

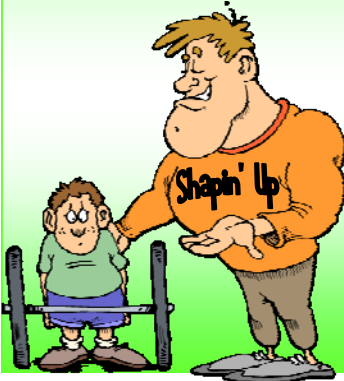


LESSON 3

FITNESS CHALLENGE —EXERCISE CLASS (40 MINUTES) PP 7

Say: It's time to get some exercise. Get ready for our Fitness Challenge. You're going to be really strong by the time we finish today!

Remember, working out hard is good for our hearts and the rest of our body. So as we do our Fitness Challenge today, work hard to really make it count. If an exercise is too difficult or tiring for you, march in place until you are ready.



We'll have an opportunity to get a drink and use the restroom after our Fitness Challenge, so please wait until then.

Follow along with the Fitness DVD. Listen and watch carefully as the Fitness Coach leads us through our Fitness Challenge—Circuit Training.



(Play DVD #3)

HYDRATE: WATER BREAK (15 MINUTES) PP 8

Give a 15 minute water and restroom break at this time.

Say: Great job exercising. Let's take a water break to hydrate our bodies. Remember, your body needs lots of water, especially after exercise, so get a drink even if you're not thirsty. Drinking plenty of water will actually give you more energy.

After you get a drink, use the restroom if you need. In about 15 minutes we're going to talk about how the foods you eat affect your body.

HEALTH CHALLENGE: BIBLE-BASED HEALTH DISCUSSION (30 MINUTES)



Health Challenge 3

SELF-CONTROL IS SAYING WHOA

When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23



Training Tip:

Shapin' Up means making good choices!

Bible Challenge:

Daniel Just Said Whoa!

Health Challenge:

Go Foods, Whoa Foods



HEALTH CHALLENGE 3

PP 9

Self-Control is Saying Whoa

TRAINING TIP: PP 10

Say: We've got an awesome story today. Let's get started with today's Training Tip. Help me shout it out:

"Shapin' Up means making good choices!"

BIBLE CHALLENGE: DANIEL JUST SAID WHOA PP 11



The Bible says a lot about self-control and moderation. Self-control means we control what we do and say and are not influenced by others like friends or TV messages. to do the wrong things. It also means that we know how to set limits on things – when to say, “Whoa!”

In the book of Daniel, the Bible tells us of one young man who had self-control and just said, “Whoa!”



King Nebuchadnezzar was the King of Babylon, and his kingdom was the greatest in the world. But King Nebuchadnezzar wanted more, so he attacked Jerusalem where the Israelites lived.

Now the Israelites had forgotten all the good things God had done for them. They forgot how God had given them the land they were living in. They even made fake gods out of stone or metal and worshipped them instead of God. So God didn't help the King of Israel when the King of Babylon attacked.

King Nebuchadnezzar's army surrounded Jerusalem and captured it. They stole treasures from God's temple, and they captured many people and took them to Babylon. One of the Israelites taken to Babylon was a strong young man named Daniel. But Daniel wasn't like the Israelites who didn't worship God. Daniel loved God, and did his best to obey him in everything he did.



HEALTH CHALLENGE 3

HEALTH CHALLENGE: GO FOODS, WHOA FOODS PP 14 (a)

Today we are talking about good and bad choices when it comes to our food and drink. Let's call these choices Go Foods or Whoa Foods. Let's watch this video to find out about good food choices.



(SHOW "EAT IT UP" FROM DVD 3)

(Used with permission from the National Institute of Child Health & Human Development)

A good guide to know if a food or drink is healthy is how it's made. If it comes from a plant or animal it will probably be the best choice. Let's call these God-made. Usually these are fresh and may have to be refrigerated – like fruit, cheese, or meat. These foods probably don't come in packages or boxes.

If it's boxed or packaged, more than likely it's man-made and has additives (like food dyes) or preservatives (chemicals added to make food last longer). We tend to eat these often because the sugar or fat content in them makes them really tasty or because they are easy to grab and take with us.

One trick to helping you grab a good food choice is to prepare foods ahead of time. Often we don't want to grab carrots or oranges because we have to peel them. But what if every couple of days, you prepared some healthy snacks ahead of time and placed them in containers in your fridge?

Let's practice: Which is the better choice?

