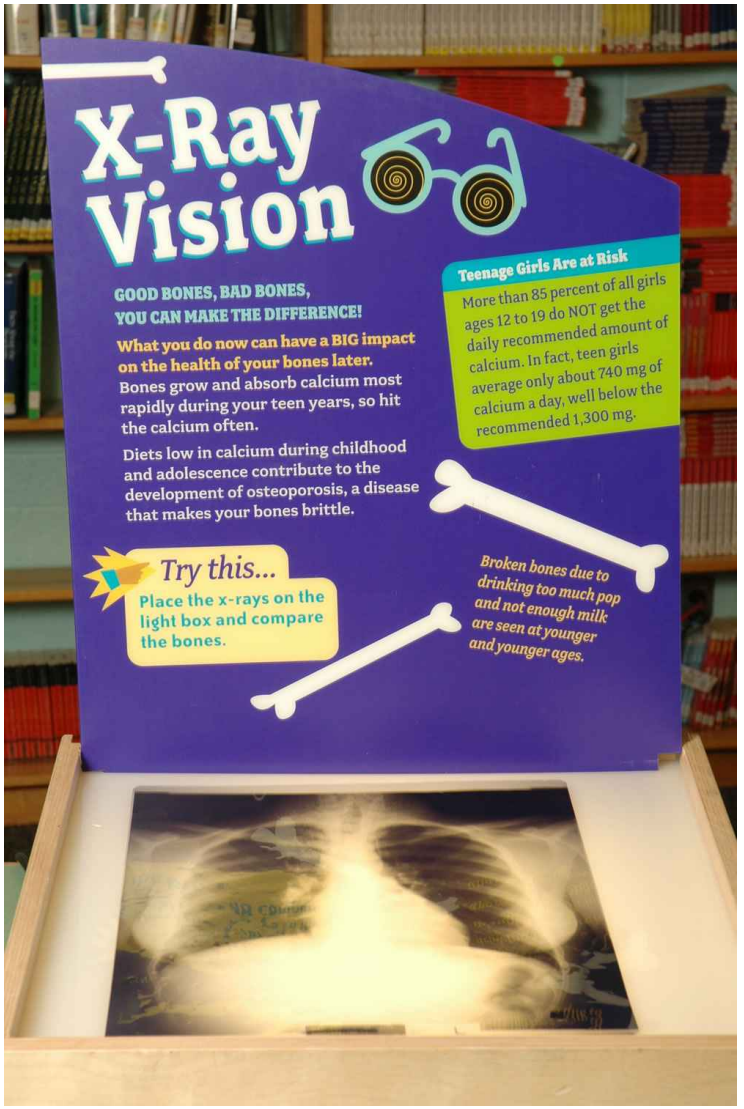
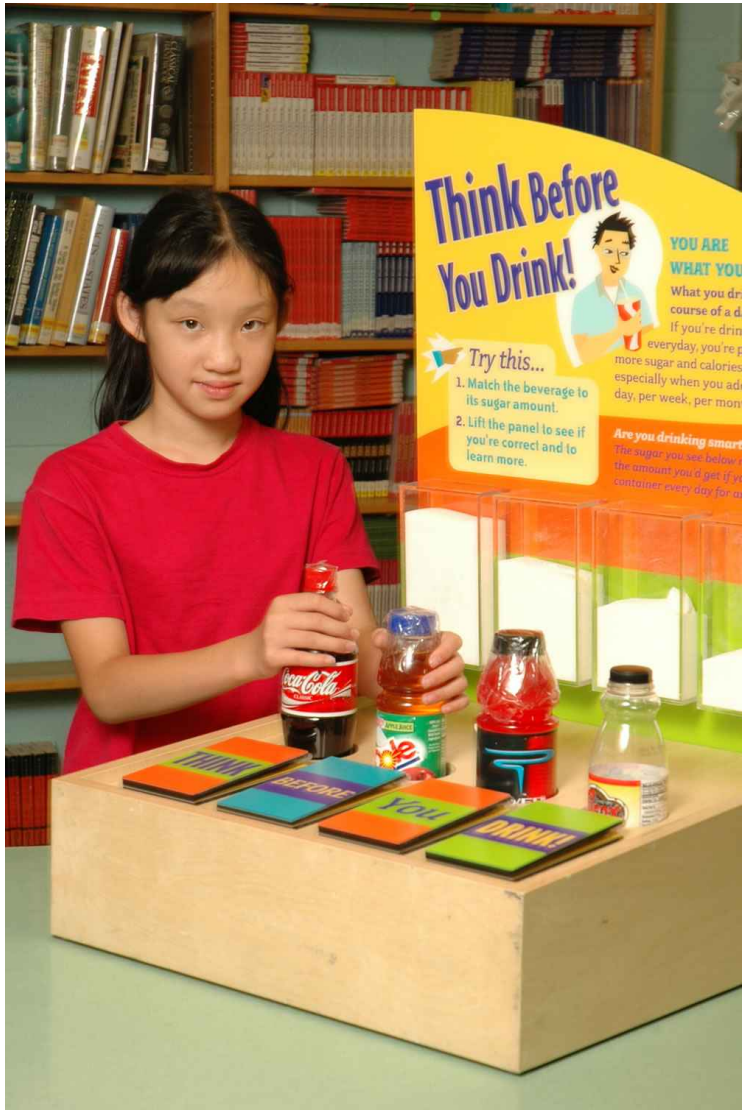
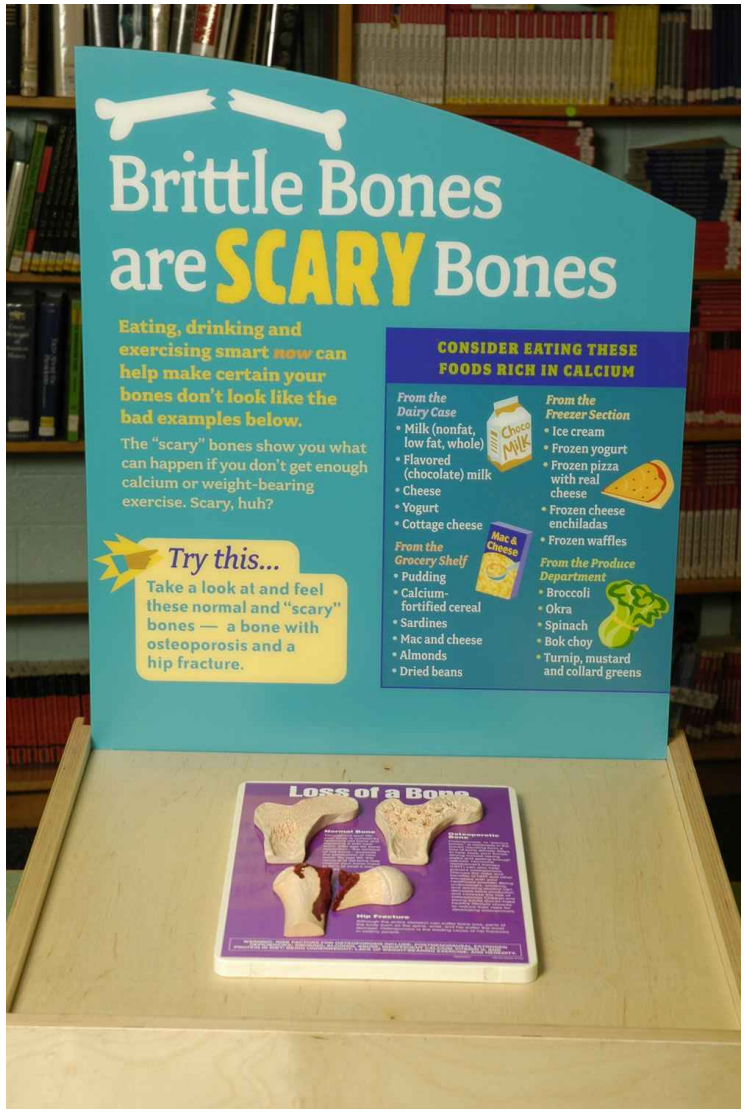
ORGANize This!
Food goes on an amazing journey through your body.
Try this...
Grab a puzzle piece, any piece, and start putting these insides in order to get a better grasp of the digestive process.
Mouth
The mouth, with its teeth, tongue and salivary glands, begins the breakdown of food.
Esophagus
The esophagus connects the mouth to the stomach.
Liver
The liver is the first place nutrients go. It processes the nutrients by filtering out any harmful substances or wastes.
Stomach
The stomach squeezes and churns the food, mixing it with digestive juices.
Gallbladder
The gallbladder is like a warehouse for bile, which helps the body absorb fat.
Pancreas
The pancreas is right behind the stomach and secretes a digestive juice into the small intestine.
Small Intestine
Food travels through your small intestine as a paste, with nutrients moving into the bloodstream.
Large Intestine
The large intestine is the end of the road for food — undigested food turns into a hard solid.
Rectum
The rectum is where solid waste collects before it leaves the body.

