



Kohl's Cooks for Teens:
**CHALLENGE
YOURSELF**
to get healthy!





Kohl's Cooks for Kids... And Teens!

This year, challenge yourself to get healthy. Make a change to fresh, healthy meals and snacks and get your body moving! Starting a new lifestyle can be difficult, but a good support system can help you reach your goals. Ask your friends and family to make healthy decisions with you. Visit KohlsCooksforKids.org for ideas on where to start.

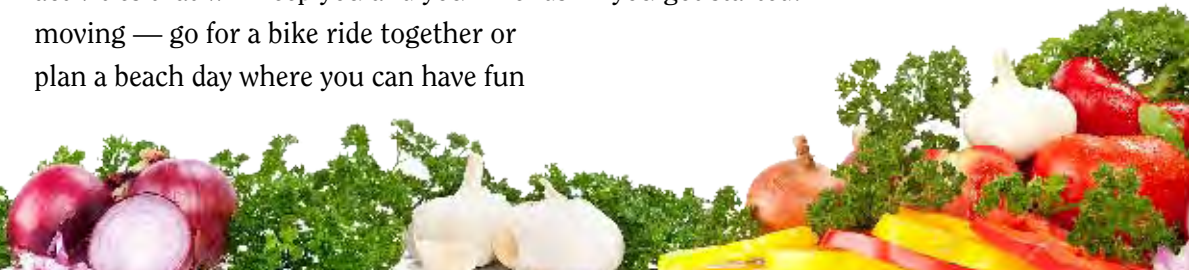
Eating healthy is a major part of a healthy lifestyle, so you can request a free cookbook, find even more healthy and delicious recipes, and learn about programs like our family cooking classes and cook-offs.

A healthy lifestyle is more than just eating right; it's also about being active. Choose activities that will keep you and your friends moving — go for a bike ride together or plan a beach day where you can have fun

swimming or playing volleyball. To stay active every day, visit our website for great exercises you can do at home.

If you're serious about becoming healthy and find yourself needing a bit more help, KohlsCooksforKids.org has resources for that, too. You can learn about the fun and interactive Kohl's Cooks for Kids cooking classes as well as the Fit4Allkids and Fit4Allteens programs.

Find out how the Fit4Allkids and Fit4Allteen families are successful and if you are a good candidate for one of the programs! Kohl's Cooks for Kids and All Children's Hospital want to help you live a happy, healthy and active life. So isn't it time you got started?



Get to know us better

Are you ready to get healthy but don't know where to start? Look no further than the Fit4Allkids website. All the resources needed to get you and your family more active and fit are right at your fingertips.

For aspiring chefs, you can find fun cooking videos and recipe suggestions for healthy eating all day long. You will learn how to incorporate the foods you need into meals you will love. Information about the Kohl's Cooks for Kids cooking classes also is available online.

Eating well is only part of living a healthy life. You need to get active, too! To get you started, the Fit4Allkids website features a

variety of stretch, strength and stride exercises that are fun for the whole family. Visit fit4allkids.org.



T Learning with the *Times* Journaling to self discovery

Knowing who you are is the first step in being healthy and taking charge of your life. Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *Tampa Bay Times* to test yourself. What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* that directly affects your life. Share some of your journal entries and thoughts with your peers.

Meet the team

Special thanks to the experts who contributed to this publication. The Fit4Allkids team at All Children's Hospital works with kids and families every day to encourage them to eat healthy and be more active and fit. The team members are focused on creating a healthy tomorrow for all children and truly hope that everyone will enjoy the information in this publication.



Kellie Gilmore
Fit4Allkids outreach coordinator



Sarah Kreiger, MPH, RD
Fit4Allkids lead nutrition expert and instructor



Melanie Newkirk, RD, CSP, LD
Fit4Allkids nutrition instructor



Anita Jimenez
Kohl's Cooks for Kids culinary expert



Amanda Babonas
Kohl's Cooks for Kids culinary expert



Sky Roberts
Kohl's Cooks for Kids outreach specialist

Special thanks to Taylor McCullough for sharing her incredible success story.



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Newspaper in Education

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, in the form of informational text, at no cost to teachers or schools.

With ever-shrinking school budgets, the Pulitzer - Prize winning *Tampa Bay Times* and our curriculum supplements have become an invaluable tool to teachers. In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors.

NIE provides supplemental materials and educator workshops free of charge. Our teaching materials cover a variety of subjects and are consistent with Florida's education standards.

The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For more information about NIE, visit tampabay.com/nie. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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Staff

Jodi Pushkin, manager, jpushkin@tampabay.com
Sue Bedry, development specialist, sbedry@tampabay.com

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Credits

Designed by Stacy Rector,
Fluid Graphic Design
Project manager: Sue Bedry, NIE
development specialist
Curriculum activities by Jodi Pushkin,
NIE manager

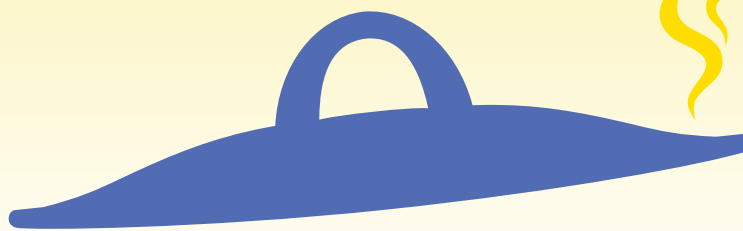
Reading this supplement and completing the newspaper activities in this publication can be applied to the following Florida Standards:

