

# Handouts

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The following packet includes the homework handouts that are included as part of the lessons in the curriculum, as well as handouts for the supplemental activities.

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## Track Your Snack

### Instructions

Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here: <https://www.supertracker.usda.gov/foodapedia.aspx>

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

- What is your favorite snack? \_\_\_\_\_
- How many food groups are in it? \_\_\_\_\_ food groups
- What are the food groups? \_\_\_\_\_
- How many total calories does it have? \_\_\_\_\_ total calories
- How much saturated fat does it have? \_\_\_\_\_ calories from saturated fat
- How much added sugars does it have? \_\_\_\_\_ calories from added sugars
- How much sodium does it have? \_\_\_\_\_ mg
- Based on this information, will you be choosing this snack: (check one)
  - More often
  - Less often
  - The same

Why? \_\_\_\_\_

2. What is another snack you like to eat? \_\_\_\_\_

3. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice?

If yes, why? \_\_\_\_\_

4. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".

- Which option contributes to the Fruit food group?

\_\_\_\_\_

- Which option has more added sugars?

\_\_\_\_\_

- Which option is the better choice? Why?

\_\_\_\_\_

\_\_\_\_\_

5. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.

- What snack did you find? \_\_\_\_\_

- Choose an amount you typically eat. What amount did you choose? \_\_\_\_\_

- What food group(s) does it contribute to? \_\_\_\_\_

- How many total calories does it have? \_\_\_\_\_ total calories

- How much saturated fat does it have? \_\_\_\_\_ calories from saturated fat

- How much added sugars does it have? \_\_\_\_\_ calories from added sugars

- How much sodium does it have per portion? \_\_\_\_\_ mg

6. Think of two snacks that you typically eat. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the amount of added sugars, (4) the amount of saturated fat, and (5) the amount of sodium.

7. Why is healthy snacking important?

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8. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

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## What's Your Plan?

### Instructions

Personalize a SuperTracker profile and review your personalized plan (My Plan).

You can create a profile here: <https://www.supertracker.usda.gov/CreateProfile.aspx>

You can access your plan here: <https://www.supertracker.usda.gov/myplan.aspx>

1. According to your plan, how many calories should you eat in a day? \_\_\_\_\_ calories

2. Are you surprised by your daily calorie allowance? Check one:

- I thought it would be higher
- I thought it would be lower
- I got the calorie allowance I expected

3. What are the five food groups?

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4. List three foods that are in the Grains group and the amount of each that counts as 1 ounce of Grains.

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5. Take a look at your daily food group targets.

- How many ounces of Grains do you need in a day? \_\_\_\_\_ ounces
- How many cups of Vegetables do you need in a day? \_\_\_\_\_ cups
- How many cups of Fruits do you need in a day? \_\_\_\_\_ cups
- How many cups of Dairy do you need in a day? \_\_\_\_\_ cups

- How many ounces of Protein Foods do you need in a day? \_\_\_\_\_ ounces

6. Do you think you meet your daily food group targets on a typical day? Check one:

Yes

No

If you answered no, which food group(s) could you improve on?

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7. According to your plan, how much seafood should you eat per week? \_\_\_\_\_

8. Why is it important to eat from each food group every day?

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9. Are there any changes you would like to make to your diet based on your plan? If yes, what are they?

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Name:

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## Three-Day Food Record

### Instructions

Track your foods and beverages for three days in a row using SuperTracker's Food Tracker feature. Run a Food Groups & Calories Report for those three days, and use your report to answer the questions below.

- You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>
- You can access the Food Groups & Calories Report here:  
<https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx>

1. Which food groups did you eat the right amount of (Status = OK)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

2. Which food groups did you not eat enough of (Status = Under)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

3. Choose one of the food groups that you did not eat enough of (Status = Under), and list three foods in that group that you like to eat and one food that have you never tried.

- I did not eat enough of the \_\_\_\_\_ food group

- Three foods I enjoy from this food group are:
- 

- A food I have never tried before from this food group is:
- 

4. Which food groups did you eat too much of (Status = Over)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

5. What was your average calorie intake for the three days? \_\_\_\_\_ calories

6. What was your average daily intake of added sugars intake for the three days? \_\_\_\_\_ calories

7. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of added sugars? Click the plus sign icon next to “Added Sugars” to find the food sources you ate.

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8. What was your average daily saturated fat intake for the three days? \_\_\_\_\_ calories

9. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of saturated fat? Click the plus sign icon next to "Saturated Fat" to find the food sources you ate.

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10. Are there any changes you would like to make to your diet based on the results of your Food Groups and Calories Report? If yes, what are they?

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Name:

Date:

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## Balance Your Calories

### Instructions

Discuss each question with your group and fill in your answers together.

