

ATTAINMENT'S



it's
my
life



MEGANBEST

Be Well

ATTAINMENT'S

it's my life

Be Well

MEGANBEST



Edited by Abby Davies
Graphic Design by Erin Radermacher

An Attainment Company Publication
© 2023 by Attainment Company, Inc. All rights reserved.
Printed in the United States of America.
ISBN: 978-1-64856-176-4



P.O. Box 930160, Verona, Wisconsin 53593-0160 USA
1-800-327-4269
www.AttainmentCompany.com

All brand names and product names used in this publication are trade names, service marks, trademarks, or registered trademarks of their respective owners.



Nutrition

Different people like different foods	6
Healthy foods have vitamins and minerals	10
Eating different types of foods gives you a balanced diet	14
Eating healthy means eating balanced portion sizes	18
It is important to eat balanced meals and snacks	22



Exercise

Exercise has benefits for your body and mind	26
It is important to choose types of exercise you like	30
Everyone needs different amounts of exercise	34
It is important to be safe and prevent injury when you exercise	38
It is important to shower after you exercise to wash away bacteria and body odor	42



Mental Health

Stress can make you feel nervous, afraid, sad, or worried	46
Depression is sadness that can last for many weeks or months	50
Self-esteem is how you value and see yourself	54
Anger can be a problem when it negatively affects you or others	58
Talking to a therapist or counselor can help if you are struggling with mental health	62



Preventative Care

Annual checkups are an important part of staying healthy	66
Weight management helps to prevent disease	70
Making healthy choices helps to prevent disease	74
Drugs and alcohol are bad for your health	78
Caring for your teeth and gums is part of being healthy	82



Relationships

There are many different types of relationships.	86
It is important to choose healthy friendships	90
Dating can help you learn what you want in a romantic partner	94
There are appropriate ways to express affection.	98
Communication helps resolve conflicts	102



Sexuality

The human body starts to change during puberty.	106
Humans can reproduce to make babies	110
People have sex for many reasons.	114
Unprotected sex can lead to pregnancy and sexually transmitted infections	118
It is important to decide if sex is right for you.	122





Different people like different foods.



Preference

liking something more than other things



Dairy

milk, or food made from milk



There are many factors that influence food **preferences**. We all have different tastes. Some of us like ice cream because it is cold and creamy. Some people like potato chips because they are salty and crunchy. Our food choices can be influenced by the people that we are around. Most of us grew up eating certain kinds of food with our families.

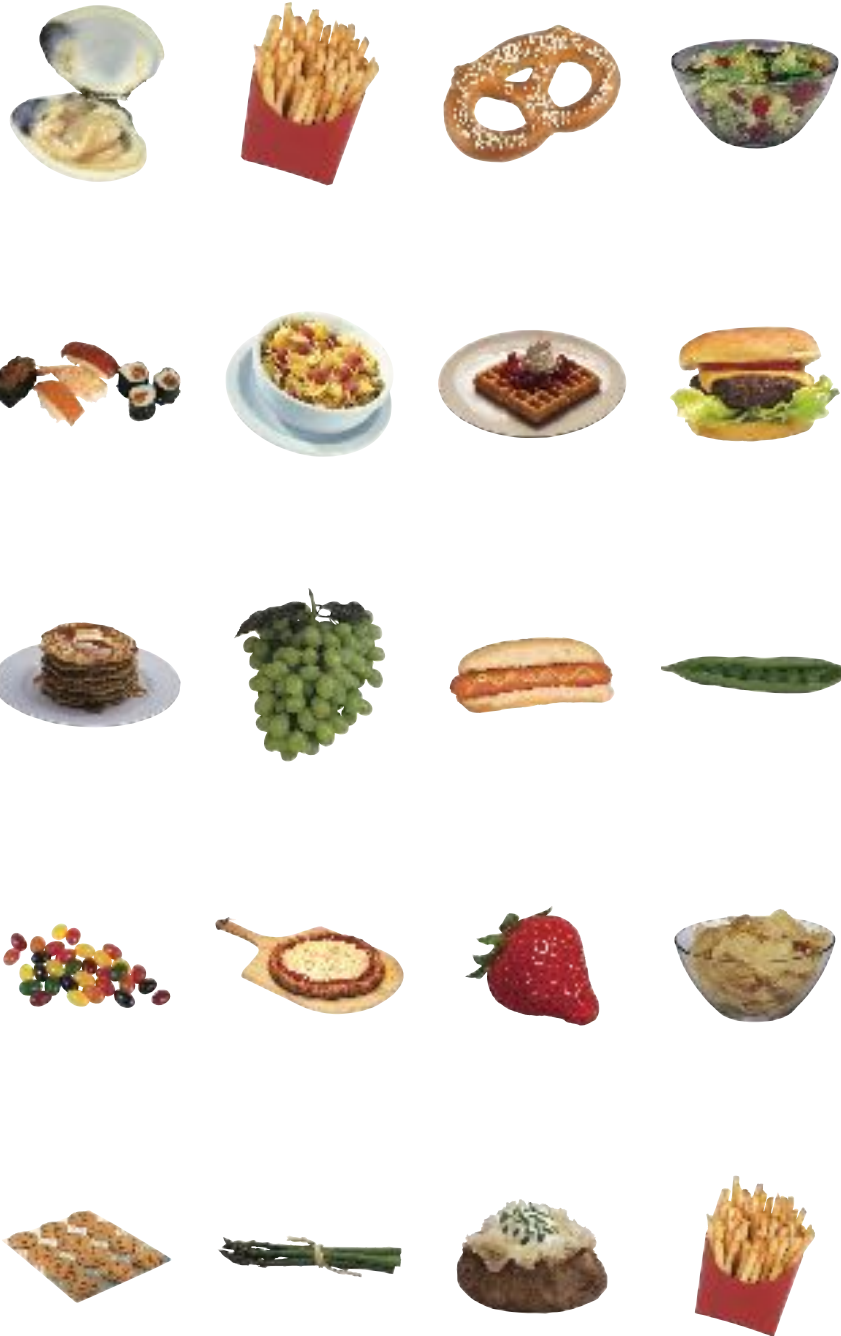
People from different cultures may prefer to eat foods that are popular in their culture. Sometimes we choose food because we think it is healthy. People who choose not to eat meat are called vegetarians. People who choose not to eat meat or animal products, like milk or eggs, are called vegans. People with dietary conditions or food allergies may have to avoid certain foods, like gluten or **dairy**.