Health: HE.912.C.1.1; HE.912.C.1.3; HE.912.C.1.4; HE.912.C.1.5; HE.912.C.1.7; HE.912.C.1.8; HE.912.C.2.1; HE.912.C.2.2; HE.912.C.2.3; HE.912.C.2.5; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.B.4.4; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.5.3; HE.912.B.5.4; HE.912.B.5.5; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.3; HE.912.B.6.4; HE.912.B.6.5; HE.912.B.6.6; HE.912.P.7.1; HE.912.P.7.2; HE.912.P.8.1; HE.912.P.8.2; HE.912.P.8.3; HE.912.P.8.4
Science: SC.912.N.1.1; SC.912.N.1.2; SC.912.N.1.3; SC.912.N.1.4; SC.912.N.1.5; SC.912.N.1.6; SC.912.N.1.7; SC.912.N.4.1; SC.912.N.4.2
Language Arts: LAFS.910.RI.1.1; LAFS.910.RI.1.2; LAFS.910.RI.1.3; LAFS.910.RI.2.4; LAFS.910.RI.2.5; LAFS.910.RI.2.6; LAFS.910.RI.3.7; LAFS.910.RI.3.8; LAFS.910.RI.3.9; LAFS.910.W.1.1; LAFS.910.W.1.2; LAFS.910.W.1.3; LAFS.910.W.2.4; LAFS.910.W.2.5; LAFS.910.W.2.6; LAFS.910.W.3.7; LAFS.910.W.3.8; LAFS.910.W.3.9; LAFS.910.SL.1.1; LAFS.910.SL.1.2; LAFS.910.SL.1.3; LAFS.910.SL.2.4; LAFS.910.SL.2.5; LAFS.910.SL.2.6; LAFS.910.L.1.1; LAFS.910.L.1.2; LAFS.910.L.2.3; LAFS.910.L.3.4; LAFS.910.L.3.5; LAFS.910.L.3.6; LAFS.910.RST.1.1; LAFS.910.RST.1.2; LAFS.910.RST.1.3; LAFS.1112.RI.1.1; LAFS.1112.RI.1.2; LAFS.1112.RI.1.3; LAFS.1112.RI.2.4; LAFS.1112.RI.2.5; LAFS.1112.RI.2.6; LAFS.1112.RI.3.7; LAFS.1112.RI.3.8; LAFS.1112.RI.3.9; LAFS.1112.W.1.1; LAFS.1112.W.1.2; LAFS.1112.W.1.3; LAFS.1112.W.2.4; LAFS.1112.W.2.5; LAFS.1112.W.2.6; LAFS.1112.W.3.7; LAFS.1112.W.3.8; LAFS.1112.W.3.9; LAFS.1112.SL.1.1; LAFS.1112.SL.1.2; LAFS.1112.SL.1.3; LAFS.1112.SL.2.4; LAFS.1112.SL.2.5; LAFS.1112.SL.2.6; LAFS.1112.SL.2.6; LAFS.1112.L.1.1; LAFS.1112.L.1.2; LAFS.1112.L.2.3; LAFS.1112.L.3.4; LAFS.1112.L.3.5; LAFS.1112.L.3.6; LAFS.1112.RST.1.1; LAFS.1112.RST.1.2; LAFS.1112.RST.1.3

Newspaper in Education

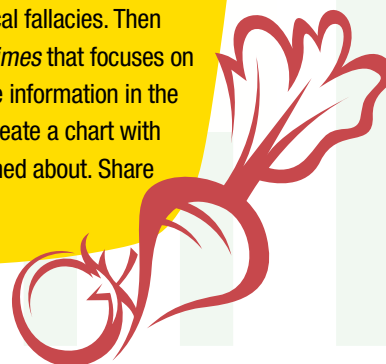
Fresh

versus processed foods



Learning with the *Times* Going beyond the text: Media literacy

Why does the diet industry tend to make big promises about quick results? Television commercials, radio spots, newspaper ads ... the focus is always on losing weight quickly without any effort. The Purdue Online Writing Lab defines fallacies as “common errors in reasoning that will undermine the logic of your argument. Fallacies can be either illegitimate arguments or irrelevant points, and are often identified because they lack evidence that supports their claim.” Research the types of logical fallacies. Then find an ad or article in the *Tampa Bay Times* that focuses on a diet. Apply your new knowledge to the information in the ad and analyze the points presented. Create a chart with the information you have read and learned about. Share your information with your class.



the store until you buy it. If you don't cook it the same day you buy it, the nutrition decreases even more.

There's one rule, though. The broccoli is most nutritious without added sugar and salt. This is where you have to turn the package over and look at the ingredients. If you want to eat broccoli with dinner, the only ingredient should be broccoli.

The more added sugars and salt or sodium are in a food, the more heavily processed that food is. You want to choose these foods less often.

Sugar can be added to many foods besides soda, cakes, pies and candy. Always read the ingredient list on cereal, crackers, canned fruit, salad dressings, juice drinks that are not 100 percent juice and fruit snacks to know what you are eating or drinking.

Salt, or sodium, also is found in many foods because it preserves the food to last longer without spoiling. But too much is not good for your body. Canned vegetables and soups still are good sources of vegetables; just choose the low-sodium or no-salt-added items more often. If you eat deli meat, choose the lower-sodium option, or even better, make sandwiches with leftover grilled chicken or turkey breast.

Most people need only 2,300 milligrams of sodium a day, so check the labels on the foods you eat the most to know how much sodium you are really eating. At the end of the day, you want to eat fresh fruits and vegetables, but there are also many foods that go through a process and still are great food choices.

When you think of processed food, you probably think of potato chips, frozen dinners or macaroni and cheese mix — food that comes in a bag, can or a box. Do you think it's possible to eat nutritious foods that are processed? Yes, it is!

You know what the word “processed” means, right? Well, in the food world, any food can go through a process from the farm to your table, but it may not be bad to eat. Processed food could be just a little processed. Chopped onions, fresh apple slices and bagged lettuce are minimally processed and are basically just washed and chopped for your convenience, but they still go through a process.

Think about 100 percent orange juice. It is loaded with vitamin C, potassium and other nutrients our bodies need, but it goes through a process. Oranges are picked from the tree, washed and squeezed by machines to extract the juice. Then the juice is heated to destroy any bacteria — also known as pasteurization — bottled and shipped on a truck or train to your store.

How about canned and frozen fruits and vegetables: Is fresh always better? Do you know that if you eat broccoli that came from the freezer section of the store, it usually has more nutrition than fresh from the produce section? The reason is that the frozen broccoli went straight from the ground to being washed and bagged. Fresh broccoli in the produce section of the store was picked at least a few days before arriving at the store, and then it sits in

Food Experiment



You've probably heard that it is better to eat fresh food than it is to eat food that has been heavily processed. While not all processed foods are bad, you should limit your intake. We're going to take a moment to talk about one of the most tempting processed food options – fast food.

Fast food is a convenient option for busy lives and can be fairly inexpensive. If you make healthy choices, fast food is okay to eat once in a while.

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To show why, our Kohl's Cooks for Kids and Fit4Allkids staff decided to run a food experiment. We purchased a kids meal from a local fast food chain which included a cheeseburger,

fries and apple slices. For a comparison, we purchased fresh bakery items, fresh fruit and preservative-free items to create our own meal. The meals were stored in airtight containers on a shelf and not disturbed until the check-in days.

The differences between the meals didn't take long to start showing. Our fresh apples started to brown minutes after being sliced, and our fries started to discolor after a couple hours. It took a full day for the fast food apples to start browning.

The first check-in was about two weeks later. The fast food meal had only a couple of little patches of white mold starting to grow. The apples were very brown and mushy, but most of the meal still looked as good as the day it was purchased. On the other hand, the fresh meal was not looking so good. The bakery bun had many large mold areas, as did the fries. The apples were continuing to brown. Neither meal smelled very good. After taking a quick photo, the meals were sealed back up.

After about another two weeks,



we checked on our meals again. At this point, most of our fresh meal was completely overtaken by several different types of mold. The only item that was not yet growing mold was the apple, though it turned very mushy. As for the fast food meal, the cheeseburger still looked good enough to eat. The apple slices no longer looked like apple slices; they were starting to turn gooey! The only mold was on the fries, and even a few of them still looked like they were just cooked.

