



With the increased interest in vegetarian diets, you may want to review Appendix F. It contains basic information on vegetarianism and examples of foods that can be selected from each food group. You may also want to explore the MyPlate website's resources on this topic. Visit the U.S. Department of Agriculture's website, www.ChooseMyPlate.gov. Click on "Healthy Eating Tips." Then, click on "Tips for Vegetarians." There is a link to a list of helpful resources at the bottom of the page.



Bring to class slices of whole grain bread and refined grain bread as you talk about the advantages of making half of the daily grains consumed whole grains.



Conduct a blind taste test of 1%, 2%, fat free, and soymilk. Ask students which tastes best and which has more fat. Be sure to follow your district's policies related to food shared in the classroom.

Review MyPlate guidelines for physical activity.

*MyPlate recommends something else that helps us have energy and stay healthy. **Stand up if you think you know what it is.***

Call on a student to give the answer: physical activity.

For health benefits, young people should get 60 minutes of physical activity every day. Most of the 60 minutes should be either moderate- or vigorous-intensity aerobic physical activity. In addition, three days a week you should be sure to include:

- *vigorous-intensity physical activity.*
- *muscle-strengthening activities, like climbing.*
- *bone-strengthening activities, like jumping.*

It's okay to be active in short bursts of time, at least 10 minutes, rather than for long periods of time. These short bursts can add up to meet physical activity needs.

Ask students to identify types of physical activity.

Explain empty calories.

There is one more piece of information you need. It's about empty calories. "Empty calories" are calories from solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called empty calories.

The foods and beverages that provide the most empty calories for Americans are:

- Cakes, cookies, pastries, and donuts (contain both solid fat and added sugars)
- Sodas, energy drinks, sports drinks, and fruit drinks (contain added sugars)
- Cheese (contains solid fat)
- Pizza (contains solid fat)
- Ice cream (contains both solid fat and added sugars)
- Sausages, hot dogs, bacon, and ribs (contain solid fat)

In some foods, like most candies and sodas, all the calories are empty calories. A small amount of empty calories is okay, but most people eat *far more* than is healthy.