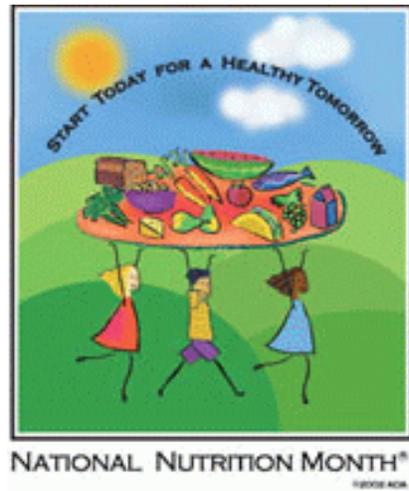


Nutrition & Activity Matters

March is National Nutrition Month™ and the perfect opportunity to highlight the importance of good eating habits and regular physical activity. This year's theme is "Start Today for a Healthy Tomorrow". Visit the American Dietetic Association's Website at www.eatright.org for more information on campaign messages and promotional materials. You can also try this activity from the Promoting Healthy Activities Together (P.H.A.T.) Campaign with your youth to show how what they eat and drink and how active they are can affect their health today and in the future.



MATERIALS:

- Flip chart paper or a chalk board
- Markers or chalk
- 27 sheets of paper
- Tape

AHEAD OF TIME:

1. Write the four **BEHAVIORS** on the top of separate pieces of flip chart paper or on the top of a chalkboard.
2. Write the symptoms on pieces of paper. 1 symptom per piece of paper, large enough to be viewed in a classroom setting. (Note: if you will be using flip chart paper some symptoms must be written out more than once because they are caused by multiple behaviors and will be taped under the corresponding behaviors on the flip chart paper.)

<p style="text-align: center;"><u>NOT EATING ENOUGH</u></p> <p style="text-align: center;">Can't concentrate Dizzy Headache Irritable and moody Constipated Tired Stomach ache Low weight, little muscles Get sick more often Dull dry hair, brittle nails, flaky skin</p>	<p style="text-align: center;"><u>EATING TOO MUCH FAT AND SUGAR</u></p> <p style="text-align: center;">Gain weight Heart disease Tooth decay Stomach ache Diarrhea Diabetes</p>
<p style="text-align: center;"><u>NOT DRINKING ENOUGH</u></p> <p style="text-align: center;">Can't concentrate Dizzy Headache Constipated Tired</p>	<p style="text-align: center;"><u>NOT BEING ACTIVE ENOUGH</u></p> <p style="text-align: center;">Gain weight Constipated Tired Low weight, little muscles Heart disease Diabetes</p>

WHAT TO DO:

1. Ask your youth to:
 - ☞ Raise their hand if they participate in sports or other activities that require a lot of energy.
 - ☞ Raise their hand if they go to school in the morning and have to remember things in class and sometimes take tests.
 - ☞ Stand up if they agree that what they eat and drink has an effect on how they perform in sports.
 - ☞ Stand up if they agree that what they eat and drink and how active they are has an effect on how they perform in school.
 - ☞ Stand up if they agree that what they eat and drink and how active they are affects their health.
2. Find out why they agree or disagree with the above statements. Explain that what they eat and drink and how active they are can affect not only their performance in sports and in school but their health too. Play “Match the symptom with the behavior” to show your youth how.

MATCH THE SYMPTOM WITH THE BEHAVIOR

Teams earn points by matching symptoms with common youth eating and activity behaviors.

1. Divide youth into 2 teams.
2. Explain each behavior:
 - Not Eating Enough (fruits, vegetables, fiber, skipping breakfast)
 - Eating too much sugar and fat (too much fast food, chips, candy, soda)
 - Not drinking enough (water or other nutritious drinks)
 - Not being active enough
3. Toss a coin to see which team goes first.
4. Begin by holding up a symptom. Depending on size of teams, youth can answer as a group or individually. To earn a point, each team must match the symptom with the correct behavior(s). As the teams answer write the symptom(s) on the chalkboard under the corresponding behavior or tape the symptom(s) to the flip chart paper. Some symptoms have more than one behavior associated with them. Each team must match the symptom to ALL corresponding behaviors in order to earn their point. If a team fails to match the symptom(s) completely or correctly the opposing team gets the chance to steal the point. 1 point is awarded for each correct and complete answer. The team with the most points wins.

TIE BREAKER

In the event of a tie, have youth write down the answer to the following question(s). Closest answer wins.

How many glasses of water are you supposed to drink each day?

Answer = At least 8

How many minutes of physical activity are adolescents supposed to get each day?

Answer = 60 minutes