Does our experiment gross you out? If you think the better-looking meal is the one you would want to eat, you might want to think again. While mold is not pretty, it is a living organism that needs nutrients to survive. It obtains those nutrients by decomposing materials.

The purpose of preservatives is to

resist that decomposition process, allowing food to be shipped and to be shelf stable. Your body also gains nutrients by breaking down food. If your food resists breakdown, you can't get important nutrients and might end up feeling sluggish and just generally not good. Think about this: If mold doesn't want it, why would you want to eat it? The pictures speak for themselves. Fresh, minimally processed food will be able to provide your body with everything that it needs.

Still not convinced? Try it yourself. You can use a different type of fast food or you can try the experiment with any food you want. Just take a processed item and its fresh equivalent, store them at room temperature in separate airtight containers and see how long it takes for your favorite food to break down!



COMMUNITY SPOTLIGHT:

Teens spice things up



Teen chefs had the opportunity to show the community their healthy cooking skills during the first-ever Teen Chili Challenge. Members of teen councils from St. Petersburg recreation centers turned up the heat and battled it out for a chance to take home the top prize.

The Teen Chili Challenge was a part of St. Pete Fire and Rescue's 24th annual Fire Prevention Block Party, which took place on Saturday, Oct. 12, 2013, at Lake Vista Recreation Center.

Teen council members from 10 local recreation centers served up their best healthy chili in the categories of Lean & Mean (red meat), All About Beans (vegetarian) and Fowl Bowl (poultry). A panel of judges that included firefighters, a nutrition expert and community figures was on hand to make the tough choices of First, Second and Third Place, as well as the winners of the Heart Healthy and Top Chef awards. Each recipe was judged on taste, nutrition value and creativity. Congratulations to Walter Fuller, Childs Park, J. W. Cate, Willis S. Johns and Campbell Park recreation centers on their wins!

As a part of First Prize, team members from Walter Fuller Recreation Center had the opportunity to cook their White Chicken Chili for firefighters at Master Fire Station. It was a night full of fun and good food.

The Teen Chili Challenge was presented by Kohl's Cooks for Kids and All Children's Hospital and would not have been possible without the support of Kohl's Department Stores, as well as St. Pete Fire and Rescue, the City of St. Petersburg and Radio Disney.

Since 2007, Kohl's has been supporting the efforts at All Children's Hospital to help families learn about nutrition and preparing healthy meals by offering fun and interactive classes and events that encourage children to make healthy choices and teach them basic culinary skills so they can assist their family in making tasty and healthy recipes.

You can be a top chef too!

Try the winning recipes and amaze your friends and family with your cooking skills.

First Place White Chicken Chili prepared by Walter Fuller Recreation Center



What You Need:

- 1½ pounds skinless chicken breasts (about 6)
- 1 large onion
- 2 cloves garlic
- 2 32-ounce cans chicken broth
- 3 cans cream of chicken soup
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 2 tablespoons chili powder
- ¼ teaspoon hot sauce
- 2 15 - 16-ounce cans great northern beans, drained and rinsed
- 1 11-ounce can white sweet corn, undrained
- 3 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 1 cup minute brown rice (use the microwaveable bag)
- 2 cups milk
- 2 tablespoons flour (optional)
- ½ stick butter (optional)



What You Do:

- Boil the chicken breasts until they are cooked. Then let them soak in cold water for about 5 minutes. Once they are cooled, shred the chicken.
- In a large (at least a 1-quart) pot, mix the chicken broth and cream of chicken soup over medium heat until it is mixed well with no lumps.
- Add the onion, garlic, cumin, oregano, salt, hot sauce, lime juice, cilantro, chili powder, milk and brown rice. Stir.
- Turn up the heat a bit and add in chicken, white beans and corn.
- The chili will be thin until the beans break down. If you are short on time, add 2 tablespoons of flour and ½ stick of butter.
- Cook for 30 minutes or until the desired thickness.

Second Place**J.W. Cate Chili**

prepared by J. W. Cate Recreation Center

**What You Need:**

- 3 pounds ground beef
- 4 jalapeno peppers, coarsely chopped
- 1 green bell pepper, coarsely chopped
- 4 cloves garlic, finely chopped
- 2 28-ounce cans chili beans
- 2 15-ounce cans crushed tomatoes
- 3 pounds onions, finely chopped
- 1 28-ounce can tomato sauce
- 1 tablespoon black pepper
- 3 tablespoons red chili powder
- 1 tablespoon crushed red pepper
- 1 cup spicy ketchup
- 4 dashes hot sauce
- 3 tablespoons Worcestershire sauce
- 1 cup water
- 1 cup sugar

**What You Do:**

- Brown the ground beef in a skillet.
- Drain the ground beef and add to a large pot.
- Add all the remaining ingredients to the pot and simmer until done.

**Third Place****Turkey and Bean Chili**

prepared by the Chili Chip Choppers of Childs Park Recreation Center

**What You Need:**

- 1 cup red onion, chopped
- 1 poblano pepper, seeded and chopped
- 1 teaspoon bottled minced garlic
- 1¼ pounds ground turkey
- 1 tablespoon chili powder
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 19-ounce can cannellini beans, rinsed and drained
- 1 14½-ounce can diced tomatoes, undrained
- 1 14-ounce can fat-free, lower-sodium chicken broth
- ½ cup fresh cilantro, chopped
- 6 lime wedges

What You Do:

- Heat a large saucepan over medium heat.
- Add the onion, pepper, garlic and ground turkey. Cook for 6 minutes, stirring frequently to crumble, or until the turkey is browned.
- Stir in the chili powder and next 8 ingredients (through broth); bring to a boil.
- Reduce the heat and simmer for 10 minutes.
- Stir in the cilantro.
- Garnish with the lime wedges and enjoy!

Note: To save time, chop off the top of a washed cilantro bunch rather than picking individual leaves. The thin stems toward the top are very tender.



Want to show off your best recipe? Our next cook-off will be happening soon! Visit KohlsCooksforKids.org for more information and to sign up.

For more great recipes from past cook-offs, request your free copy of the award-winning cookbook *YumYum! Let's Make Some!* by visiting KohlsCooksForKids.org.



Fit4Allteens righteous recipes

Sweet Potato & Sausage Soup

Ingredients

Oil for sautéing	1 cup diced onion
3 celery stalks, diced	2 or 3 carrots, sliced
2 sweet potatoes, peeled & cut into 1-inch cubes*	4 cups chicken or vegetable stock
8 ounces smoked turkey sausage	1 can small white beans, drained
1 teaspoon dried thyme	Black pepper to taste

Directions

1. Heat a soup pot over medium-low heat.
2. Add the oil. When the oil is hot, add the onions, celery and carrots. Stir to mix, cover the pot and continue to “sweat” the vegetables until crisp-tender, stirring occasionally, for about 10-12 minutes.
3. Add the sweet potatoes, cover and continue to cook for another 6 to 8 minutes, until the potatoes are beginning to soften.
4. Cut the sausage into 4 pieces lengthwise, then into ½ inch pieces.
5. Add the stock, sausage and remaining ingredients to the pot and increase the heat to medium-high. Simmer until heated through. Taste and adjust the seasoning if necessary. You should not need to add salt because the stock and sausage are salty enough. If you are using a stock without salt, you may need to add a little.