It is important to make informed choices about the food you eat, but also to enjoy eating!



▽▲ Foods I Like

Directions: Circle all the foods you like to eat.

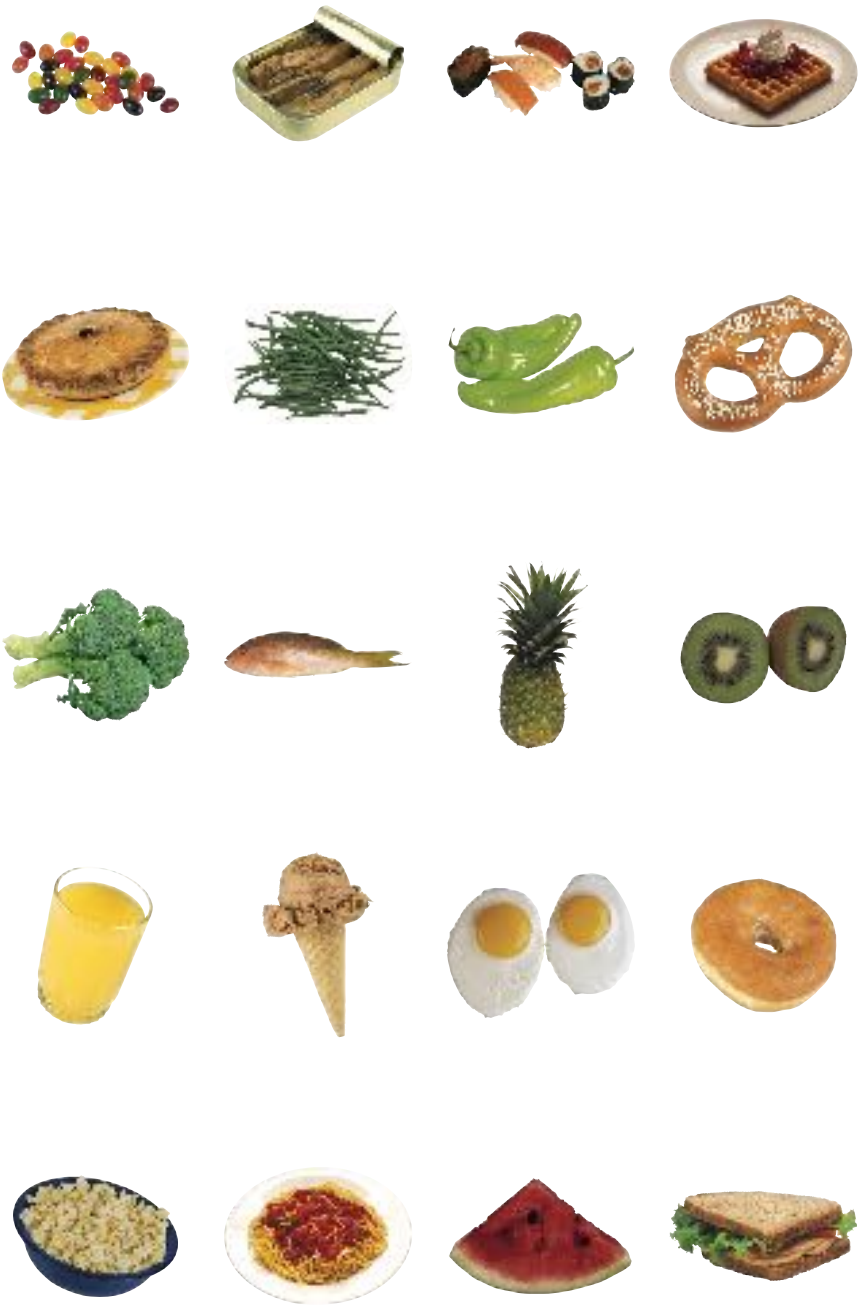




activity

▽▲ Foods I Don't Like

Directions: Circle all the foods you don't like to eat.





▽▲ Foods I Think Are Healthy

Directions: Circle all the foods you think are healthy.





Vitamins

substances our body needs to grow

Saturated fat

a type of unhealthy dietary fat

Obesity

weight greater than what is healthy

Healthy foods have many **vitamins** and minerals that help give you strength and energy. They can help you feel happy and less depressed. Examples of healthy foods are vegetables, fruits, high-quality meat, and dairy, nuts, beans, and whole wheat grains.

Junk foods have little or no nutritional value. Sometimes junk foods taste good, but they aren't very healthy for our bodies. Junk foods usually are high in sugar, salt, and **saturated fat**. Eating too much junk food can make you feel tired and can increase your risk of heart disease, diabetes, cancer, and **obesity**. Examples of junk foods are cake, cookies, candy, soda, sweetened cereals, and ice cream.

It is important to find a balance in the foods that you eat. It is okay to indulge in junk food once in a while, but most of your diet should be healthy food that will nourish your body.



▽▲ Can You Tell the Difference?

Directions: Write each type of food in the correct column.

Healthy Food

Junk Food

--	--



Muffin



Grapes



Broccoli



French fries



Jelly beans



Pineapple



Ice cream



Kiwi



Watermelon



Strawberries



activity

Healthy Eating Quiz

Directions: Mark each statement as true or false.

	True	False
1. I eat 3 meals a day.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
2. I try new foods.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
3. I limit junk food, fried food, and processed food.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
4. I eat at least 3 vegetables a day.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
5. I drink water instead of soda or high sugar drinks.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