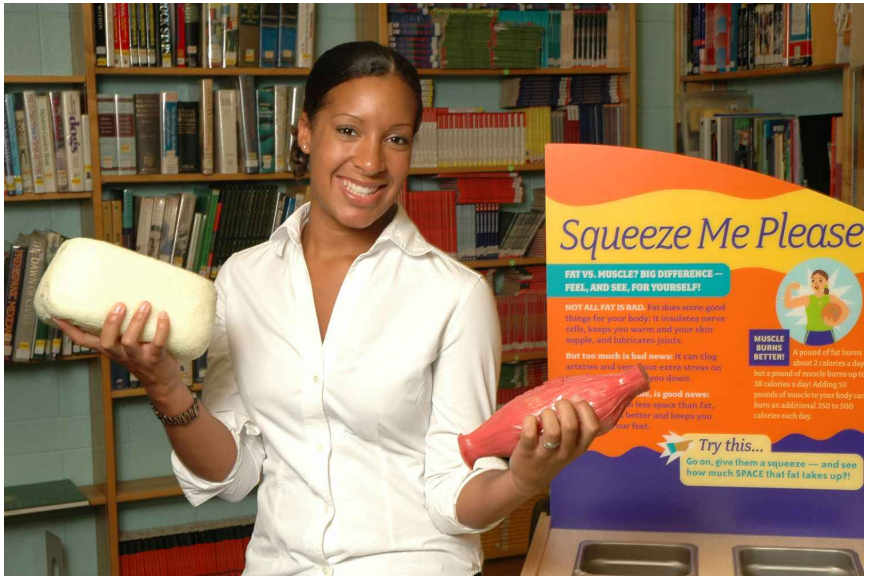

X-Ray Vision
GOOD BONES, BAD BONES, YOU CAN MAKE THE DIFFERENCE!
What you do now can have a BIG impact on the health of your bones later.
Bones grow and absorb calcium most rapidly during your teen years, so hit the calcium often.
Diets low in calcium during childhood and adolescence contribute to the development of osteoporosis, a disease that makes your bones brittle.
Teenage Girls Are at Risk
More than 85 percent of all girls ages 12 to 19 do NOT get the daily recommended amount of calcium. In fact, teen girls average only about 740 mg of calcium a day, well below the recommended 1,300 mg.
Try this...
Place the x-rays on the light box and compare the bones.
Broken bones due to drinking too much pop and not enough milk are seen at younger and younger ages.

Fun Foods — Test Your Wits!
IT'S GOOD FOR YOU, BUT WHY EXACTLY?
Eating smart just plain makes sense. You know a banana's good for you, but why? And fish, what's that such a good source of?
EAT SMART, GROW RIGHT
Adolescence is often about taking it to the max — especially when it comes to growth in terms of height and weight. And good nutrition is critical in supporting your rapid growth. So eat smart and grow right!
Try this ...
1. Match up foods with their descriptions. Start by flipping over two blocks. If they don't match, make a mental note and flip them back over.
2. Flip over two more and try again to make a match. Continue until all the pairs have been matched up.
How long did it take to get them right?
Did you learn more about foods good for you? If so, you've increased your food smarts.
Health Trek
Almonds
Broccoli
Orange Juice
Salmon
Banana
Banana
A common tasty fruit that's a good source of potassium.