* Sweet potatoes will darken soon after cutting them, so don't peel and cut them ahead of time. Wait until they are just about to be added.

Note: This soup is excellent eaten immediately, but it improves on the second day. Make it ahead or double the recipe to ensure leftovers!

Mexican Skillet Flatbread

This is a great snack or dinner that doesn't require turning on the oven. An electric skillet is perfect for this recipe — or use a large covered frying pan on the stove top. Get creative by adding your favorite toppings.

Ingredients

1 cup whole wheat flour (plus 1 tablespoon for rolling)	½ cup yellow cornmeal
½ teaspoon cumin	½ cup warm water
1 teaspoon quick-acting yeast	½ teaspoon sugar
1 tablespoon olive oil	½ teaspoon salt
1 cup salsa verde	1 ½ cups grated Monterey Jack cheese
1 small can of corn	1 small can of sliced olives
½ cup nonfat Greek yogurt	Cooking spray

Directions

1. In a large bowl, combine the warm water, yeast and sugar. Wait a few minutes for the yeast to dissolve.
2. Combine the flour, cornmeal and cumin in a bowl and set aside.
3. When the yeast is dissolved, stir in the salt and oil. Add the flour and cornmeal and mix until moistened.
4. Gather the dough into a ball and turn it out onto a cutting board. Press it together until it forms a ball and knead until smooth.
5. Divide the ball into 6 equal parts. Roll each piece into a log about 3 inches long. Dust a cutting board with flour and use a rolling pin to roll the dough into a rectangle about 4 inches by 8 inches.
6. Heat a skillet to 400 degrees.
7. Spread 1 heaping tablespoon of salsa verde evenly on each dough rectangle.
8. Sprinkle about 1 tablespoon each of corn and olives on top of the salsa.
9. Sprinkle ¼ cup cheese over the top, and finish with 3 evenly spaced teaspoon dollops of yogurt.
10. Spray the skillet with oil. Slide 2 flatbreads into the skillet side-by-side and cover the pan. Cook for 5 minutes.
11. Remove the flatbreads with a spatula, cool slightly and cut into 3 pieces each.
12. Repeat with the rest of the dough.

Pineapple & Ham Fried Rice

Ingredients

3 tablespoons low-sodium soy sauce	1 tablespoon sesame oil
1 tablespoon vegetable oil	2 cups ham, cooked and chopped
6 green onions, white & green parts separated	1 red bell pepper, chopped
3 garlic cloves, minced	½ tablespoon fresh ginger, grated
5 cups leftover brown rice, cooked and cold	3 eggs
1 ½ cups pineapple, cut into small pieces	½ cup fresh cilantro

Directions

1. Preheat a skillet to 350 degrees. Add 1 teaspoon of vegetable oil to the pan.
2. Beat the eggs in a small cup and cook as scrambled eggs until done. Transfer to a plate for later.
3. Whisk together the soy sauce and the sesame oil in a small bowl. Set aside.
4. Add 1 teaspoon vegetable oil, the bell pepper, the ham and the white part of the onions. Cook for about 5 minutes, then add the garlic and ginger. Cook another minute, then transfer to a plate.
5. Add 1 teaspoon of vegetable oil to the empty skillet. When the oil is hot, add the rice and cook for 5-7 minutes, making sure to break up the clumps.
6. Place the ham mixture and egg in with the rice and cook together for 1 minute or until warmed through. Turn off the skillet and add the pineapple.
7. Top with the green part of the onion and the cilantro and enjoy!

Moroccan Vegetable Stew

This is a flavorful family favorite. Our families prepare it so often that they make the spice blend in large quantities and use ¼ cup in the recipe. The spice blend recipe, which serves 6 to 8 people, follows.

Ingredients

1 tablespoon salt	2 tablespoons paprika
1 tablespoon cumin	2 teaspoons ground ginger
1½ teaspoons cinnamon	½ teaspoon red pepper
1 teaspoon black pepper	¼ cup honey
¼ cup lemon juice	3-4 cloves of garlic, diced
2 tablespoons olive oil	1 28-ounce can diced tomatoes
1 medium butternut squash, peeled and cut into 1-inch cubes	1 red pepper, cut into 1-inch pieces
2 medium zucchini, halved lengthwise and cut into 1-inch slices	1 large onion, coarsely chopped
1 15-ounce can garbanzo beans	3 cups cooked couscous or brown rice

Directions

1. Preheat the oven to 350 degrees.
2. Mix together the first 12 ingredients in a heavy covered pot or Dutch oven that is large enough to hold all the ingredients.
3. Toss in the vegetables and coat them thoroughly. Cover the pot and place in the middle of the oven. Bake for 1 hour. If the vegetables are not quite done after an hour, remove the lid and continue to bake for another 10 minutes.
4. While the stew is cooking, prepare the brown rice or couscous according to the package directions.
5. Serve the stew over the rice or couscous.

Moroccan spice blend

Mix the following together and store in a glass jar. Use ¼ cup in the above recipe.

⅔ cup salt
⅓ cup paprika
⅔ cup cumin
⅓ cup ground ginger
¼ cup cinnamon
1½ tablespoons red pepper
1 tablespoon black pepper

Very Veggie Black Bean & Chicken Soup

Ingredients

- 1 15-ounce can whole, kernel corn, drained
- 2 14.5-ounce cans chicken or vegetable broth
- 1 10-ounce can chunk chicken
- 1 15-ounce can black beans
- 1 10-ounce can mild diced tomatoes with green chile peppers, drained
- 1 zucchini, diced
- 1 cup shredded carrots

For topping

- 1 cup shredded cheddar cheese
- Greek yogurt (optional)
- Cilantro (optional)

Directions

1. Add all the ingredients except the cheese, yogurt and cilantro into a skillet. Cook at 350 degrees until it reaches a gentle boil. Reduce the heat to 300 degrees and simmer for 10 minutes.
2. Ladle the soup into bowls, then top each with shredded cheese, a spoonful of yogurt and cilantro.

Note: To make this dish vegetarian, just leave out the chicken and use vegetarian vegetable broth.

