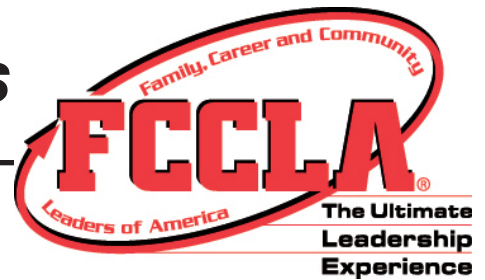


# Teaching with *Teen Times*

January/February 2009



*Teen Times* is a valuable tool for use in Family and Consumer Sciences classes. The articles in this month's issue can be used in class in many ways, including:

■ After reading "National FCCLA Week" on page 2, brainstorm with members ways you can let your community know how awesome your chapter is. Select one or two of the ideas to implement and get a committee established to do so.

■ Learn how award-winning chapters have approached teaching their peers about being fit by visiting Teen Times Online at [www.fcclainc.org/content/teen-times/](http://www.fcclainc.org/content/teen-times/) to read about Student Body national winners. Discuss ways your chapter could use these ideas.

■ After reading "Cooking Up Success in an Easy Bake Oven," on page 12, brainstorm with members all the careers they can think of that are based in Family and Consumer Sciences. Ask students to select the one they are most interested in and research the education needed, typical salaries, and typical responsibilities for that career. Have each student give a short oral report to the rest of the class on what they discover, or create a small poster to display in the classroom with the information.

■ Read "A Rainbow of Nutrition" on page 6, then divide students into small groups to research more about the health benefits of different colored vegetables. Have

each group create a bulletin board promoting their color group of veggies.

■ Discuss the "Eat Right Project Ideas" on page 7. Are any of these ideas suitable for your school? If so, create a committee to get started on implementing one.

■ Ask students to write their own responses to the Teen Times Asks question on page 8, "What is a fun way to stay fit?" Use their responses to create posters and announcements for the student body.

■ Read "Vegan Cupcakes: A Sweet FCCLA Fundraiser" on page 14, then brainstorm other ways your chapter could raise money while supporting your chapter's goals.

■ Use the "Win with Wellness" Quick Quiz on page 20 as the starting point for students to assess their own level of wellness. Once they've completed the quiz, have each student develop a plan for improving or maintaining their fitness.

■ Assign the "Teen Times Crossword Puzzle" on the back of this page to encourage students to read all the articles in this issue. Answers can be found on the FCCLA website.

## Resources

Check out these websites for more information on being fit and making healthy choices:

### **Physical Activity for a Healthy Weight**

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

[www.cdc.gov/nccdphp/dnpa/healthy-weight/physical\\_activity/index.htm](http://www.cdc.gov/nccdphp/dnpa/healthy-weight/physical_activity/index.htm)

### **Powerful Bones. Powerful Girls.™**

This girl-friendly website helps girls understand how weight-bearing physical activity and calcium can be a fun and important part of everyday life.

[www.girlshealth.gov/bones/](http://www.girlshealth.gov/bones/)

### **BAM! Body and Mind**

Designed for kids 9–13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

[www.bam.gov/](http://www.bam.gov/)

### **Teens Health: Food & Fitness**

Get the lowdown on healthy eats, dieting, strength training, eating disorders, steroids, and more.

[http://kidshealth.org/teen/food\\_fitness/](http://kidshealth.org/teen/food_fitness/)

### **Fun Fitness**

This site focuses on teaching about the right way to exercise.

[www.youngwomenshealth.org/fitness/index.html](http://www.youngwomenshealth.org/fitness/index.html)

# Teen Times Crossword Puzzle

January/February 2009

Find the answers to the following clues in the January/February 2009 issue of *Teen Times*.

## Across

4. This is what gives fruits and veggies their bright colors and they have lots of health benefits.
5. The best fitness activities are ones you actually \_\_\_\_ doing.
7. To promote the importance of breakfast, Mark Twain FCCLA, Mo., hosted a "If You Give a Pig a \_\_\_\_" day.
9. The Race to Recycle is sponsored by this company.
11. This former Senior Style Editor for Martha Stewart Living is a prime example of how far FACS classes can take you.
14. This U.S. Department came up with the "9 a day" recommendation for eating fruits and vegetables.

## Down

1. The theme for FCCLA Week is \_\_\_\_ in Motion.
2. The latest trend for guys in the Pacific State region.
3. According to [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org), the number one wish of girls 11-17 years old is to lose \_\_\_\_.
6. Fruits and veggies of this color have lots of beta-carotene.
8. This yoga pose involves inhaling as you raise the chest off the mat while keeping the head in line with the spine.
10. This organization recently found that more than 22% of Americans did not engage in any physical activity in the past month.
12. One tip for being more fit is to limit \_\_\_\_ time.
13. In just two decades, the prevalence of overweight teens increased by this much.

