food on a smaller plate can help with portion control. (T) F
4. Name three health problems that can be caused by being overweight:
Any three of the following: high blood pressure, high cholesterol, diabetes, sleep apnea, gallstones, arthritis, asthma, hip and knee problems, fatty liver, depression, polycystic ovary syndrome

5. Name two reasons why some teens become overweight:
Any two of the following: genes, eat more calories than they burn, poor food choices and eating patterns, too much screen time, emotional reasons, not enough activity, large food portions

6. A teen is considered overweight when his or her BMI is equal to or greater than the 85 percentile and less than the 95 percentile for age and gender.
7. A teen is considered obese when his or her BMI is 95 percentile or higher for age and gender.
8. Name five things teens can do to reach and maintain a healthy weight:
Exercise, reduce screen time, portion control, eat a variety of foods, eat breakfast

9. Teens should exercise at least 60 minutes a day.
10. True or false: Teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones are more likely to be overweight.