Ziti Pasta with Butternut Squash Tomato Sauce

Ingredients

- | | |
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| ½ cup ziti pasta, uncooked | 1 cup water |
| ½ cup chicken or vegetable broth | 1 teaspoon olive oil |
| ½ cup onion, diced | 1 garlic clove, minced |
| 1 cup butternut squash, peeled and diced into small pieces | 1 cup crushed tomatoes |
| ½ can stewed tomatoes | ¼ teaspoon salt |
| ¼ teaspoon pepper | 1 teaspoon oregano |
| 1 teaspoon basil | 1 teaspoon thyme |
| ½ tablespoon fresh parsley, chopped | ½ cup parmesan cheese, for topping |

Directions

1. Preheat a skillet to 350 degrees.
2. Add the water and broth to the skillet. Cover the pan and bring to a boil.
3. Add the pasta and cook for 5 minutes.
4. Scoop out the pasta into a bowl and set aside. Drizzle with olive oil to prevent sticking.
5. Add all remaining ingredients except the cheese and cook for 15 minutes or until squash is tender.
6. Pour the mixture into a blender and blend on high until there are no lumps.
7. Add the mixture and the cooked pasta back to the pan and continue to cook at 300 degrees for an additional 5 minutes.
8. Top with cheese and enjoy!

Perfect Broccoli

Ingredients

- | | |
|--|----------------------------|
| 4 cups fresh broccoli florets | 1 teaspoon sugar |
| ½ teaspoon salt | ¼ cup water |
| 1 tablespoon nut oil (walnut, hazelnut or pistachio) | 2 tablespoons chopped nuts |

Directions

1. Heat a heavy skillet to medium-high.
2. Sprinkle the sugar and salt in the pan and shake to evenly distribute.
3. When the sugar begins to melt, add the broccoli and toss it with the sugar and salt. Immediately add the water, cover with a tight-fitting lid and cook 4-5 minutes.
4. Broccoli should be crisp tender and bright green. If it is not done, re-cover the pan and cook for another minute, adding another tablespoon of water if the pan is dry.
5. Drain the broccoli in a colander.
6. Transfer the broccoli to a serving dish. Drizzle with the oil and sprinkle with the chopped nuts. Serve at room temperature.

Broccoli also can be cooked using this technique without the oil and nuts. Just toss it with a little butter after draining and zap in the microwave to reheat it before serving, or add it to salads and stir fries. It keeps well in the fridge for several days.

Chocolate Banana Pudding

This dessert satisfies a chocolate craving while also getting you a serving of fruit! It's easy to make and much tastier than store-bought puddings. This recipe makes 6 servings.

Ingredients

- 4 ounces chocolate chips
- 2 tablespoons butter, cut in pieces
- 1 teaspoon vanilla
- 2 cups low-fat milk
- 3 egg yolks
- ½ cup sugar
- ¼ cup corn starch
- Pinch of salt
- 2 bananas, sliced

Directions

1. Put the chocolate, butter and vanilla in a large bowl and set aside.
2. Heat the milk in a heavy-bottomed pot over medium heat.
3. Meanwhile, beat the egg yolks with a mixer, gradually adding the sugar until the mixture is light and lemon-colored.
4. Add the cornstarch to the egg mixture and beat until it becomes stiff.
5. Temper the egg mixture by mixing in a few ladles of the hot milk, then pour the egg mixture into the pot of milk and whisk constantly until the custard thickens, about 5-7 minutes.
6. Pour the egg mixture over the chocolate in the bowl and whisk until blended. Place plastic wrap over the custard to prevent a skin forming. When cooled to room temperature, refrigerate the bowl to get it cold.
7. Mix in the bananas just before serving.



Learning with the Times Going beyond the text: labels

Food labels can be confusing. Believe or not, there is a lot of science behind each food label that you see. The information on the labels is important and required by law. You can see an example of a food label on the Choose My Plate website: choosemyplate.gov/downloads/NutritionFactsLabel.pdf. Some typical items on a food label are calories, fat, cholesterol, sodium, potassium, carbohydrate, dietary fiber, sugars, protein and various vitamins. What are these things and why is it important for you to know that they are in your food? Look up the terms listed and do some research to find out why they are listed on a nutrition label. Using the advertisements in the *Tampa Bay Times*, make a list of some of your favorite foods. Look up the nutritional information for these foods. Are the foods you like healthy choices? Explain why they are good or bad choices for you. If they are bad choices, find an alternative item to include in your daily food plan. Write a blog post about the information you have learned and share the information with your class.

New lifestyle

By Taylor McCullough



Weight is something that many people struggle with. It's something I struggled with for the first 14 years of my life, until I finally decided that enough was enough. I was tired of always being discouraged and reminded of the dozens of health problems that I would face if my weight remained the same. Most importantly, I was tired of being looked at differently by others. Since my mom teaches Fit4Allkids, I knew exactly how to lose weight. It was just a matter of actually doing it.

While getting ready to go into my freshman year of high school, I decided it was time. I wasn't going to back out this time. I would stay committed. Starting my first day of ninth grade weighing 180 pounds was definitely a struggle, as it would be for anyone. Trying out for the cheer team and not making it didn't help either. But as freshman year went on, my health habits were slowly changing.

At the beginning I struggled a little with all the new changes happening at once, but then I found my biggest motivation – positive reinforcement from others. As I began to lose weight, people started to notice, and it made me feel so good! The more I saw results, the harder it made me work. My diet changed completely, and I ran every single day.

At first, the weight seemed to just shed off. The more I lost, the harder I had to work, but I didn't give up. I kept striving and proved everyone wrong. Today I weigh 120 pounds and have never been happier. People tell me every day that I'm their idol and inspiration.

I am not on a diet; I'm on a new way of living. I have a new lifestyle. I will never go back to my old habits. Remember – anyone can make the change. You just have to do it.

Talk to Taylor!



Do you have a question for Taylor? Need some advice? Send your question to Fit4Allkids@allkids.org with the subject line 'Talk to Taylor' and get some answers that will help you be successful, too!

Learning with the Times



Going beyond the text: healthy eating week

Good nutrition is important for all people, especially growing teens. Plan a healthy eating week at your school to increase awareness of good nutrition. Talk to the head of your school cafeteria to find out how meals are planned and write an article for your school newspaper based on your findings. Use the articles in the Taste section of the *Tampa Bay Times*, to help with suggestions for healthy eating. With a partner, create a plan for the healthy eating week.

Use the ads and articles in the *Tampa Bay Times* to assist you. Create a graphic organizer with the information and share it with your class.

Taylor's Tips

Change your eating habits:

- Eat three meals a day
- Eat foods that are healthy
- Do not eat late at night
- Eat lots of fruit and vegetables

Get active:

- Run, start slow and go
- Be active every day
- Be sure to include stretch, strength and stride exercises

Set goals:

- Be reasonable
- Once you reach your goal, go farther

Have a healthy social life

By Sarah Krieger

Once you are “on a roll” to making healthier food choices and are exercising more, it can still be a challenge to hang out with friends that are not making the best food choices! Holidays, weekends, vacations and sleepovers ... these are all situations that will have more food than you want to eat. So what do you do? It takes some effort to make healthy choices, so here are a few tips to help you stay on the healthy track for life.

