FOR TEENS WHO CARE ABOUT HEALTH

Be a Choose Health Action Teen!

What Does a Choose Health Action Teen Do?

- Attend fun training sessions with other teens where you’ll learn how to help younger kids have fun while they learn about health, nutrition, and fitness!
- Teach about healthy eating and active play in after-school or other programs with an adult partner
- Lead active games with kids
- Make and eat healthy snacks with kids
- Help kids think about what they eat (sugar in drinks, fat in fast foods, and more!)
- Have fun and learn leadership skills!

Do You Like To …

- Play with younger kids?
- Lead games and activities?
- Make and eat healthy snacks?
- Help others learn?
- Practice leadership skills?
- Make a difference?

Are You …

- 14-19 years old?
- Looking for ways to build your skills and your resume?
- Available after school?

Be a Choose Health Action Teen!

The Details

Attach label here
with local contact information, program/training dates, etc.

Cornell Cooperative Extension is an equal opportunity provider and employer.
Choose Health Action Teens

Please help us recruit teens to teach nutrition, health, and fitness to younger children in out-of-school settings!

Teens can influence elementary students in ways adults can’t – and your students will apply knowledge and skills they learned in your classroom!

What Choose Health Action Teens Do

- Attend 10-40 hours training to learn how to help younger kids have fun while they learn about health, nutrition, and fitness!
- Co-teach a new Cornell curriculum focused on key behaviors that research shows prevent childhood obesity (in out-of-school programs with an adult partner)
- Lead active games with kids
- Make (and eat) healthy snacks with kids
- Help kids think about what they eat (sugar in drinks, fat in fast foods, and more!)
- Have fun and learn leadership skills!
- Encourage the availability of healthier choices for children in out-of-school time!

Meets Learning Standards including:

- Know components of personal wellness…establish fitness/wellness goals…
- Apply knowledge of food choices to plan a balanced diet …
- Make physical activity an important part of life …
- Demonstrate competence in leading and participating in group activities.
- Recognize influences that affect health choices and behaviors.
- Demonstrate necessary knowledge and skills to promote healthy development into adulthood.
- And more!

For More Information:

Attach label with local contact information here.

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Meets Learning Standards

- Career Development and Occupational Studies: integrated learning, universal foundation skills
- Health, Physical Education, Family and Consumer Science: personal health and fitness, resource management
- Mathematics, Science, and Technology: interdisciplinary problem solving
- Social Studies: civics, citizenship, and government

For More Information:

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Choose Health:
Food, Fun, and Fitness

Healthy Eating and Active Living
for 8-12 Year-Olds

Six Hands-On, Interactive Lessons with Food and Games:
1. Drink Low Fat Milk and Water instead of Sweetened Drinks
2. Eat a Rainbow! Eat More Vegetables and Fruits
3. Read it Before You Eat It! The Nutrition Facts Label
4. Make Half Your Grains Whole! Eat More Whole Grains
5. Healthier Foods – Fast: Eat Fewer High-Fat, High Sugar Foods
6. Power Up Your Day: Eat Breakfast

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