



### UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

### PURPOSE

Participants will be able to:

- Read Nutrition Facts labels to be aware of the volume of food, food energy (or calories) and nutrition in the foods they choose to eat.
- Use food labels to make informed and healthy food choices.

### SUPPLIES/EQUIPMENT NEEDED

one (1) 1.3 ounce Rice Krispie Treats

Or similar product which can be used to compare

one (1) 2.6 ounce Rice Krispie Treats

Variety of Foods with Nutrition Facts Labels

### SPOT THE BLOCK

- What is "The Block"? It's the **Nutrition Facts Label** on food packages! An award-winning outreach campaign that challenges tweens (ages 9 to 13) to use the Nutrition Facts Engaging content plus hands-on parent information *and* grassroots outreach.

[http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm281746.htm?utm\\_source=fdaSearch&utm\\_medium=website&utm\\_term=spot the block&utm\\_content=1](http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm281746.htm?utm_source=fdaSearch&utm_medium=website&utm_term=spot%20the%20block&utm_content=1)

- *Make Your Calories Count* is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. For simplicity, the program presents two nutrients that should be limited (saturated fat and sodium) and two nutrients that should be consumed in adequate amounts (fiber and calcium).

[http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm275438.htm?utm\\_source=fdaSearch&utm\\_medium=website&utm\\_term=Make your calories count&utm\\_content=1](http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm275438.htm?utm_source=fdaSearch&utm_medium=website&utm_term=Make%20your%20calories%20count&utm_content=1)



### TIME NEEDED

One on	15
One	minutes
Group	30-45
Setting	minutes

**Before you Start**

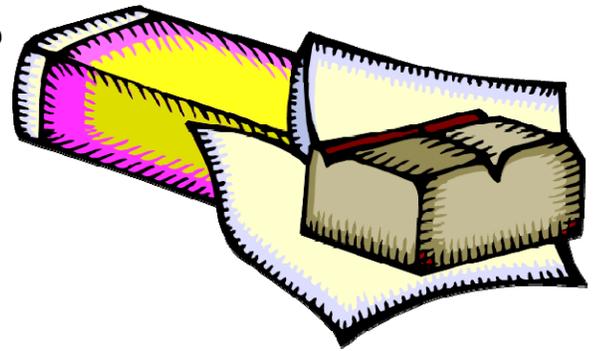
Review <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm> before leading this unit.

**GET FIT 4 LIFE STATION**

The "What's Up With The Label" Worksheet activity can be used for this station. Place an assortment of food items with Nutrition Facts Labels on the table. These can be empty containers or boxes or actual products from your pantry. Make copies of page 6 for all participants. Copy page 9, the Station Instruction Poster, and place on table (a laminated one is in the kit).

**ACTIVITY**

1. Hold up the food products in "two" different sizes. Ask the participants if the two items are the same size.
2. Introduce the participants to the food label and how to read it. (see page 3)
3. Have participants look at the label. Explain how to read and understand the content of a label. (see page 3)
4. Hand each participant or group a label worksheet (page 6), pencil, and the food item introduced at the beginning. Let them fill out the worksheet, supplying help only when necessary.
5. When they are through, talk them through the "Process/Evaluation" questions.

**Extra Information**

There are varying opinions on what should consist of a serving on single "serving" items. Some items, like the Rice Krispies Treats, use the philosophy that a person is going to eat one whole package, so therefore it is 1 serving.

Other packages will indicate that the package is more than one serving. However, the person eating the item needs to realize that nutritional information listed needs to be multiplied by the number of servings. Neither method equates the size to MyPlate food equivalents.

- 1.3 ounce Rice Krispies Treats = approximately 1-2 grain equivalent + 49 empty calories from the added sugar.
- 2.6 ounce Rice Krispies Treats = approximately 2-3 grain equivalent + 94 empty calories from the added sugar.

**ACTIVITY**—continued

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat		Less than	20g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

- Serving Size**  
This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.
- Amount of Calories**  
If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. *Tip: Remember that a product that's fat-free isn't necessarily calorie-free.*
- Limit these Nutrients**  
Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.
- Get Enough of these Nutrients**  
Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.
- Percent (%) Daily Value**  
This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.  
  
The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.
- Footnote with Daily Values (DVs)**  
The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.  
  
— The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

**RECREATION**

Stretch it Out!

**Equipment/Supplies:**

None required

**Instructions:**

Stretching is an important thing to do before active recreational activities are done. Stretching helps to keep muscles from cramping, prevents injury, decreases muscle stiffness, increases range of motion and flexibility and improves circulation. Stretching involves the whole body.

## RECREATION - Continued

*Guidelines to remember when stretching:*

- Do not bounce when stretching! This can tear muscles and cause other injuries.
- If you feel tension while you are stretching, this is good. If the tension turns to pain, this is bad! So don't push so hard that you begin to feel pain!
- Don't forget to breathe when stretching.
- Stretches need to be held for 30-60 seconds to really warm up the muscles. Do each stretch several times.
- Stretches should be done to warm-up before active exercise and to cool-down after active exercise.

*Refer to the handout in this lesson, "Stretch It Out" for exercises.*

1. Form a circle, spreading out so that fingertips touch the fingertips of the person on each side. Make sure have plenty of room.
2. The leader will demonstrate all stretches so everyone understands how to do them properly. As a group do each exercise 30-60 seconds. Count one one-thousand, two one-thousand, three one-thousand, etc for each stretch.
3. Continue with stretching by having participants choose one of the stretches to lead. If you have 11 or more people, divide into groups of no more than 10 and each group can practice stretching so everyone gets a chance to lead.

