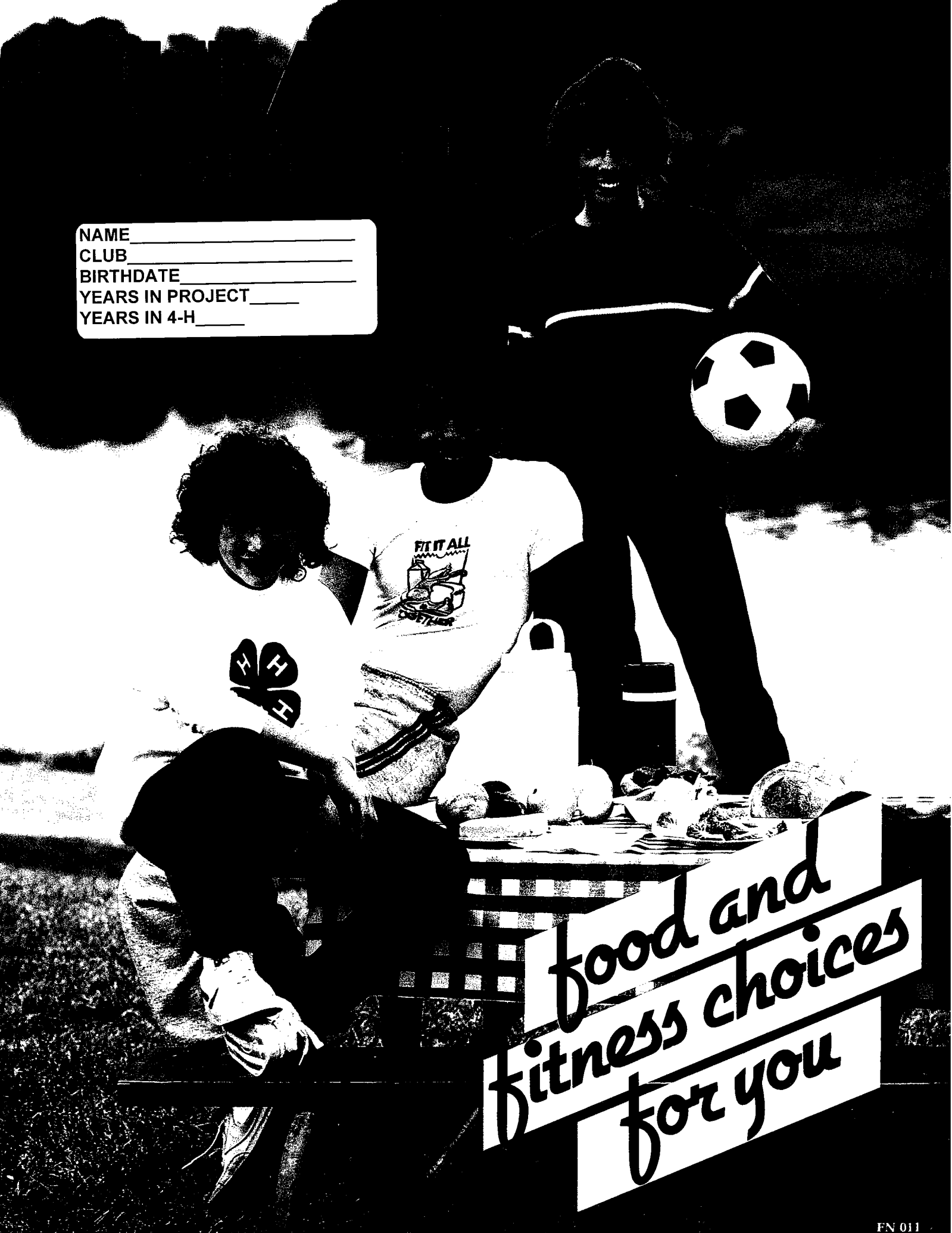


NAME _____
CLUB _____
BIRTHDATE _____
YEARS IN PROJECT _____
YEARS IN 4-H _____



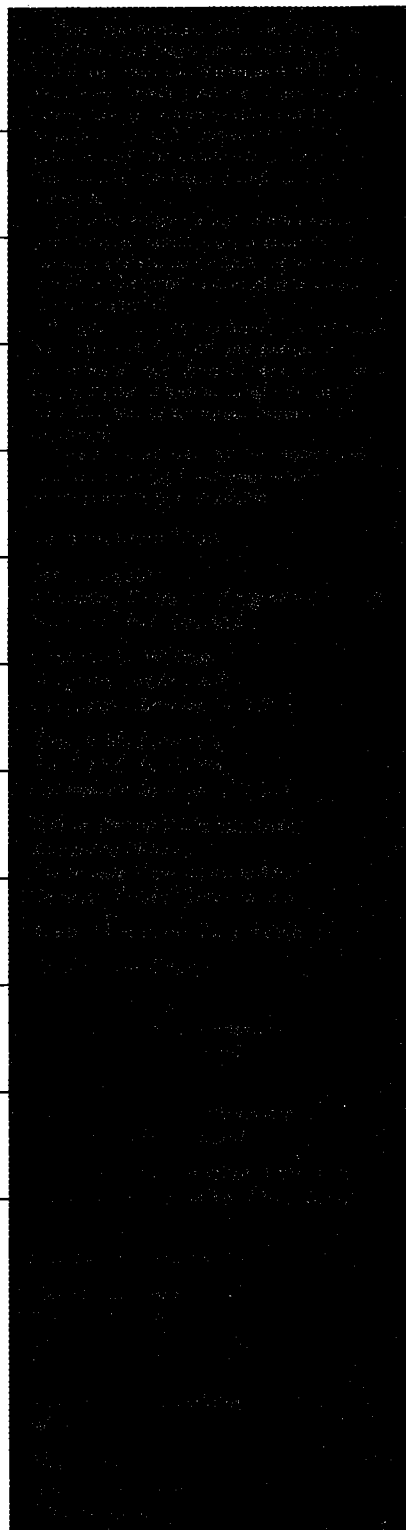
food and
fitness choices
for you

FIT IT ALL TOGETHER

food and fitness choices for you

TABLE OF CONTENTS

Food Choices—Up to You	3
Fitness in Your Life	8
A Snack Attack	10
Fast Food	12
Soup and Salad Supper	13
Food to Take Along	16
Be A Nutrition Winner	18
Hit or Myth	20
A Brunch or Lunch for Your Family	21
My Records	24



FOOD CHOICES- UP TO YOU

Food is a big part of your life. Eating is one way you relax and have fun with your friends. Family meals are a way to share time with your family. Food is a way to celebrate—what would Thanksgiving be without a special dinner?

The food you eat says a lot about where you live. If you're a Texan, you probably eat chili. If you're a New Englander, clam chowder might be a favorite. What foods are popular in your area?

The foods you eat may also show where your ancestors came from. Italians brought delicious pasta recipes to this country. Chinese immigrants brought new methods of cooking, like stir-frying or steaming vegetables so they are crunchy. Does your family eat foods that reflect your ethnic heritage?

Of course, food is a necessity. You can't live without it. And making the right choices for good nutrition will make a healthier, happier you.

