

# Advisor Agenda – All Grades

Thursday, January 7<sup>th</sup>

1. Read Daily Bulletin
2. Special Announcement - Talent Show this Saturday Night  
The Crescent Valley Talent Show is coming up this Saturday January 9th in the CV auditorium from 7pm to 9pm. This is the annual fundraiser for the sophomore class. Colby Eason and Colton Kelsey will be announcing and many other CV students are taking part in the talent portion of the show. The show will include bands, dancers and comedy. Please come out and support your fellow CV students this Saturday night. Tickets are \$6 in the senior hall during lunch and \$7 at the door. Hope to see you there.
3. Activity – Healthy Habits for Teens  
Attached please find a three page document.
  - Page one is for you to read to your Advisees to introduce the topic
  - Page two is for you to...
    - Print and cut into segments
    - Have your advisees get into five groups
    - Give each “Healthy Tip” segment to a group in your room. Have each group read the “Healthy Tips” and prepare a summary for the rest of your Advisees. Also have them think of a way to implement their “Healthy Tip” today. For example, the group that gets ***Don't skip meals - plan meals and snacks ahead of time*** can make a commitment to get a healthy snack after Advisor.

*For Advisor to Read*

## **The special nutritional needs of teenagers**

This is growth spurt time: kids gain about 20% of adult height and 50% of adult weight during adolescence. Because growth and change is so rapid during this period, the requirements for all nutrients increase. This is especially true of calcium and iron.

### **Special nutritional needs for teens**

**Calories** Due to all the growth and activity of this time, adolescent boys need 2500-2800 per day, while girls need around 2200 per day. It's best to get these calories from lean protein, low-fat dairy, whole grains, and fruits and veggies.

**Protein** In order for the body to grow and maintain muscle, teens need 45-60 grams per day. Most teenagers easily meet this need from eating meat, fish, and dairy, but vegetarians may need to increase their protein intake from non-animal sources like soy foods, beans and nuts.

**Calcium** During puberty, your body will naturally “grab” all the calcium it can, to ensure strong bones in the future. Unfortunately, many teens do not get sufficient amounts of calcium, leading to weak bones and osteoporosis later in life. Teens should cut back on soda consumption and other overly sugary foods, which leech calcium from bones, and to get the 1200 mg of calcium needed per day from dairy, calcium-fortified juice and cereal, and other calcium rich foods such as sesame seeds and leafy greens like spinach.

## Special nutritional needs for teens

**Iron** Iron is needed to help new muscle mass gained in adolescence to obtain energy. Iron deficiency can lead to anemia, fatigue, and weakness. Boys need 12 mg each day, and teen girls need 15 mg. Iron-rich foods include red meat, chicken, beans, nuts, enriched whole grains, and leafy green veggies like spinach or kale.

### Tips for Healthy Eating

***Don't skip meals - plan meals and snacks ahead of time.***

- Believe it or not, eating 3 meals with snacks in between is the best way to maintain your energy and a healthy weight. You are more likely to choose foods that are not as healthy when you skip meals and are over-hungry.
- Eat breakfast. 20% of teens skip breakfast, which makes them more likely to over-eat later in the day.
- Eating away from home? Don't leave yourself stranded—take foods with you or know where you can go to buy something healthy and satisfying.

### Tips for Healthy Eating

***Learn about simple, healthy ways to prepare foods.***

- Try healthier ways to cook foods such as grilling, stir-frying, microwaving, baking, and boiling instead of deep frying.
- Try fresh or dried herbs (basil, oregano, parsley) and spices (lemon pepper, chili powder, garlic powder) to flavor your food instead of adding less healthy toppings such as butter, margarine, or gravy.
- Trim the skin and fat off of your meat—you'll still get plenty of flavor and it's more nutritious.

### Tips for Healthy Eating

***Sugar - avoid getting too much.***

- Sugary drinks are a big source of empty energy. This means that they contain a lot of energy (in the form of calories) that your body may not need, and they don't have vitamins, minerals, protein, or even fiber. Try diet sodas, sugar-free drink mixes, water, and flavored waters instead of regular drinks or juice. Even "natural" unsweetened juices contain a lot of energy you may not need. Don't go overboard—if you are going to drink regular soda or juice, try to limit the amount you drink to 4-8 ounces, one time per day.
- Lots of sugar is also found in desserts such as cakes, cookies, and candies. It's okay to enjoy these foods once in a while as long as they don't replace healthier foods.

## **Tips for Healthy Eating**

### ***Be mindful when eating***

- Slow down when you eat. Try to relax and pace yourself so that your meals last at least 20 minutes, since it takes 20 minutes for you to feel full.
- Listen to your body. Eating when you are hungry and stopping when you are full will help your body balance its energy needs and stay comfortable. Ask yourself: Am I eating because I'm hungry, or because I'm stressed or bored?
- Try fiber rich foods, such as whole grains, vegetables, and fruits so you feel comfortably full.

## **Tips for Healthy Eating**

### ***Avoid "diet thinking."***

- There are no good foods or bad foods. All foods can be part of healthy eating, when eaten in moderation.
- You do not need to buy low carb, fat-free, or diet foods. These foods are not necessarily lower in calories—they usually have lots of other added ingredients to replace the carbs or fat.
- YOU are more important than your weight or body size—believe it! Your health and happiness can be hurt by drastic weight loss plans. If you have not yet reached your adult height, too much weight loss could interfere with your growth, even if you are overweight. For younger teens who are overweight but still growing, it may be important to keep your weight steady as you continue to grow, instead of focusing on weight loss.