PP 14 (b)

- ☺ Carrots or Chips
- ☺ Apple or Cookies
- ☺ Can of Soda or Glass of Ice Water

Here are some suggestions for a healthy after-school snack: PP 15

- ☺ Fresh fruit
- ☺ Baked tortilla chips and salsa
- ☺ Baby carrots and low-fat dip
- ☺ Celery with peanut butter
- ☺ Low-fat string cheese and crackers
- ☺ Air popped popcorn
- ☺ Frozen juice bars
- ☺ Yogurt
- ☺ Trail mix
- ☺ Peanut butter & crackers
- ☺ Dried fruit
- ☺ Nuts
- ☺ Glass of low fat milk
- ☺ 100% juice
- ☺ Water



HEALTH CHALLENGE 3

PORTIONS AND MODERATION:

Now, it's okay to occasionally have a less-than-healthy snack like a candy bar, milk shake or potato chips, but use self-control and moderation. Moderation means limiting or controlling something - know when it's enough. Be able to just say, "Whoa!" like Daniel did.

PP 16 Portions are the amount of servings we take. For example, do you grab a 20 ounce bottle of Coke or pour an 8 ounce glass? Do you fill your cereal bowl to the top so there's barely any room for the milk? Do you sit down with a whole bag of chips and eat them all?

It doesn't take much to get us full or satisfy our hunger – even when we feel like we are “starving.” Usually a smaller portion will be more satisfying because we won't get so full or feel badly afterwards because we ate too much. Here are some suggestions for better portions:

- ☞ Instead of taking the whole bag of chips, take a handful, baggie, or small bowl.
- ☞ Use a smaller bowl/plate for your food.
- ☞ Instead of ordering a large popcorn at the movies, order a small.
- ☞ Watch out for words like Grand or Mega, or King-Size or Super-Size.
- ☞ Eat five to six smaller meals a day. Eating several times throughout the day helps your metabolism burn more calories because it keeps it active. Eating smaller meals more often also keeps you from feeling too hungry which can cause you to binge eat (eat a lot at one time).
- ☞ Know the recommended portions or serving sizes from the Food Pyramid: For example: Rice = ½ cup; Bagel = one half, Vegetables = ½ cup.



Facilitator Experiment: Demonstrating Portion Sizes

Bring various size bowls, measuring utensils, containers, or foods to demonstrate the portion sizes. Examples:

- ☞ Bring a large cereal bowl and a smaller one. Fill each with cereal, then pour it into a measuring cup to see the difference between the two bowls.
- ☞ Show the difference between a 1/2 cup and 1 cup of chocolate pudding.
- ☞ Visit McDonalds and ask for an empty small fry bag and a super size container. Fill each with marbles to show the difference in quantity each will hold.

PP 17

VISUALIZE MEASUREMENTS:

- ☞ 2 T peanut butter = Golf Ball
- ☞ ½ cup rice = Half Baseball
- ☞ 1 cup oatmeal = Baseball
- ☞ 3 oz. of meat = Deck of Cards
- ☞ 2 oz. of cheese = 2 Dominos



HEALTH CHALLENGE 3

Portions have changed over the years. Let's take a quiz to see how portions today compare to portions 20 years ago... **PP 18—23**

20 YEARS AGO...

- ☞ A muffin was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
? A. 320 B. 400 C. 500 (Answer: C for a 5 oz. muffin)
- ☞ A cheeseburger had 333 calories. How many calories do you think are in today's cheeseburger?
? A. 590 B. 620 C. 700. (Answer: A)
- ☞ Soda used to come in 6.5 ounce bottles and had 85 calories. How many calories are in today's portion?
? A. 200 B. 250 C. 300 (Answer: B for 20 ounce bottle)
- ☞ 2 slices of pepperoni pizza had 500 calories. How many calories do you think are in today's large pizza slices?
? A. 850 B. 1000 C. 1200. (Answer: A)
- ☞ A box of popcorn had about 5 cups of popcorn at 270 calories. How many calories do you think are in today's tub of popcorn?
? A. 520 B. 630 C. 820 (Answer: B for 11 cups of popcorn)



FUN FACT...

According to a 2007 paper published in the Journal of Public Health Policy, portion sizes offered by fast food chains are two to five times larger than when first introduced. When McDonald's first started in 1955, its only hamburger weighed around 1.6 ounces; now, the largest hamburger patty weighs 8 ounces, an increase of 500 percent. And while a Big Mac used to be considered big, it's on the smaller side of many burger options. At Burger King, you can get the Triple Whopper; at Ruby Tuesday's there's the Colossal Burger, and Carl's Junior has the Western Bacon Six Dollar Burger.