Making Choices

When you were younger, you probably didn't have much choice about what you ate. Your parents made most of the decisions for you. But now, whether you realize it or not, you make choices about food every day.

For example, in the morning, you can eat a big breakfast, grab something quick as you run off to school or skip breakfast altogether. You can bring lunch from home or buy it at school. After school, you and your friends may stop off for fast food or eat a snack at someone's house. And when you get home, you may be responsible for planning and preparing some of your family's evening meal. Soon you'll be on your own and making *all* your food choices.

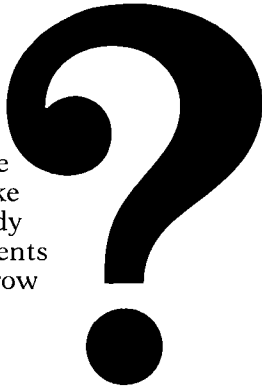
That's what this book is about. Now turn to the back cover and write down your goals for this project on the record form. Then as you complete activities, continue to use this form to keep a record of them. You're ready to make some choices that will help you fit it all together.



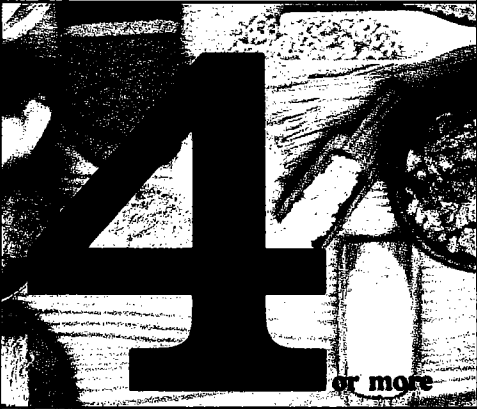
The Food You Need

! Do you know that most girls grow an average of about 9 inches and gain about 50 pounds between the ages of 10 and 14? Most boys between 12 and 16 years of age grow about 13½ inches and gain about 67 pounds!