It's up to you to let your friends and family know that you are eating healthier and exercising more. If you are surrounded by people who are not as healthy as you, it's your choice to tell them. But if you eat healthier with your friends and family, it is easier than just doing it by yourself. Talk to your close friends and family and see if they will eat fruits and vegetables, cook and prepare nutritious recipes and exercise with you (if you want them to).

Plan ahead. If you know you are going to a party or holiday event where lots of desserts, sweet drinks, chips and other tempting foods will be, you



have a few options. Eat a snack before heading out. If you eat something light, but filling — such as a piece of fruit and string cheese, yogurt or a small handful of nuts — before the party, you are less likely to overeat during the party.

Eat light, but often. By eating every three to five hours, you will have better energy and better hunger control. If you skip meals or wait all day for one meal at the end of the day, you know you are more likely to overeat. You are smarter than that! Keep healthy snacks (an apple, cheese stick, nuts) with you if you know a meal will be more than five hours away.

You can offer to bring food to a party. Just don't tell anyone it's good for them. When you eat healthier foods, you are probably cooking healthier, too. There are so many low-fat, but high-flavor, recipes to try. Bring a beautiful fruit platter or a yummy low-fat dip to go along with colorful vegetables. If you don't bring it, who will?

How about restaurants? You can find healthier menu items at just about any restaurant. Aim for

grilled chicken, salads with a small amount of dressing, a small order of fries (instead of large) and water to drink. Of course, the amount of food at restaurants is usually more than you would eat at home, so try ordering everything “small” or “tall” — coffee drinks, burgers, pizza and milkshakes come in a variety of sizes. For entrees at restaurants, try sharing a meal with a friend or boxing up at least half of the meal to enjoy the next day.

Suggest to your friends a fun activity to get moving instead of just hanging out and eating. Running on the beach, playing basketball, taking a walk while listening to music, dancing at home and going for a bike ride are just a few suggestions. There are so many fun ways to be healthy with friends — sometimes you just have to suggest it! Your friends may thank you.

Quinoa Cakes

Ingredients:

2 ½ cups cooked quinoa, room temperature	4 eggs, beaten
¾ teaspoon salt	¼ teaspoon black pepper
¼ cup chopped flat-leaf parsley	½ cup grated Parmesan cheese
2 cloves garlic, minced	1 tablespoon olive oil
1 cup finely crushed crackers or bread crumbs, plus more if needed	

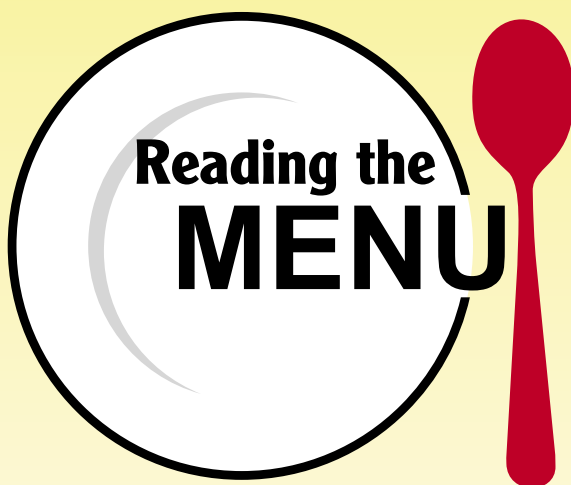
Directions:

1. Combine all the ingredients except the oil. Mix thoroughly. Add 1-2 tablespoons of water or broth if the mixture is too dry. Let it stand for about 5 minutes so the liquid can be somewhat absorbed.
2. Take small handfuls of the mixture and form into little patties, about 1 inch thick.
3. Heat a skillet to 350 degrees. Add the olive oil. When the oil is hot, add the cakes to the pan and cook until the bottoms are well-browned, about 5-7 minutes, adjusting the heat as necessary.
4. Flip the patties and cook about 5 minutes more until the second side is golden brown.
5. Remove the cakes from the skillet and drain on paper towels before serving.



Learning with the Times Going beyond the text: distorted images

Obesity is an eating disorder. According to Kidshealth.org, “Eating disorders are so common in America that one or two out of every 100 students will struggle with one. Each year, thousands of teens develop eating disorders, or problems with weight, eating or body image.” Do you know people with eating disorders? What can you do if you have a friend with an eating disorder or if you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? Have your teacher split your class into small groups. Discuss these ideas with your group members. Look in the *Tampa Bay Times* for images in advertisements or pictures that glorify thinness or unhealthy body types. With your group, compile a list of movies and television shows that glorify thinness or unhealthy body types. Make a separate list of movies and television shows that celebrate body diversity. Look for ads and photos in the *Times* that celebrate body diversity. Write an editorial based on your findings.



Healthy eating when dining out

General tips:

Whether you are watching your weight or trying to eat healthier, dining out does not have to be difficult if you know how. The following tips will help you move toward healthier eating by limiting your calories, fat, saturated fat and sodium.

Remember, you are the customer:

- If you are not sure what is in a dish, always ask the server or chef.
- Most restaurants will honor any special requests and may have items not listed on the menu, such as steamed vegetables or baked potatoes.
- Order an appetizer or share an entrée to reduce portion sizes.
- Call ahead. Here are a few questions you may want to ask:
 - Is nonfat milk offered instead of whole?
 - Are lean meats used or is the visible fat trimmed?
 - Are sauces and salad dressings available on the side?
 - Are special accommodations possible if made in advance?
- Do not get discouraged. Most restaurants usually offer healthy items to choose from.



Fast foods:

- To reduce calories and fat, order a small burger or sandwich and select a small order of fries or fresh fruit as a side.
- Try to avoid items such as cheese, tartar sauce, “secret sauce” and mayonnaise or ask for them on the side.
- Broiled chicken, baked potatoes and salad bars are good choices. Go easy on mayonnaise-based salads and high-fat salad dressings.
- To reduce sodium, request unsalted fries. Use minimal amounts of ketchup, mustard, pickles and relish.
- To reduce extra calories from sugar, choose diet sodas or unsweetened iced tea, coffee, hot tea or milk instead of shakes, soda and juices.
- Choose fresh fruit or sugar-free Jell-O for dessert. Limit desserts or share one per table.
- Pizza is a popular fast food. It is possible to eat a delicious cheeseless pizza with a pile of vegetables and tomato sauce on top.

Limit the amount of meat items to cut back on fat and extra calories. Order a side salad to prevent eating more pizza slices than you need.



Choose lower-calorie, low-fat cooking methods. Look for these terms: steamed, broiled, grilled, baked, roasted, garden fresh, poached, dry boiled (in wine or lemon juice) and lightly sautéed.

Beware of foods high in fat and saturated fat. Avoid menu items containing the following words: butter, cream sauce, fried, crispy, creamed, cheese sauce, au gratin, escalloped, hollandaise, béarnaise, marinated (in oil), sautéed, pot-pie, pastry crust and stir-fried.