1. What does it mean to balance your calories?

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2. In general, if the calories that you eat and drink are equal to the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

3. In general, if the calories that you eat and drink are less than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

4. If the calories that you eat and drink are more than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

5. How do you know if your calories in and calories out are out of balance?

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6. Why do different people need to eat a different number of calories?

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7. List three ways your body uses energy.

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8. Which physical activity do you think requires more energy?

Walking for 10 minutes

Running for 10 minutes

Why do you think this activity requires more energy?

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9. As a group, pick a physical activity our class could do together. You'll be assigned an upcoming class day to lead our class in the activity you've chosen for a few minutes at the start of class.

Our group's activity will be: \_\_\_\_\_

Name:

Date:

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## Get Active

### Instructions

Use SuperTracker's Physical Activity Tracker to add all of your physical activity for today. Answer the questions below based on your experience using Physical Activity Tracker. You can access it here:

<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

1. Why is being physically active important?

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2. How many minutes of aerobic physical activity should you do in a day? At least \_\_\_\_\_ minutes

3. How many days a week should you do muscle-strengthening activities? At least \_\_\_\_\_ days a week

4. How many days a week should you do bone-strengthening activities? At least \_\_\_\_\_ days a week

5. List 3 muscle-strengthening activities.

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6. List 3 bone-strengthening activities.

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7. Did you meet your physical activity target today?

Yes

No

8. Did you do any vigorous intensity activities today?

Yes

No

9. Did you do any muscle- or bone-strengthening activities today? What were they?

Muscle-strengthening: \_\_\_\_\_

Bone-strengthening: \_\_\_\_\_

10. What's the biggest barrier you face to being more physically active? What are some ways to overcome that challenge?

Biggest Barrier:

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Ways to Overcome Barrier:

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11. Are there any changes you would like to make to your physical activity habits based on what you learned in this lesson? If yes, what are they?

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Name:

Date:

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## Build Healthy Meals

### Instructions

Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance.

You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>

1. What did you plan for breakfast in your menu?

- 
2. How many total calories are in the daily menu you created? \_\_\_\_\_ Calories

3. How much of each food group does your menu include?

Grains \_\_\_\_\_ ounces

Vegetables \_\_\_\_\_ cups

Fruits \_\_\_\_\_ cups

Dairy \_\_\_\_\_ cups

Protein Foods \_\_\_\_\_ ounces

4. How many grams of saturated fat are in the daily menu you created? \_\_\_\_\_ grams

5. Did you go over your saturated fat limit? If yes, what changes could you make to lower the saturated fat in your menu?

Yes \_\_\_\_\_

No

6. How many grams of added sugars are in the daily menu you created? \_\_\_\_\_ grams

7. Did you go over your added sugars limit? If yes, what changes could you make to lower the added sugars in your menu?

Yes \_\_\_\_\_

No

8. How much sodium is in the daily menu you create? \_\_\_\_\_ milligrams

9. Did you go over your sodium limit? If yes, what changes could you make to lower the sodium in your menu?

Yes

No

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10. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Check one:

It was easy

It was difficult

It was neither easy nor difficult

**11.** Would you eat the foods you selected for your menu? Why or why not?

Yes \_\_\_\_\_

No \_\_\_\_\_

**12.** Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.

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**13.** Describe similarities and differences between the daily menu you created and what you typically eat.

Similarities (for example, I drink low-fat milk, which was included in my menu):

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Differences (for example, I typically eat less fruits and vegetables than the menu I created):

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# Food Spies – Food List

## Instructions

Select one of the following foods from the list below to conduct your “Food Spies” investigation.

- Amaranth
- Pummelos
- Farro
- Quinoa
- Jackfruit
- Dragon fruit
- Rambutan
- Piloncilla
- Sapote
- Quince

Name:

Date:

## Your Body, Your Image

### Instructions

Use this activity guide to analyze the people images in print media. Use this material to answer the questions.

1. Review the magazine or other available media, marking both illustrations and pictures of people; in advertisements, feature articles and other parts of the magazine.
2. Do the people look more similar or different from one another? Choose a rating from 1 (very similar) to 7 (very different)  
  
1 2 3 4 5 6 7
3. Do the images include a variety of body types and sizes? Choose a rating from 1 (little variety) to 7 (lots of variety)  
  
1 2 3 4 5 6 7
4. Looking at all of the images, do you notice any physical features that are similar in the people photos or illustrations? If yes, describe.

5. Is there more people variety in advertisements, features articles or other components of the magazines?

**Advertising   Other   Pretty much the same**

6. Would you say these images promoted positive body image? An achievable body image?

(Circle) **Yes** **No**

7. If you answered 'No' to either of the questions above, please explain why.

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## Personal Trainer

### Instructions

Using the ACE exercise library (Link: <https://www.acefitness.org/acefit/exercise-library-main/>) or other websites, blogs or mobile apps that include lists of exercises, create a workout that includes all four types of exercises. Use the chart below to record the exercise and number of reps or timeframe for the activity.