What foods should you be eating to make sure your body has the nutrients it needs to grow and develop?



How do you fit together the foods that will help you get enough of these and other nutrients each day? First, you should eat a *variety* of foods from the food groups. You need:



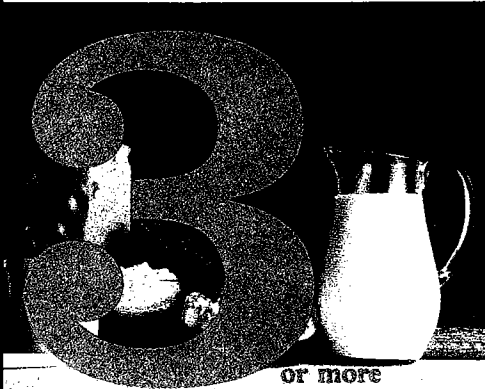
4 servings from the bread and cereal group (be sure to include some whole grains)

- Some foods made from grains, like breads or cereals. They are important sources of B vitamins and iron. **B Vitamins** help your body use carbohydrates for energy. Whole grains also provide fiber, which helps with digestion and elimination of wastes.



2 or more servings from the vegetable and fruit group (1 should be a good source of vitamin A and 1 should be a good source of vitamin C)

- A variety of vegetables and fruits. These foods are the major sources of vitamins A and C and fiber. **Vitamin A** helps eyes work properly, keeps the skin healthy and helps bones and teeth grow strong. **Vitamin C** helps your body heal wounds, fight infections and absorb iron.



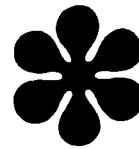
3 or more servings from the milk and cheese group

Dairy foods like milk, cheese and yogurt provide calcium. Dairy products also add protein, vitamins A and D and some B vitamins. **Calcium** is especially important during periods of rapid growth. Did you know that about 45 percent of your adult skeleton is formed during your teen years? Calcium helps form strong bones and teeth.



2 or more servings from the meat, poultry, fish and beans group.

- Some meats, poultry, fish, eggs, nuts or some dried beans. They are good sources of protein, minerals and B vitamins. These foods are a major source of iron in the diet. **Iron** is important for forming red blood cells. Dried beans are a good source of **other minerals** like zinc and magnesium. These minerals help in using protein to build cells and do many other jobs in the body as well.



Not too many fats and sweets. These foods usually have few nutrients for their calories. Eat them in moderation.

Scientists have learned that many Americans have diets low in the nutrients found in the bread and cereal group and the vegetable and fruit group. So if you want to eat extra servings, these would be good choices.

Nutrients In Food

There are nearly 50 nutrients found in foods. Nutritionists know what many of them do in your body and about how much you need. For example, they know about how much iron, protein and vitamins A and C the average healthy person needs. There are trace minerals, too, that seem to be important. But scientists don't know exactly how all of these nutrients work in the body or how much you require. Since nutrients work together, you need to eat a variety of foods to get the balance you need.

PLANNING COLUMN

HOW MANY CALORIES DO YOU NEED?

How many calories should you consume in a day? It depends. If you're a 14-year-old who plays sports and runs 2 miles a day, and if you've grown 4 inches in the last 6 months, you might need 4000 to 6000 calories a day. But if you haven't grown in a year and if your favorite hobbies are reading and playing video games, about 2000 calories a day is probably all you need.

How do you know how much is enough for you?

1. Think about your body size, shape and your rate of growth. While you're growing, you'll need more calories.

2. Think about your activity level. Exercise uses calories. If you play sports nearly every afternoon, you could be using 350 to 500 calories (or more) an hour. But if you just watch TV or sit around with your friends, you'd use only 80 to 100 calories per hour.

3. Know your body. We all know someone who eats lots of food and still stays trim. Others have to watch their calories carefully. People's bodies use food differently.

Here's one way to get you started thinking about how many calories you need each day:

Number of hours sleeping _____ × (80-100 cal/hr)
= _____ cal.