HEALTH CHALLENGE 3

THIRSTY?

THE SKINNY ON SOFT DRINKS, SPORTS DRINKS + WATER

Another tricky area that can cause us to make bad choices in our nutrition are our beverages – what we drink.

SOFT DRINKS

Let's talk about soft drinks. You may call them soda or pop. Shout out your favorite soda...

Most kids really like soft drinks. The problem with this is that soft drinks have no nutritional value at all. In fact, they actually can cause health problems:



- ☞ Because of the high amounts of sugar in soft drinks, drinking too many can lead to obesity, diabetes, tooth decay, osteoporosis, kidney problems, and more.
- ☞ When we drink soft drinks, we may not drink the other healthy fluids we need like water, milk or juice, and then we won't get the amount of vitamins, minerals and fiber our body needs.
- ☞ When you're really thirsty, soft drinks don't quench your thirst. Because of the caffeine, carbonation and sodium in them, they actually make you thirstier!

FUN FACT...

Did you know the average American consumes about ninety-five 2-liters per year?



HEALTH CHALLENGE 3

Caffeine: PP 25

Another problem with soft drinks is caffeine. Have you ever heard your mom tell you no Coke at night time because the caffeine will keep you awake? Well, what is caffeine?

Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (the stuff used to make chocolate), and cola nuts (the plant that gives cola soda its flavor).

Today caffeine is found in many common foods and drinks such as coffee, tea, hot cocoa, soda, chocolate and some medicines.

What does caffeine do to your body? Caffeine isn't a nutrient, so no one needs a certain amount to be healthy.

- ☞ Caffeine acts like a stimulant which can make you feel more alert or awake. But because of this, it can cause your heart to pump faster and your breathing to quicken.
- ☞ You also may notice that caffeine makes you feel hyper and makes it harder to concentrate in school and hard to fall asleep at night.
- ☞ Caffeine can boost your energy temporarily, but a lot of caffeine can cause you to depend on it. People who drink caffeine every day become used to it. When they don't have it, they can develop headaches, stomach aches and feel sleepy or grumpy all day long.

PP 26

Let's compare caffeine amounts in some drinks and foods:

<u>Drink</u>	<u>Ounce</u>	<u>Mg Caffeine</u>
Rockstar/Monster	16	160
Starbucks Coffee	16	320
Iced Tea	16	110
Mountain Dew	12	55
Coca Cola	12	34
Hershey Dark Chocolate	1.55	30
Hershey Milk Chocolate	1.55	9
Sprite	12	0

In addition to the caffeine, there is lots of sugar in soft drinks.



HEALTH CHALLENGE 3

SUGAR PP 27

Mmm! Sugar! Makes foods taste sweet and our taste buds like that!



Did you know...

The average teenager consumes about 300 pounds of sugar per year leading to diabetes, kidney and blood problems, tooth decay and more.

Sugar can be made from two main sources: sugar cane or sugar beet. Although these are natural sources, the sugar we mainly eat has been refined or processed.

Processed or refined sugars offer no nutrition. These have been processed by chemicals and heat. This makes them cheaper and last longer on the store shelves. They actually skyrocket your blood sugar which gives you a quick boost of energy but then drops you fast, leaving you tired and sluggish.

The USDA reports that Americans ingest 20 teaspoons of sugar per day—twice the suggested limit. This is probably due to the corn syrup and high-fructose corn syrup found in most processed foods.

PP 28

Names for Sugar (Sweeteners)

There are lots of names for the sugar, or sweeteners they put into our foods and drinks to sweeten them. Watch for these when choosing your food:

- ☺ **Best Choice (Unrefined):** Honey, fruit juice, turbinado sugar, maple syrup, molasses, brown rice syrup

- ☹ **Worst Choice (Refined):** Sugar, brown sugar, fruit juice concentrate, dextrose, fructose, sucrose, glucose, corn syrup, high-fructose corn syrup, galactose, lactose, polydextrose, maltodextrin

Did you know...

A juice concentrate is the syrup produced after water, fiber, and nutrients are removed from the original fruit juice.