Learning with the *Times* Going beyond the text: making good choices

Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make poor eating choices. Sometimes that advertising is on the window of a restaurant or in the form of photos in the menu. Sometimes that advertising is in the daily newspaper. Look at the advertisements in the *Tampa Bay Times*, and select several examples of ads for foods and beverages that you think are nutritionally poor. Also, look at some of your favorite restaurants' Web pages to see what foods they are promoting. Analyze your selections carefully, making brief notes on the arguments or techniques used to sell each of the foods of low nutrition and value. In a small group, discuss your findings. On a piece of construction paper or poster board, create an ad for a low-nutrition food that might convince the best-informed of readers to make this food choice. Next, create an ad for a high-nutrition food that might convince readers to make this food choice.

Snack on this!

Vending machines are everywhere, enticing us with a quick drink or snack when we are hungry and in a hurry. Unfortunately, most vending machines do not have good choices. Beverages have too much sugar. Foods are full of preservatives on top of fat, sugar and salt (sodium). These convenient prepackaged foods offer little nutritional value.

Beginning this year (as part of the Affordable Care Act), vending machines will post the calorie content of food and drinks. This is important because eating these types of snacks leads to increased calorie intake and increased body weight. But calories alone are not the only concern. Most of these foods are also low in vitamins, minerals and fiber.

According to a report published by the Institute of Medicine in 2007, snacks offered in vending machines at schools should meet the following criteria:

- Less than 200 calories per portion
- Less than 35 percent total calories as fat
- Less than 10 percent of total calories from saturated fats
- Zero trans fat (less than or equal to 0.5 grams per portion)
- 35 percent or less of calories from total sugar
- Less than 200 milligrams sodium per portion

In 2013, the United States Department of Agriculture updated these rules to say that snacks offered in vending machines at schools must:

- Be a fruit, vegetable, dairy product, protein food or whole grain
- Contain 10 percent of the Daily Value (DV) of important vitamins and minerals or fiber

Snacks are an important part of a balanced diet. Snacks help us get enough servings of healthy foods such as fruits and vegetables. These are not found in most vending machines. When we rely on junk foods for snacks

— or even worse, in place of a balanced meal – we cheat ourselves out of the nutrient-rich foods our body needs.

A better way to face the day is to plan ahead and take fresh snacks and a bottle of water with you. Quick foods to put in your backpack include a piece of fruit, a handful of nuts, or veggie sticks with hummus. You will feel better and save money.

Let snacks fill your nutrition gaps

With a busy schedule that includes school, sports, and social and family activities, you may often find yourself eating on the run. That is where snacks come in. Snack foods may actually account for as much as one-fourth of your daily intake. They can help you fill the gaps in your diet for more complete nutrition, as long as you choose snacks from whole-grain, fruit and vegetable, dairy or lean-protein groups.

Instead of bringing change for the vending machine, try one of these great on-the-go snacks:

- **Fresh fruit:** apple, banana, peach, plum, orange
- **Mini cereal box:** oat rings, shredded mini-wheats
- **Protein bars:** Look for bars with less than 200 calories and 6 grams of fat. Many are not any better than a candy bar.
- **Popcorn cakes:** There are many flavors to choose from.
- **Trail mix:** Make your own by mixing dried fruit, nuts, dry cereal and pretzels in snack-size baggies.
- **String cheese:** If you will eat it within 3 hours.
- **Muffins:** Make a batch of muffins and freeze them individually wrapped to grab and go.
- **Yogurt:** Look for yogurt with less than 150 calories per 8 ounces (1 cup) and eat within 3 hours. Don't forget to pack a spoon!



Snacking at home? Try these ideas!

- Spread peanut butter or hummus on celery and cucumber slices
- Make a big bowl of fruit salad with any fresh fruit you like
- Mix honey and Dijon mustard for a dip with any vegetable you like
- Enjoy your favorite flavor of hummus on whole-grain crackers
- Make a smoothie with one cup of nonfat yogurt, a frozen small banana, a few berries and a squeeze of honey
- Freeze grapes for a delicious alternative to popsicles or ice cream
- Enjoy an apple with low-fat cheese
- Make an open-face sandwich with two slices of low-fat turkey on a slice of bread and enjoy with a glass of milk

Start the day right

Don't think you need breakfast? Hate "breakfast foods"? You're missing out! A quick, balanced breakfast provides you with energy to start your day right. Without it you will most likely eat more than you need later on in the day and have a hard time concentrating in school.

If you give it a try, you might enjoy one of these quick and tasty breakfast staples:

- Dry cereal with 1 percent or nonfat milk: look for cereals with at least 3 grams of fiber and less than 8 grams of sugar per serving.
- Instant plain oatmeal, grits or wheat cereal with 1 percent or nonfat milk: Skip the flavored hot cereal packets – it's healthier to add cinnamon and a little brown sugar to quick-cooking hot cereal.

- Nonfat yogurt and a piece of fresh fruit: Look for yogurt with less than 150 calories per 8 ounces (1 cup). Anything more has lots of added sugar. Fresh fruit (banana, apple, sliced mango, orange slices) will keep you satisfied longer than fruit juice – even 100 percent juice.
- Whole-grain bread with a smear of peanut butter, nonfat cream cheese or hummus: Look for breads without corn syrup in the ingredients and with at least 3 grams of fiber per slice.
- Low-fat cottage cheese and fresh fruit: Try sliced peaches or mango with a dash of cinnamon.
- Egg English muffin: Crack an egg into a microwave-safe dish coated with cooking spray. Cover and cook for 30 seconds. Meanwhile, toast a wheat English muffin. Slide the



egg onto the muffin and add salsa, a slice of low-fat cheese or low-fat ham.

For those of you who "hate breakfast foods," here are some other options:

- Leftovers of last night's dinner: Heat up pasta, chicken and vegetables or eat it cold!
- Go Asian: Rice, fish and seaweed are popular breakfast foods in Japan!

- Hard-boiled eggs: Boil a half dozen at a time and keep chilled in the fridge for a few days!
- Lunch for breakfast: Try a turkey or low-fat cheese sandwich on whole-grain bread!
- Pizza burrito: Melt low-fat cheese, tomato and basil in a whole-wheat tortilla!
- Go simple: Enjoy a glass of low-fat milk, a spoonful of peanut butter and a few Triscuits.



Quick Main Dish Meal Ideas – The foods listed across complement each other the best, but you can try mixing and matching any of the items for a total of 20 different great-tasting meals.

Mix-ins	Vegetables	Grains	Seasonings
Black beans	Corn, salsa	Couscous	Cumin, lime
Parmesan	Chopped tomatoes	Bow-tie pasta	Basil, oregano and lemon
Tuna	Green peas	Brown rice	Dill, onion and lemon
Chicken breast	Spinach	Penne pasta	Dijon mustard
Cubed cheese	Red pepper, cucumber	Shell pasta	Italian dressing

Quick Sandwich Ideas – Pick any bread, spread, filling and garnish and create your own sandwich masterpiece. Experiment with new combinations and have fun with it!

