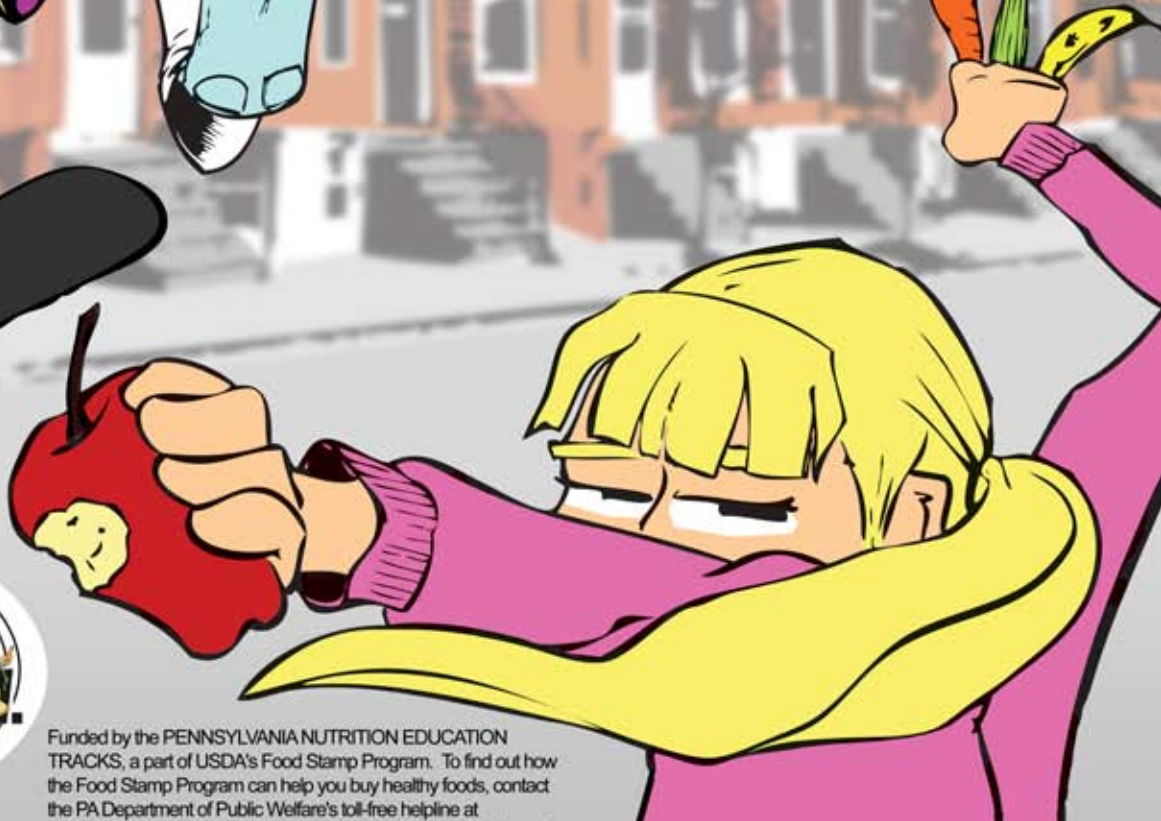


NTC

Teach. Entertain. Inspire.

FOOD FIT 'N FUN



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

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WELCOME TO

FOOD 'N FIT FUN


FIRST
PLACE

THE
WORKBOOK

FITNEZ
ROOLZ



A father and son get carried away while making soup from an old family recipe!
page 4



Crash McGee and Coach Burly prepare for the big game!

page 6



Larry Putnamiller tries his luck at the new game show, *Keep Moving*.

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WHAT YOU'LL LEARN:

1. EAT A WIDE VARIETY OF FOODS

2. EXERCISE CAN BE MANY THINGS

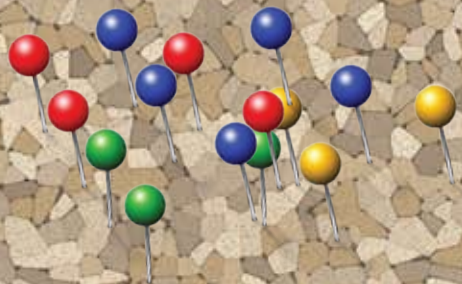
3. GET 60 MINUTES OF PHYSICAL ACTIVITY A DAY

4. EAT 5-9 SERVINGS OF FRUITS AND VEGETABLES A DAY



A friend of yours learns what can happen if you don't get enough fruits and vegetables.

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EAT A VARIETY OF FOODS



MyPyramid.gov
STEPS TO A HEALTHIER YOU



VARIETY
Variety is symbolized by the 6 color bands representing the food groups of the pyramid. This illustrates that foods from all groups are needed each day for good health!