HEALTH CHALLENGE 3



Facilitator Experiment Count the Sugar

- ☞ Write names of the products below on cards or bring in the actual products. On separate cards, write the amount of sugar (teaspoons) for each product. Let the kids guess which sugar amount goes with which product.
- ☞ Bring a bowl, teaspoon, and bag of sugar to measure out the sugar in the products. After the kids guess, measure out the correct teaspoons of each product while they count out loud with you.

PP 29

Sugar Count

- 1 Teaspoon ½ cup 1% milk / 1 Tablespoon ketchup
- 3 Teaspoons 1 fruit roll up / 1 granola bar / 2 large marshmallows
- 4 Teaspoons 1 cup Fruit Loops or Frosted Flakes
- 5 Teaspoons ½ cup of Jell-O / 1 cupcake
- 7 Teaspoons 1 container sweetened yogurt / 1 cup ice cream
- 8 Teaspoons 2 oz Snickers Bar
- 9 Teaspoons 2 Pop Tarts / 20 oz Gatorade
- 10 Teaspoons 12 oz Coke
- 11 Teaspoons 12 oz Starbucks Frappuccino / 2 oz pack of Skittles
- 12 Teaspoons 16 oz Snapple
- 13 Teaspoons 12 oz Orange soda / 12 oz Sunny D
- 21 Teaspoons 16 oz (medium) McDonald's chocolate shake
- 25 Teaspoons 32 oz soda

Sports Drinks: Although they are advertised to quench your thirst and to drink in order to hydrate your body, they are not necessarily considered healthy. The main ingredients are water, high-fructose corn syrup, and salt.

The only time your body needs this kind of replenishing is after 45—60 minutes of vigorous exercise and much sweating. Otherwise, stick with pure water.



Did you know...

“Gatorade might be appropriate for elite athletes like Lance Armstrong. But it is marketed to everyone, providing unnecessary calories, sugar and salt to the average person.”

~Dr. David Katz



HEALTH CHALLENGE 3

PP 30, 31

Nutrition Facts	
Serving Size 1 pouch (25g) Servings Per Container 6	
Amount Per Serving	
Calories	90
Calories from Fat	10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 0g	
Vitamin C	25%
Not a significant source of vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

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Carbohydrate Choices: 1

INGREDIENTS: PEARS FROM CONCENTRATE, SUGAR, DRIED CORN SYRUP, CORN SYRUP, MODIFIED CORN STARCH, FRUCTOSE, PARTIALLY HYDROGENATED COTTONSEED OIL, GRAPE JUICE FROM CONCENTRATE, MALTODEXTRIN, CITRIC ACID, CARRAGEENAN, GLYCERIN, DISTILLED MONOGLYCERIDES, SODIUM CITRATE, MALIC ACID, POTASSIUM CITRATE, VITAMIN C (ASCORBIC ACID), NATURAL AND ARTIFICIAL FLAVOR, AGAR-AGAR, COLOR (RED 40, BLUE 1, YELLOWS 5&6 AND OTHER COLOR ADDED), XANTHAN GUM.

The following ingredients are in Betty Crocker's Sour Fruit Triple Berry Gushers. The names for sugar are in italics:

- ☞ *Pears from Concentrate*
- ☞ *Sugar*
- ☞ *Dried Corn Syrup*
- ☞ *Corn Syrup*
- ☞ *Modified Corn Starch*
- ☞ *Fructose*
- ☞ Partially Hydrogenated Cottonseed Oil
- ☞ *Grape Juice from Concentrate*
- ☞ *Maltodextrine*
- ☞ Citric Acid
- ☞ Carrageenan
- ☞ Glycerin
- ☞ Distilled Monoglycerides
- ☞ Sodium Citrate
- ☞ Malic Acid
- ☞ Potassium Citrate
- ☞ Vitamin C (Ascorbic Acid)
- ☞ Natural and Artificial Flavor
- ☞ Agar-Agar
- ☞ Color (Red 40, Blue 1, Yellows 5 & 6, & other)
- ☞ Xanthan Gum

PP 32

Artificial Sweeteners

So you say, “Well then, I’ll drink diet drinks and eat low-calorie foods.” Although “diet” drinks and foods have little or no calories, they can still be unhealthy.

Diet drinks have something called artificial sweeteners. Many of these are made from chemicals which can be unhealthy if consumed in large amounts. Use moderation with these.

A list of artificial sweeteners includes:

- ☞ Sweet and Low
- ☞ Nutrasweet
- ☞ Splenda
- ☞ Aspartame
- ☞ Saccharine
- ☞ Sucralose
- ☞ Sorbitol
- ☞ Xylitol
- ☞ Mannitol