The Power of Choice

Helping Youth Make Healthy Eating and Fitness Decisions

A Leader’s Guide
The Power of Choice: What Is It?

♦ A healthy lifestyle initiative designed to involve kids.

♦ A chance for kids to explore the links between fitness, food choices, food safety, and health.
The Power of Choice: Target Group

Preteens (ages 11 to 13) participating in out-of-school programs
The Power of Choice: Kids' Health Risks

Focuses on unique needs of preteens

- Many kids are flunking eating!
- Childhood obesity is increasing.
- Activity levels drop around age 13.
The Power of Choice:

- Empowers
- Motivates
- Builds skills

Goals
The Power of Choice: What It Provides

- Life skills activities that build confidence
- Positive experiences with peers, caring adults, and families
- Experience setting goals and making sound decisions
- Support for involvement in the community
The Power of Choice: Leader's Guide

♦ Hundreds of Ideas
♦ Quick & Easy Snacks
♦ 10 Critical Topics
♦ “Getting-ready” Help
The Power of Choice: Leader’s Guide

- Recipe booklet
- Nutrition Fact cards
- Builds on middle school health messages in USDA’s yourSELF kit
- 4 Posters with Key Themes
Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart and build muscles.

How much physical activity do you need?
- Do MORE intense activity. Challenge yourself to 15 minutes of intense activity at least three times a week.
- Do PLENTY of moderate activities. Get 60 minutes a day of moderate activity most days of the week.

Do...

LESS
- Spend less time sitting around watching TV or using the computer.

ENOUGH
- Do enough strengthening activities to keep your muscles firm.

MORE
- Do more intense activities that make you up and make you glow!

PLENTY
- Walk, wiggle, dance, climb the stairs, just keep moving whenever you can.
Feed Me  
GIVE ME WHAT I NEED!

<table>
<thead>
<tr>
<th>Eat...</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>LESS</td>
<td></td>
</tr>
<tr>
<td>ENOUGH</td>
<td></td>
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<tr>
<td>MORE</td>
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<tr>
<td>PLENTY</td>
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**EVERY DAY, eat at least the smallest number of servings from the food group ranges.**
READ IT before you EAT IT!

How many servings are you eating?

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 can (250g)</td>
</tr>
<tr>
<td>Servings Per Container 3</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 250</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 10g</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Cholesterol 15mg</td>
</tr>
<tr>
<td>Sodium 470mg</td>
</tr>
<tr>
<td>Total Carbohydrate 32g</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
</tr>
<tr>
<td>Sugars 8g</td>
</tr>
<tr>
<td>Protein 8g</td>
</tr>
<tr>
<td>Vitamin A 8%</td>
</tr>
<tr>
<td>Vitamin C 0%</td>
</tr>
<tr>
<td>Calcium 8%</td>
</tr>
<tr>
<td>Iron 10%</td>
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</table>

Get What You Need!
Get LESS 5% or less 5% or more 20% or more
Get ENOUGH 5% or less 5% or more 20% or more

What's the Best Choice for You?
Use the Nutrition Facts Label to Make Choices

[Diagram with food icons and nutritional facts]

www.food.nia.nih.gov/foodcharts/foodcharts.html
FIGHT BAC

Keep Food Safe From Bacteria

For More Food Safety Information, Visit our Website:
http://schoolmeals.nal.usda.gov
The enclosed CD contains:

♦ MORE activities and snack ideas
♦ The basics of what young teens need
♦ Tips for meaningful communication
♦ Ways to get families involved
♦ Personal Power Tips for Leaders Only

and… a 27 minute video
The Power of Choice: Showing by doing...

The CD contains:

*It’s All About You*

It shows Leaders, and other adults, how to make healthy choices for their own benefit and how they can be the right kind of role model for kids.
The Power of Choice: Promotion...

Use these tools to get others involved:

Recipe Booklet targets kids and parents

Video talks to parents & other adults

Slide gives a quick overview for training or support
The Power of Choice: Who developed it?

Food and Drug Administration
of the Department of Health and Human Services

and

Food and Nutrition Service
of the Department of Agriculture
The Power of Choice: For More...

Free Resources and Information

Go to the Team Nutrition webpages:

http://www.fns.usda.gov/tn/