Think Before You Drink!
YOU ARE WHAT YOU
Try this...
1. Match the beverage to its sugar amount.
2. Lift the panel to see if you're correct and to learn more.
THINK
BEFORE
YOU
DRINK

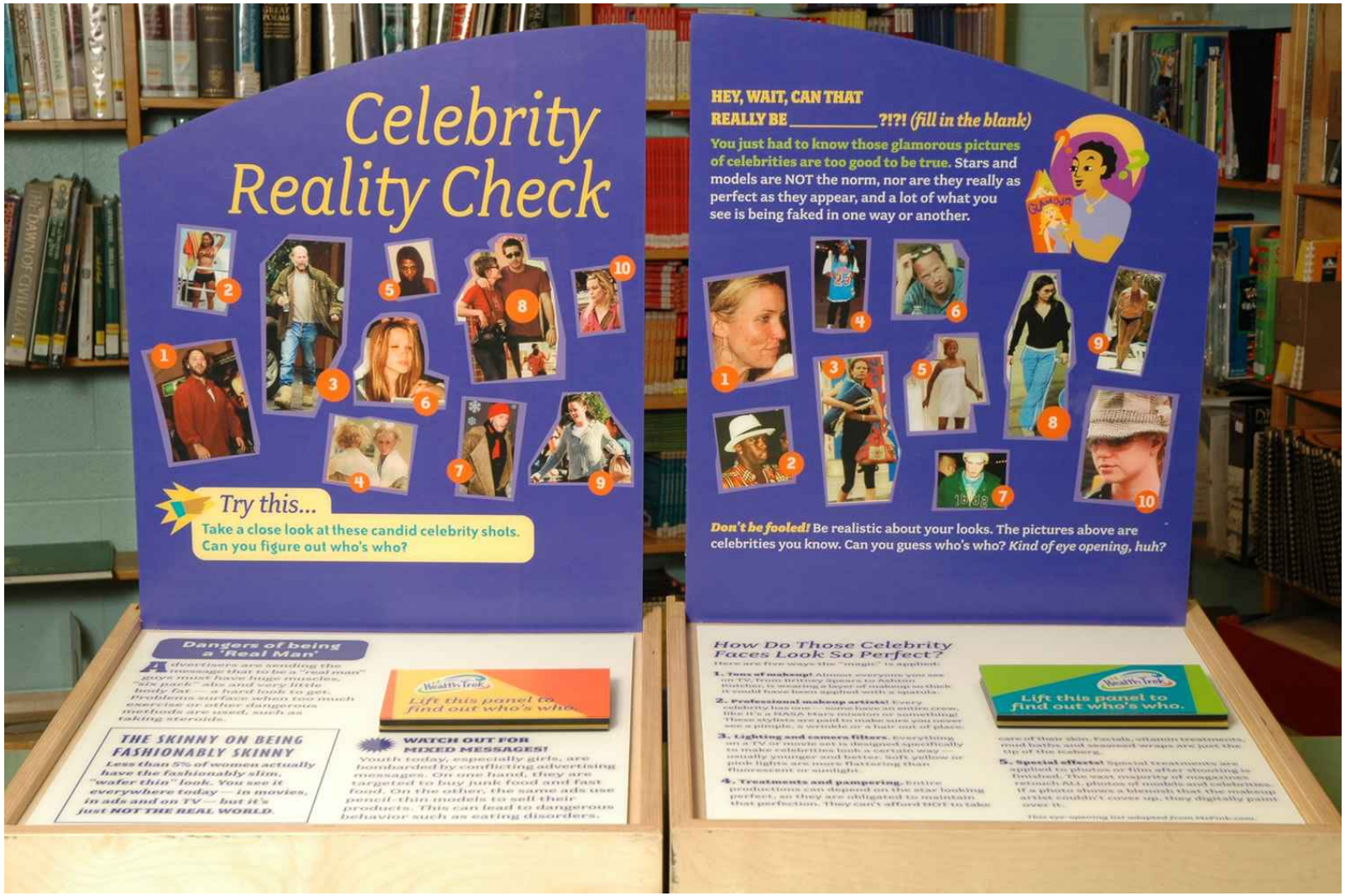

Brittle Bones are SCARY Bones
Eating, drinking and exercising smart now can help make certain your bones don't look like the bad examples below.
The "scary" bones show you what can happen if you don't get enough calcium or weight-bearing exercise. Scary, huh?
Try this...
Take a look at and feel these normal and "scary" bones — a bone with osteoporosis and a hip fracture.
CONSIDER EATING THESE FOODS RICH IN CALCIUM
From the Dairy Case
• Milk (nonfat, low fat, whole)
• Flavored (chocolate) milk
• Cheese
• Yogurt
• Cottage cheese
From the Grocery Shelf
• Pudding
• Calcium-fortified cereal
• Sardines
• Mac and cheese
• Almonds
• Dried beans
From the Freezer Section
• Ice cream
• Frozen yogurt
• Frozen pizza with real cheese
• Frozen cheese enchiladas
• Frozen waffles
From the Produce Department
• Broccoli
• Okra
• Spinach
• Bok choy
• Turnip, mustard and collard greens
Choco Milk
Mac & Cheese
Loss of a Bone

Fast Food for thought
To Jumbo or Not to Jumbo
A large 32-oz. Coke has about 310 calories.
Super size fries? Try 610 calories, with 29 whopping grams of fat!
Try this...
Flip up the panels to see what a HEALTHY and UNHEALTHY meal choice from each restaurant delivers.
KIDS MEAL
SUBWAY
TACO BELL
SUBWAY


Squeeze Me Please
FAT VS. MUSCLE? BIG DIFFERENCE — FEEL, AND SEE, FOR YOURSELF!
NOT ALL FAT IS BAD. Fat does some good things for your body: it insulates nerve cells, keeps you warm and your skin supple, and lubricates joints.
But too much is bad news: it can clog arteries and ver out extra stress on your down.
e, is good news: less space than fat, better and keeps you our feet.
MUSCLE BURNS BETTER!
A pound of fat burns about 2 calories a day, but a pound of muscle burns up to 38 calories a day! Adding 10 pounds of muscle to your body can burn an additional 350 to 500 calories each day.
Try this...