MODERATION
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no fats or sugars. These should be selected more often. The narrow top stands for foods with more added sugars and solid fats. The more you move, the more of these you can eat.

PROPORTIONALITY
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check out MyPyramid.org for how much is right for you.

DO THIS!!

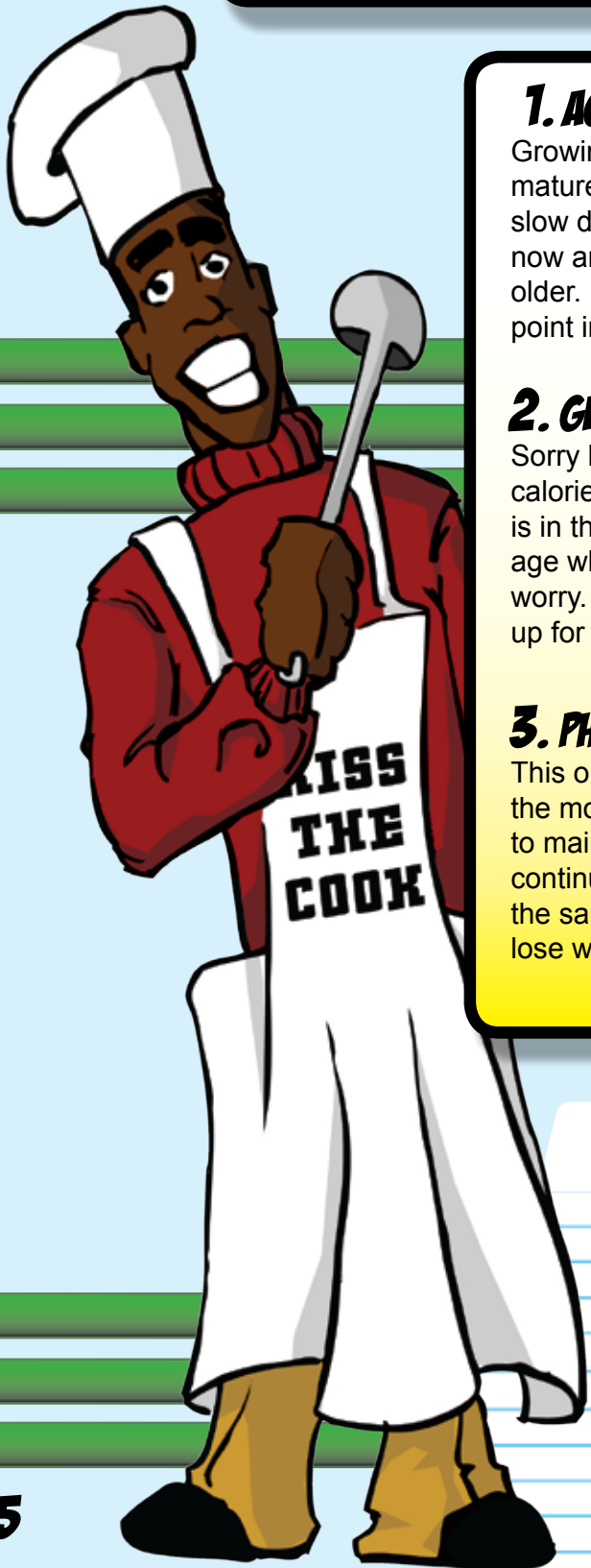
Look up the following foods. Determine the color of the stripe to which they belong:



Food:	Stripe:
Jicama	
Hummus	
Pomelo	
Jarlsberg	
Tripe	
Quinoa	
Couscous	
Marzipan	

**THE MYPYRAMID THAT IS BEST FOR YOU
DEPENDS ON**

3 THINGS:



1. AGE

Growing bodies use more energy than bodies that have matured. Right now your metabolism is very fast, but this will slow down as you age. You may be able to eat a ton of food now and not gain a pound, but that will change as you get older. That's why it's important to develop good habits at this point in your life.

2. GENDER

Sorry ladies, but the fact is that, on average, males burn more calories than females in the same age group. The difference is in the way our bodies are made up. Right now you're at the age when boys' and girls' body needs start to differ. But don't worry. You can eat different foods from the Pyramid to make up for these differences.

3. PHYSICAL ACTIVITY:

This one is rather obvious. The more you move your body, the more calories you burn, and the more you need to eat to maintain your current weight. If you stop exercising, but continue to eat the same amount, you will gain weight. But at the same time, if you continue exercising, but eat less, you will lose weight.

DO THIS!!

TIME TO CUSTOMIZE YOUR PYRAMID!

The pyramid that is right for you is different than the pyramid for your parents, your brothers and sisters, or perhaps even the person sitting next to you.

Go to www.mypyramid.gov and click on **MyPyramid Plan** to customize a pyramid for a healthier you!