Number of hours in school _____ × (100-120 cal/hr)
= _____ cal.

Number of hours being active _____ × (250-350 cal/hr)
= _____ cal.
(walking home from school, work around the house)

Number of hours being very active _____ × (350-500 cal/hr)
= _____ cal.
(sports, dance, playing hard)

Number of hours quiet time _____ × (80-100 cal/hr)
= _____ cal.
(watching TV, studying, listening to music)

Estimated Total per Day _____ cal.

This number gives you a rough idea of your calorie needs.

The foods you'll prepare in this lesson include some from each of the food groups. The picture of the taco shows some nutrients important for teenagers. Often people your age don't get enough of these nutrients in their diets.

Vitamin A in the tomato and cheese. Other sources: kale, spinach, broccoli, carrots, winter squash, sweet potatoes, cantaloupe, apricots and eggs.

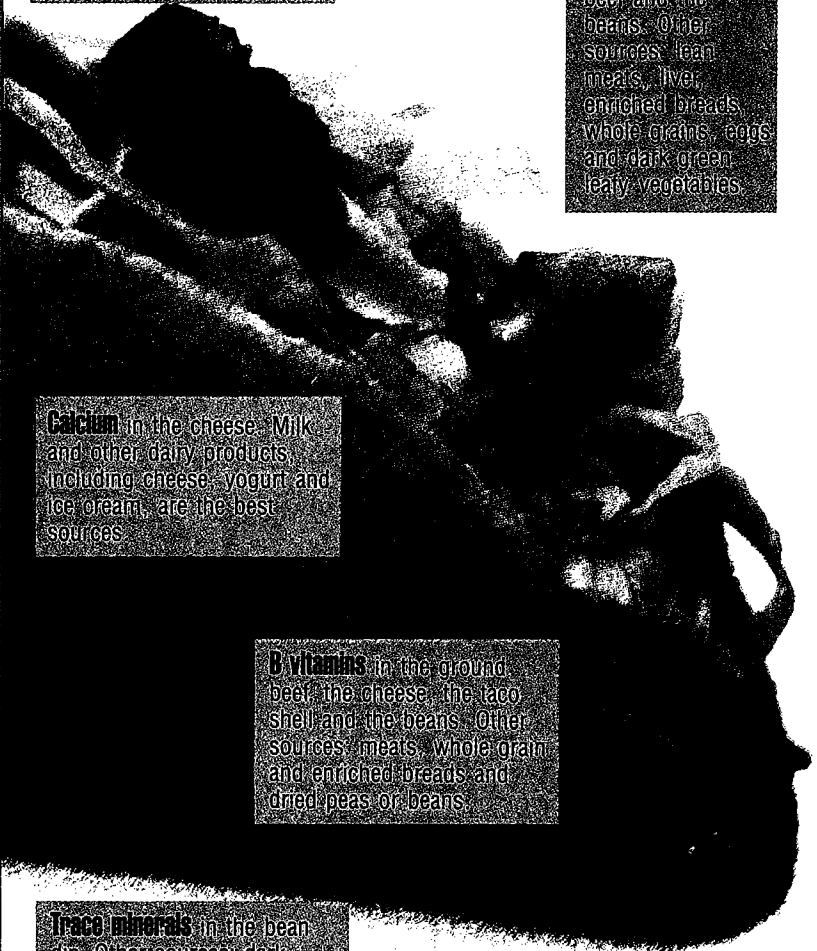
Vitamin C in the tomatoes. Other sources: citrus fruits like oranges and grapefruits, cantaloupe, strawberries, broccoli, other dark greens and potatoes.

Iron in the ground beef and the beans. Other sources: lean meats, liver, enriched breads, whole grains, eggs and dark green leafy vegetables.

Calcium in the cheese. Milk and other dairy products, including cheese, yogurt and ice cream, are the best sources.

B vitamins in the ground beef, the cheese, the taco shell and the beans. Other sources: meats, whole grain and enriched breads and dried peas or beans.

Trace minerals in the bean dip. Other sources: dark green leafy vegetables, whole grains.



TACO

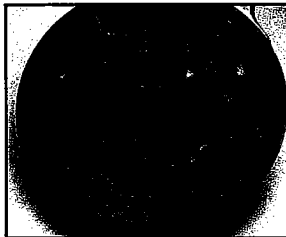
Tacos are a favorite Mexican food. This recipe uses a hard taco shell, but you can also wrap the ingredients in a soft tortilla. Beef tacos are the most common in the country. Mexicans also enjoy tacos made with different fillings. Try some leftover chicken and a slice of avocado, or use shredded beef or pork. Invent your own tacos.