Activity	Exercises	Length of Time/Number of Reps
Warm Up	Exercise 1:	
	Exercise 2:	
	Exercise 3:	
Endurance	Exercise 1:	
	Exercise 2:	
Strength	Exercise 1:	
	Exercise 2:	
	Exercise 3:	
Balance	Exercise 1:	
	Exercise 2:	
Flexibility (Stretch/Cool Down)	Exercise 1:	
	Exercise 2:	
	Exercise 3:	

Name:

Date:

## Sleep Journal

### Instructions

The National Heart Blood and Lung Institute's sleep journal format (Link: [https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy\\_sleep.pdf](https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf)) is provided below, along with a one-day example. Record your sleep habits for one full week and be prepared to discuss any relationship you observe between sleep patterns and your physical and mental state.

Sample Sleep Diary									
Name:									
Complete in the Morning	Today's Date	Monday*							
	Time I went to bed last night:	11 p.m.							
	Time I woke up this morning:	7 a.m.							
	Number of hours slept last								

	<b>night:</b>	8							
	<b>Number of times I woke up last night and total time awake:</b>	5 times 2 hours							
	<b>How long I took to fall asleep last night:</b>	30 minutes							
	<b>How awake did I feel when I got up this morning?</b>  1 – wide awake  2 – awake but a little tired  3 – sleepy	2							
<b>Complete in the Evening</b>	<b>Number of caffeinated drinks I had today (soda, tea, coffee) and time when I had them today:</b>	1 soda at 11 a.m.  1 soda at 3 p.m.							
	<b>Naptimes and lengths today:</b>	N/A							
	<b>Type and length of exercise today:</b>	30-minute walk home							

		from school							
	How sleepy did I feel during the day today?	2							
	1 – So sleepy had to struggle to stay awake during much of the day								
	2 – Somewhat tired								
	3 – Fairly alert								
	4 – Wide awake								
*Sample diary entries – use as a model for your own diary notes.									

# SuperTracker Scavenger Hunt

<https://www.SuperTracker.usda.gov>

1. Pick your two favorite snacks. Using SuperTracker's *Food-A-Pedia*, run a side-by-side comparison. Write down which snacks you compared, and the amount of calories in each.

Snack 1: \_\_\_\_\_ has \_\_\_\_\_ calories  
Snack 2: \_\_\_\_\_ has \_\_\_\_\_ calories

2. What did you have for breakfast? Use SuperTracker's *Food Tracker* to enter the foods and beverages you had this morning. Of the five food groups - Grains, Vegetables, Fruits, Dairy, Protein Foods - how many did you incorporate into your morning meal?

Circle one:                      1   2   3   4   5

3. According to the *Physical Activity Tracker*, what is the minimum number of minutes a week adults should perform to maintain a healthy weight and receive health benefits?

\_\_\_\_\_ minutes

4. Visit the *My Reports section*. How many reports does SuperTracker offer?

\_\_\_\_\_ reports

5. Under the *My Features* navigation, what types of personalized support are available in SuperTracker?

Circle one:                      A. Goal setting  
   B. Weight management  
   C. Journaling  
   D. All of the above

6. **OPTIONAL:** Go to the *Create Profile* page, and complete the personalization and/or registration section to get a personalized plan and/or sign up for a SuperTracker account.

Circle all that apply:                      A. I personalized a profile.  
   B. I registered a profile.  
   C. I already have a SuperTracker account!



# 10 tips

Nutrition Education Series

# use SuperTracker your way



## 10 tips to get started

**SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.**

### 1 create a profile

Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.

### 2 compare foods

Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.



### 3 get your plan

View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.

### 4 track your foods and activities

Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.



### 5 build a combo

Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

### 6 run a report

Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.



### 7 set a goal

Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.



### 8 track your weight

Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



### 9 record a journal entry

Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

### 10 refer a friend!

Tell your friends and family about **SuperTracker**; help them get started today.



# SuperTracker

Take charge of YOUR health today  
with USDA's free  
**SuperTracker** application!