6. I eat at least 2 fruits a day.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
7. I eat a variety of healthy foods.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
8. I eat high-quality meat and dairy.	<input type="checkbox"/>	<input type="checkbox"/>



▽▲ Reading Food Labels

Directions: Read the food labels to find the amounts of saturated fat, sodium, and sugar.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of labels: U.S. Food and Drug Administration

Nutrition Facts	
Serving Size 1/2 cup (about 82g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Saturated Fat: _____

Sodium: _____

Sugar: _____

Saturated Fat: _____

Sodium: _____

Sugar: _____

Eating different types of foods gives you a balanced diet.



Protein

a macronutrient that helps build muscle

Whole grains

an entire seed of a plant that hasn't been stripped of nutrients

Sodium

salt

It is important to eat different types of foods to have a balanced diet. All your food and beverage choices count. A balanced diet includes eating a variety of **protein**, dairy, vegetables, fruits, and grains. Eating colorful fruits and vegetables is important because they provide vitamins and minerals, and most are low in calories. Fruits can be fresh, dried, or frozen. Vegetables can be fresh, frozen, canned, steamed, or roasted.

Half of the grains you eat should be **whole grains**. Look for whole grains listed first or second on the ingredients list. Good examples are oatmeal, whole-grain bread, and brown rice.

Choose high-quality dairy and protein from free-range, grass-fed animals. Mix up your protein to include seafood, eggs, beans, nuts, and seeds.

Be sure to drink and eat beverages and food with low **sodium**, saturated fat, and added sugars. Water is calorie-free. Soda, energy or sports drinks, and other sweetened drinks contain a lot of calories and provide few nutrients.



▽▲ Food Group Matching

Directions: Draw a line from the food to the food group it belongs to.



Grains



Vegetables



Fruit



Protein



Dairy



activity

▽▲ Which Foods Belong In Each Group?

Directions: Circle the foods that belong in each food group.