## RECREATION...EXTENDED

### Twister

If time allows, and you have access to a "Twister" game, play "Twister" with small groups of 4-6 people at a time. You can also create your own "Twister" game by painting or coloring red, blue, yellow and green dots on large sheets of butcher paper or a flat white sheet, taping down the paper to prevent slips or falls. Create a homemade spinner and let the fun begin, only after **STRETCHING!**

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## PROCESS/EVALUATION

Questions you might ask...

- How often is the package more than one serving? Name some packaged products that contain more than one serving?
- How often do you read the food labels on the items you choose to eat?
- What kinds of foods will you begin reading the label more closely?
- How could you control proportions eaten from packages containing multiple servings?

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## REFERENCES

U.S. Department of Health and Human Services - Food & Drug Administration, 2012, <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm275967.htm>

Choose MyPlate, United States Department of Agriculture, [www.choosemyplate.gov](http://www.choosemyplate.gov).

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension, 2011.

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# WHAT'S UP WITH THE LABEL

<b>Nutrition Facts</b>			
Serving Size _____			
Servings Per Container _____			
Amount Per Serving			
Calories _____ Calories from Fat _____			
		% Daily Value*	
Total Fat _____	_____	LOW <5%	HIGH >20%
Saturated Fat _____	_____	good	
Trans Fat _____	_____	good	
Cholesterol _____	_____	good	
Sodium _____	_____	good	
Total Carbohydrate _____	_____		
Dietary Fiber _____	_____		good
Sugar _____	_____		
Protein _____	_____		
Vitamin A _____	_____		good
Vitamin C _____	_____		good
Calcium _____	_____		good
Iron _____	_____		good
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs"			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Fill in the blanks to match the label on your container/package.
2. Put a check in the correct Low or HIGH column for each nutrient listed on the package.

Limit these Nutrients—Fat, Cholesterol and Sodium. You want check marks in the LOW column.

Get enough of these Nutrients—Fiber, Vitamin A, Vitamin C, Calcium, and Iron. You want to have check marks in the HIGH column.



# STRETCH IT OUT!



## Head circles

Make quarter-circles with your head. Start with your ear near your shoulder on one side, rotate your head around to the front, ending with your ear near the shoulder on the other side. Roll your head back to the other side. Keep your shoulders down. Repeat 10 times.

## Shoulder circles

Drop your arms at your side. Make circles with your right shoulder, raising your shoulder high enough to touch your ear. Make 10 circles. Repeat with left shoulder.

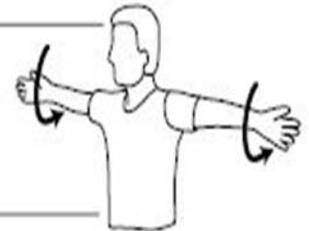


## Shoulder stretch

Bring your left arm across your body and hold it with your right arm, either above or below the elbow. Hold the stretch for 30 seconds. Switch arms and repeat.

## Arm circles

Stretch both arms straight out to the side, parallel to the floor, and rotate arms backward 10 times; then forward 10 times.



## Triceps, shoulder and waist stretch

Keep knees slightly flexed. Stand with arms overhead. Hold elbow with hand of opposite arm and pull elbow behind head gently as you slowly lean to the side until a mild stretch is felt. Hold 30 seconds. Repeat on the other side.

## Middle back stretch

Stand with hands on hips. Keep knees slightly flexed. Gently twist torso at waist until stretch is felt. Hold 30 seconds and repeat on other side.



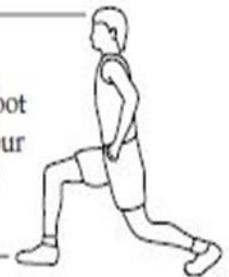


### Knee lifts

Stand up straight with feet hip-width apart. Lift your right knee as high as you can and hold for 10 seconds. Lower knee and alternate to left knee. Lift as high as you can and hold for 10 seconds. Repeat several times for both knees.

### Lunges

Stand with feet hip-width apart. Step out with the right leg while keeping the left foot in place. Bend your front knee while keeping your left leg as straight as you can. Your calf on your front leg should be perpendicular to the ground. Hold this position for 10 seconds, then return to standing. Alternate left and right legs several times.

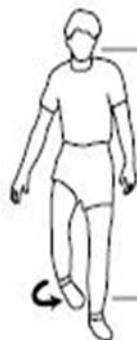


### Toe touches

Stand with feet shoulder-width apart. Raise arms straight above head. Bend at the waist and reach for your toes, touching toes if possible. Hold for 10 seconds (do not bounce!) and return to vertical. Repeat several times.

### Quadricep stretch

Stand erect. Hold on to the shoulder of the person to your right. Bend your left knee behind you so that you can grasp your foot, holding your heel against your buttock. Stand up straight and push your knee gently back as far as you can. Hold for 30 seconds. Switch sides and hold on to the shoulder of the person on your left. Bend your right knee behind you so that you can grasp your foot, holding your heel against your buttock. Stand up straight and push your knee gently back as far as you can.



### Ankle stretch

Stand erect. Hold on to the shoulder of the person to your right. Lift your right foot and rotate your foot and ankle eight to ten times clockwise, then eight to ten times counterclockwise. Switch sides and hold on to the shoulder of the person on your left. Repeat with left foot and ankle.



# WHATS UP WITH THE LABEL

- CHOOSE ONE OF THE FOOD ITEMS ON THE TABLE.

- REVIEW THE FOOD LABEL ON THE ITEM AND

COMPLETE THE "WHAT'S UP WITH THE LABEL" HANDOUT FOR THAT FOOD.

**Nutrition Facts**  
Serving Size 1/2 cup (114g)  
Servings Per Container 4

Amount Per Serving  
Calories 90      Calories from Fat 30

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- IS THIS FOOD A GOOD CHOICE FOR YOUR MYPLATE?

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