Bread	Filler	Garnish
Bagel	Nonfat cream cheese	Sliced cucumber, onion, tomato and sprouts
Pita	Turkey	Lettuce, tomato and Italian dressing
Rye bread	Turkey, ham	Nonfat mayo, light Swiss cheese and tomato
Multi-grain bread	Mozzarella cheese	Roasted red pepper, lettuce and tomato
Corn tortilla	Black bean spread	Salsa, shredded lettuce, cumin and strips of cheese
Pita	Veggie burger	Ranch dressing, tomato and cucumber slices
Whole wheat bread	Tuna	Pickle relish, nonfat mayo, sprouts and tomato

Need an energy boost?

You were up late studying for an exam and the alarm went off after only a few hours of sleep. After a full day of classes, then work, you are finally home – and exhausted. You have a big project due tomorrow, and you need to finish it before crashing for the night.

At times like these, we all wish for a boost of energy. The stores are full of energy drinks that promise to make us more alert and focused. Some even say that they will help us perform better in sports. But is this the best choice? About one-third of American teenagers have used energy drinks such as Red Bull or Monster, unaware of the dangers hiding in each can.

Energy drinks contain many ingredients such as caffeine, sugar, guarana, taurine, ginseng, herbs and certain vitamins such as B vitamins thought to increase energy levels. Energy drinks are considered food supplements by the Food and Drug Administration (FDA). What this means is that the exact ingredients in energy drinks are not limited or controlled, and they can be present in potentially harmful quantities.

The most common additive is caffeine. Caffeine is a stimulant that is safe to

consume in small amounts. However, excessive caffeine intake leads to irregular heartbeat, high blood pressure, irritability and jitteriness. Energy drinks have two to three times the amount of caffeine as a cup of coffee or three to four times the amount as a can of soda.

Besides this, guarana is often added. Guarana is a Brazilian cocoa plant and contains theobromine, another stimulant. This further increases the caffeine content, making side effects from too much caffeine more likely. The body can get addicted to high doses of caffeine, causing headaches and fatigue when intake decreases.

Other additives such as taurine and ginseng are touted to improve physical performance. Taurine is an amino acid abundant in a healthy diet and ginseng is an herb. Scientific evidence shows no proof that consuming these through energy drinks provides any benefit.

While grabbing a drink from a can seems like a fast and easy way to feel more energized, the potential harm should be understood. The best way to maintain a good energy level is simple: Get regular sleep, eat healthy meals and exercise daily.

Reasons to avoid energy drinks:



- High caffeine intake is associated with health problems.
- The safety of energy drinks in children and adolescents is not known.
- The benefit of ingredients such as guarana, ginseng and taurine is not well understood, and their use is not proven safe in children and teens.
- Some drinks have high sugar content, leading to a source of unhealthy calories.
- The ingredients and the amount added are not regulated or controlled.
- Some ingredients may interact with prescribed medications, resulting in worsened side effects.



Learning with the *Times* Going beyond the text: body image

Think about it: Who decides how you should feel about your body? You know it is your decision, but often others influence you in negative ways. Does peer pressure affect how people perceive themselves? Does the media – television, movies, magazines, newspapers – influence people's perceptions? Think about the television shows and movies you watch. Think about the song lyrics you listen to and the magazines you read. Look for articles and photos in the *Tampa Bay Times*. Ask your teacher to split your class into small groups. Discuss these ideas with your group members. Create a mock newspaper about this issue. Be sure to use real examples to support your articles and editorials. Be sure to include graphics, photos, cartoons and even ads in your newspaper. You can create your newspaper from your own template or use this one: readwritethink.org/classroom-resources/student-interactives/printing-press-30036.html.

Q & A with an expert



*Our expert: Sarah Krieger, MPH, RDN
Spokesperson, Academy of Nutrition and Dietetics*

With technology becoming such a big part of everyday life, you may want to use an app on your mobile device to help you keep track of your fitness goals. Our expert explains how to choose the best one for your needs.

What should a person look for with a diet app?

The most important part of the app should be how easy it is to use (and everyone is different, of course). No one will use an app if he or she does not like the flow of it. Beyond that, the best ones will include items beyond calories, sugar and fat, such as keeping track of sodium, fiber and nutrients that most people are lacking (calcium, potassium and magnesium).

How can using a diet/weightloss app help a person lose or maintain weight?

Diet and weight loss apps are fast replacing paper diet logs, spreadsheets and journals. We already know from studies researching what works for losing weight and keeping it off is that keeping a record of daily food and fitness makes a person more likely to lose weight. By recording our calories, nutrients and fitness, we become aware of the calorie reality. This can really assist a person to reach his or her weight goals.

Is using a weightloss app enough? Or should a person use websites, books or help from a dietitian?

Apps can definitely help keep a person on track and are another tool in the weight loss and nutrition tool box. It is great to share your app diet information with your registered dietitian/nutritionist at appointments. Make sure to enter foods correctly – it should match what you eat! The RDN can help educate you on portions and guide you on your weight loss journey. Find an RDN in your area at eatright.org.

Learning with the *Times* Learning new words

When you study new things, you often come up against some tough vocabulary words! Most vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication be sure to highlight or circle words you don't know. Try to figure out the words' meanings by looking for clues in the sentences around them. Write down your best guess, and then look the words up in a dictionary. As a group activity, make a list of the words your classmates identified and see which ones stumped the class. Next, use these words for a news scavenger hunt. See if you can find these words in the *Tampa Bay Times*. The group that finds the most words wins the game.



Top Free Apps

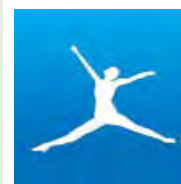


Daily Burn Tracker

Pros: Pictures of food make it easy to pick out what you ate. A bar code scanner makes it easier to enter your food rather than looking it up.

Cons: Not as user-friendly as other apps, but you can still keep track of food and drink intake.

Platform: Apple and Android

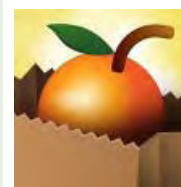


MyFitness Pal

Pros: This app is very user-friendly. Most apps only track the basics: calories, fats, protein, sugars, fibers and sodium. This app also tracks many nutrients that people often lack, such as calcium, potassium, iron (especially important for girls to keep track of) and vitamin A. The best feature of this app is the daily and weekly nutrition summaries. This is the best app to use to track your nutrition, not just your weight loss. This app also has a bar code scanner.

Cons: Because it is so popular, this app sometimes crashes, but the company is quick to respond to any problems.

Platform: Apple and Android



Fooducate

Pros: The bar code scanner is easy to use and offers a quick way to learn more about what you are eating.

Cons: There are a lot of features that look great, but are not free. The free app is still good, though!

Platform: Apple and Android



Noom Weightloss Coach

Pros: This app is very motivational and includes a built-in pedometer.

Cons: This app is limited and useful for weight loss only. The calories are quite low, but they go up if you exercise.

Platform: Android



In cooperation with