BEEF TACOS

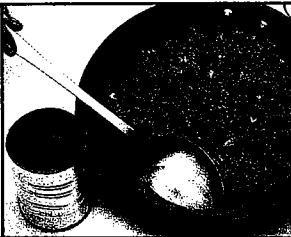
Makes 6 servings, 2 tacos each. About 340 calories per serving

- | | |
|--|---|
| 1 pound ground beef | 1 cup shredded lettuce |
| ¼ cup chopped onion | ½ cup (2 ounces) shredded natural sharp cheddar cheese |
| 1 can (8 oz.) tomato sauce | 12 taco shells, heated |
| 2 teaspoons chili powder | |
| 1 or 2 medium tomatoes, chopped (1 cup) | |

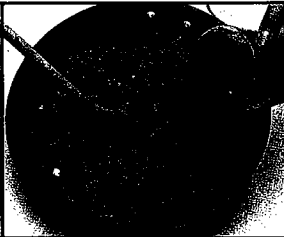
Brown ground beef and onion in skillet. Drain off excess fat. Stir in tomato sauce and chili powder. Bring to a boil; reduce heat and simmer 10 to 15 minutes uncovered, stirring occasionally, until most of liquid is absorbed. Gently mix tomatoes, lettuce and cheese in a bowl. Fill each taco shell with about 2 tablespoons of the meat mixture. Top with about 2 tablespoons of the tomato mixture. Serve with a taco sauce or bean dip, if desired.



Brown ground beef



Drain off excess fat



Stir in tomato sauce



Mix tomatoes, lettuce, cheese



Fill each taco with meat



Top with tomato mixture

CHILI BEAN DIP

Makes 1 1/2 cups. About 15 calories per tablespoon without vegetables

- 1 can (16 oz.) kidney beans, drained
- 2 tablespoons vinegar
- 2 tablespoons water
- 3/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 2 teaspoons minced onion
- 2 teaspoons chopped parsley

Place beans, vinegar, water, chili powder and cumin in blender container; blend until smooth. Pour into a bowl and add onion and parsley. Serve with raw vegetables, if desired. Note: Mixture may be combined in a bowl and mashed until smooth.

HOW TO:

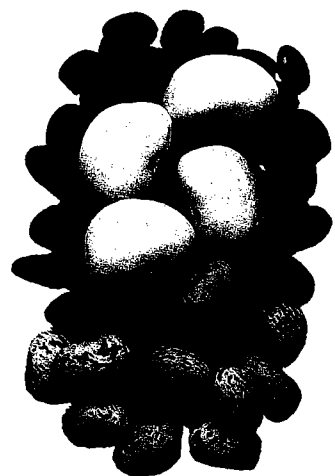
USE A BLENDER SAFELY

1. Blenders can save you lots of time in the kitchen. But because their motors are so powerful, it's important to take extra caution so you don't get hurt.
2. Always keep the lid on the blender when the motor is running.
3. Make sure the motor has come to a complete stop before using any utensil to scrape the sides of the blender container. Otherwise, you could damage the utensil and the blender and maybe even hurt yourself!
4. For the same reason, don't try to take the blender container off until the motor has completely stopped.
5. Blenders work quickly. Stop often to check to see how your foods are doing. You don't want to over-blend.
6. As with any kitchen appliance, don't leave a blender running when no one is watching it.
7. Blender blades are as sharp as knives. When you're cleaning up, handle them with care.
8. Always read the instruction book for any kitchen appliance before you use it for the first time.

includes foods high in these nutrients.

Get conscious of calories. List 10 foods you eat most often and look up the calorie count for a typical serving size of each food in a calorie counter.

Make a list of some things you do regularly—like drink, watch television, help prepare dinner, and divide them into categories—are they active, very active or quiet?



BEANS can be an inexpensive alternative for one serving of meat, fish or poultry. Try this dip cold with raw vegetables or corn chips, or heat it and spread on tacos. (Adding a little cheese to the beans will improve the quality of the protein.)



POUR CUMIN
Cumin is a spice made from a plant that is native to the region of the country. It is used often in Mexican cooking.