Go on, give them a squeeze — and see how much SPACE that fat takes up?!

BASIC
SELECT

Your BMI — that's Body Mass Index — is a number that shows how your weight compares to your height. In other words, are you currently at a healthy weight for how tall you are?
Where do you stack up?
BMI less than 5th percentile — UNDERWEIGHT
BMI greater than 85th percentile — AT RISK OF BEING OVERWEIGHT
BMI greater than 95th percentile — OVERWEIGHT
BMI between 5th and 85th percentile — HEALTHY WEIGHT
Body Mass Index Percentile Charts
GIRLS Age 11 -20
BOYS Age 11 -20
Test the Shape You're In
Try this...
Read the directions then use the Body Fat Analyzer to get the results of your body fat percentage and body mass index.
What Does My Score Mean?
BODY FAT PERCENTAGE
Women (% fat)
Men (% fat)
Essential Fat 10-12% 2-4%
Athletes 14-20% 6-13%
Fitness 21- 14-17%
Acceptable 18-25%
Overweight 26% plus
Body fat percentage is just that: your percentage of body fat relative to your size and weight.
WHERE DO YOU STACK UP?
BMI below 18.5 — Low Weight
BMI between 18.5 – 24.9 — Normal
BMI between 25 – 29.9 — At Risk for Overweight
BMI 30 and above — Overweight


Celebrity Reality Check
Try this...
Take a close look at these candid celebrity shots. Can you figure out who's who?
Dangers of being a "Real Man"
THE SKINNY ON BEING FASHIONABLY SKINNY
Less than 5% of women actually have the fashionably slim, "wafer thin" look. You see it everywhere today — in movies, in ads and on TV — but it's just NOT THE REAL WORLD.
Health Trek
Lift this panel to find out who's who.
WATCH OUT FOR MIXED MESSAGES!
HEY, WAIT, CAN THAT REALLY BE _____?!?! (fill in the blank)
You just had to know those glamorous pictures of celebrities are too good to be true. Stars and models are NOT the norm, nor are they really as perfect as they appear, and a lot of what you see is being faked in one way or another.
Don't be fooled! Be realistic about your looks. The pictures above are celebrities you know. Can you guess who's who? Kind of eye opening, huh?
How Do Those Celebrity Faces Look So Perfect?
Health Trek
Lift this panel to find out who's who.