

Healthy Changes

★ What advice would you give to these kids?

1 Jessie hates to get up in the morning! She would rather sleep in than eat breakfast. But by the time she gets to school, she feels hungry and tired. She often falls asleep in class. She eats mostly from the school cafeteria, but usually chooses foods like chips, juice and french fries. After school, she often snacks on soda, cookies and candy. Her mom always comes home and cooks a healthy dinner.

2 Tony is an athlete who has practice almost every day after school. He needs to eat a lot and he does! He eats cereal in the morning, lunch in the cafeteria, and a fast food meal every day before practice. His mom makes big dinners like fried chicken and mashed potatoes. Although he's really active, Tony is worried he weighs too much. He's also concerned about having enough energy.

3 Jill doesn't eat regular meals. If she's up in time, she eats breakfast but often skips lunch because she doesn't like the food in the cafeteria. She drinks a lot of diet soda but eats mostly fruit, cheese, vegetables and bread. She has a hard time resting at night and often eats around 11 p.m. Her family doesn't eat dinner together every night.

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- » What problem does each person have?
 - » What would you suggest these kids do to live healthier lives?
 - » What other information would you like to know?
 - » What will be the hardest changes for them to make?
 - » Can you think of a SMART goal each one could try to achieve?
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