

Steps to a Healthy Teen Program Plan

Class 1: Activity 9 Building a Nutrition Plan

Class 2: Activity 2 Getting a Handle on Nutrition
-Pass the Bacon Game with Nutrients and Definitions
-Smoothie Competition

Class 3: Activity 3 The Balancing Act
-Portion Suitcase
-TR Challenge (Iron Chef)

Class 4: Activity 4 Label Lingo

Class 5: Activity 5 Importance of Hydration: Avoiding Energy Drinks
<http://www.nbcnews.com/video/nbc-news-channel/51278780#51278780>

Class 6: Activity 10 In the Zone
-Review Goals and have a healthy potluck
-Community Mapping Activity