<p><b>Food-A-Pedia &gt;</b> Look up nutrition information for over 8,000 foods and compare foods side-by-side.</p> <p>Type in your food here <input type="text"/> <input type="button" value="Go"/></p> <p>All foods <input type="button" value="v"/></p> 	<p><b>Food Tracker &gt;</b> Track the foods you eat and compare to your nutrition targets.</p> <p>Type in your food here <input type="text"/> <input type="button" value="Go"/></p> <p>All foods <input type="button" value="v"/></p> 	<p><b>Physical Activity Tracker &gt;</b> Enter your activities and track progress as you move.</p> <p>Type in your activity here <input type="text"/> <input type="button" value="Go"/></p> <p>All activities <input type="button" value="v"/></p> 
<p><b>My Weight Manager &gt;</b> Get weight management guidance; enter your weight and track progress over time.</p> 	<p><b>My Top 5 Goals &gt;</b> Choose up to five personal goals; sign up for tips and support from your virtual coach.</p> 	<p><b>My Recipe &gt;</b> Build and save your favorite recipes for tracking, and analyse the nutrition information.</p> 



## [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)



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Keep working toward your goals at  
[www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)



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## Healthy Food Swaps

The following grid provides suggestions for ways to swap healthier alternatives for common breakfast, lunch and dinner options, as well as snacks and dessert.

Meal	Instead of this...	Choose this...
<b>Breakfast</b>	A cinnamon raisin bagel with cream cheese	Whole-grain bagel with Neufchatel or "light" cream cheese or fat-free cream cheese or nut butter (peanut, cashew, almond) or sunflower butter
	Highly sweetened, low fiber cereal (10 grams of sugar per serving or more and less than 1 gram of fiber)with whole milk	Unsweetened or low added sugar versions of whole grain cereal with fruit and low-fat (1%), reduced-fat (2%), or fat-free (skim) milk
	Fast food breakfast sandwich with eggs, bacon or sausage and cheese	Egg-white version of the sandwich on whole grain bread with Canadian bacon and reduced calorie cheese
	Blueberry, Chocolate, Banana muffins	Bran muffin
	Donuts, cinnamon rolls, biscuits	Whole grain English muffins with peanut butter and whole fruit spread without added sugar.
	Pancakes with syrup and butter	Whole wheat pancakes with fresh fruit
<b>Lunch</b>	Grilled cheese sandwich on white bread	Grilled cheese sandwich with whole wheat bread, partially skim milk cheese and tomato
	Ham and cheese sandwich with mayonnaise	Whole wheat sandwich with low-calorie cheese and low-sodium cold

		cut (e.g., turkey, chicken breast) and avocado instead of cheese
	Instant ramen noodles with chicken	Low-sodium chicken noodle soup
	Hot dog (full fat) with bun	Turkey, chicken or veggie dog or low-fat chicken or turkey sausage with whole wheat bun
	Tuna salad with mayonnaise	Tuna salad with water-packed tuna and reduced fat mayonnaise or olive oil and mustard
	Fast food taco with beef and cheese	Taco salad with dark greens
	Pepperoni and sausage pizza	Vegetable topped pizza with partially skim milk cheese and whole grain crust
<b>Dinner</b>	Pasta with white sauce (alfredo)	Whole wheat pasta with red sauce (marinara) and vegetables
	Double cheeseburger and large fries	Single cheeseburger lean ground beef, turkey or veggie burger; whole grain bun and small sweet potato fries or veggie chips
	Fried chicken with macaroni and cheese	Baked or grilled skinless chicken with baked beans.
	BBQ ribs	Lean steak, pulled pork or chicken with with reduced sugar barbeque sauce
	Frozen TV dinners containing 13 grams or more of total fat per	Frozen entrees with vegetables and low-fat meat, protein or beans and

	<p>serving and greater than 600 milligrams of sodium and</p>	<p>less than 600 milligrams of sodium; 3 grams or less of saturated fat</p>
<b>Snacks</b>	<p>Buttered popcorn</p>	<p>Air popped popcorn, nuts, fresh fruit or vegetables</p>
	<p>Sweetened yogurt with added sugar</p>	<p>Low-calorie flavored yogurt</p>
	<p>Kettle cooked potato chips</p>	<p>Baked potato chips, baked veggie chips or baked whole grain corn chips</p>
	<p>Potato chips with cheese dip</p>	<p>Baked corn chips with guacamole or salsa or veggies with low-fat ranch dressing</p>
	<p>Fruit gummy snacks</p>	<p>Fresh fruit</p>
	<p>French fries (fried)</p>	<p>Sweet potato fries (baked)</p>
	<p>Soda</p>	<p>Flavored seltzer water</p>
<b>Dessert</b>	<p>Cake (pound, chocolate, yellow)</p>	<p>Low-fat cakes (angel food, white, gingerbread) without icing</p>
	<p>Ice cream</p>	<p>Frozen yogurt, frozen fruit or chocolate pudding bars</p>
	<p>Milkshake</p>	<p>Fruit and Greek yogurt smoothie</p>
	<p>Cookies</p>	<p>Graham crackers, ginger snaps, fig bars</p>
	<p>Brownies</p>	<p>Brownies made with applesauce in place of oil</p>