1. Grains



2. Fruit



3. Vegetables



4. Dairy



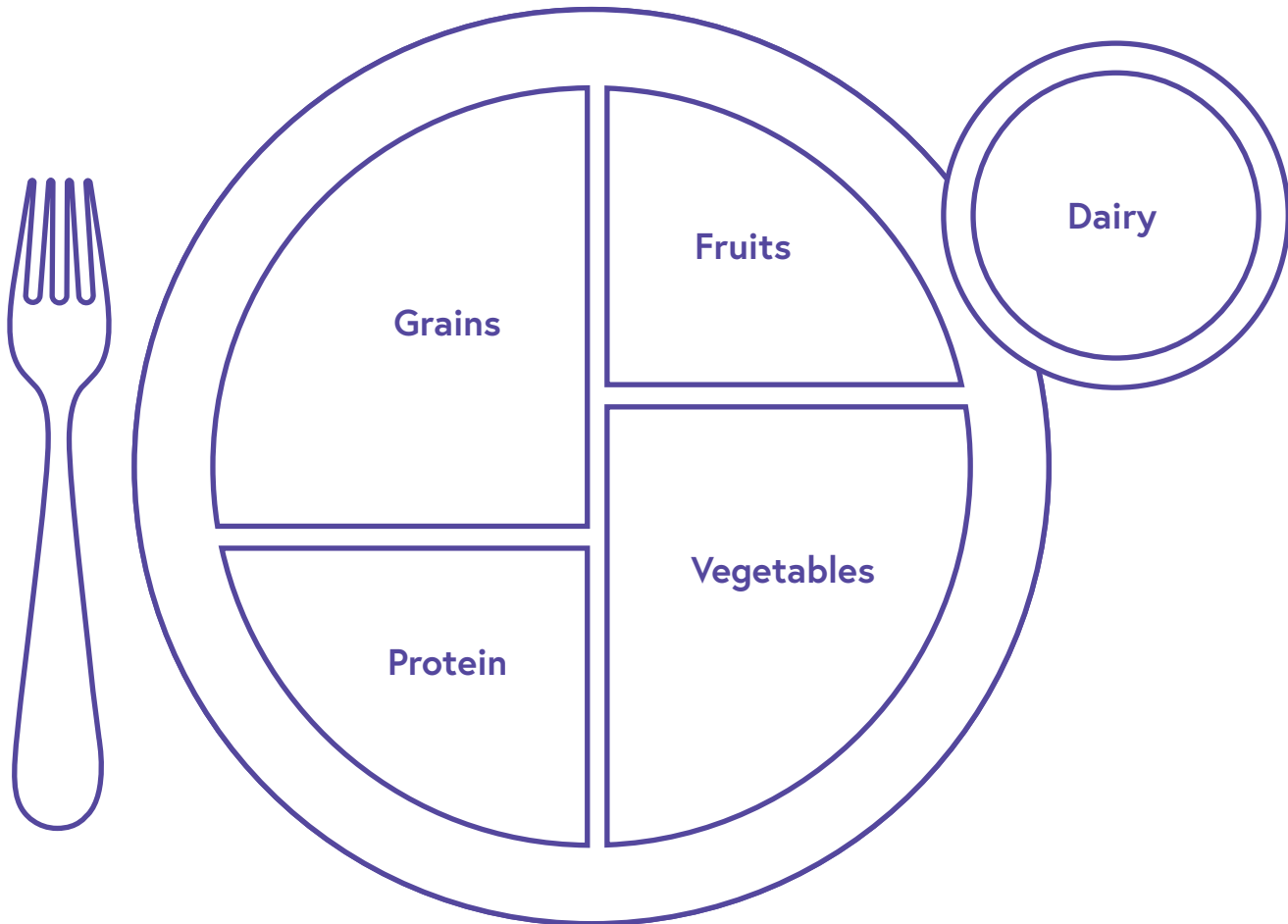
5. Protein





▽▲ What's On My Plate?

Directions: Fill the plate with the appropriate type of food.



Bread



Eggs



Broccoli



Milk



Steak



Potato



Salad



Strawberries



Crackers



Carrots

Eating healthy means eating balanced portion sizes.



Poultry

*chicken, turkey,
or duck raised for
meat or eggs*

Healthy people focus on including food and beverage choices from all five food groups in balanced portion sizes. They eat fruits, vegetables, grains, protein, and dairy to get the nutrients they need. It is important to eat the right number of calories based on your age, gender, height, weight, and physical activity level.

Make half of your plate fruits and vegetables. Focus on variety and whole fruits and vegetables. Choose low-fat or fat-free milk, or even non-dairy milk like almond or coconut milk.

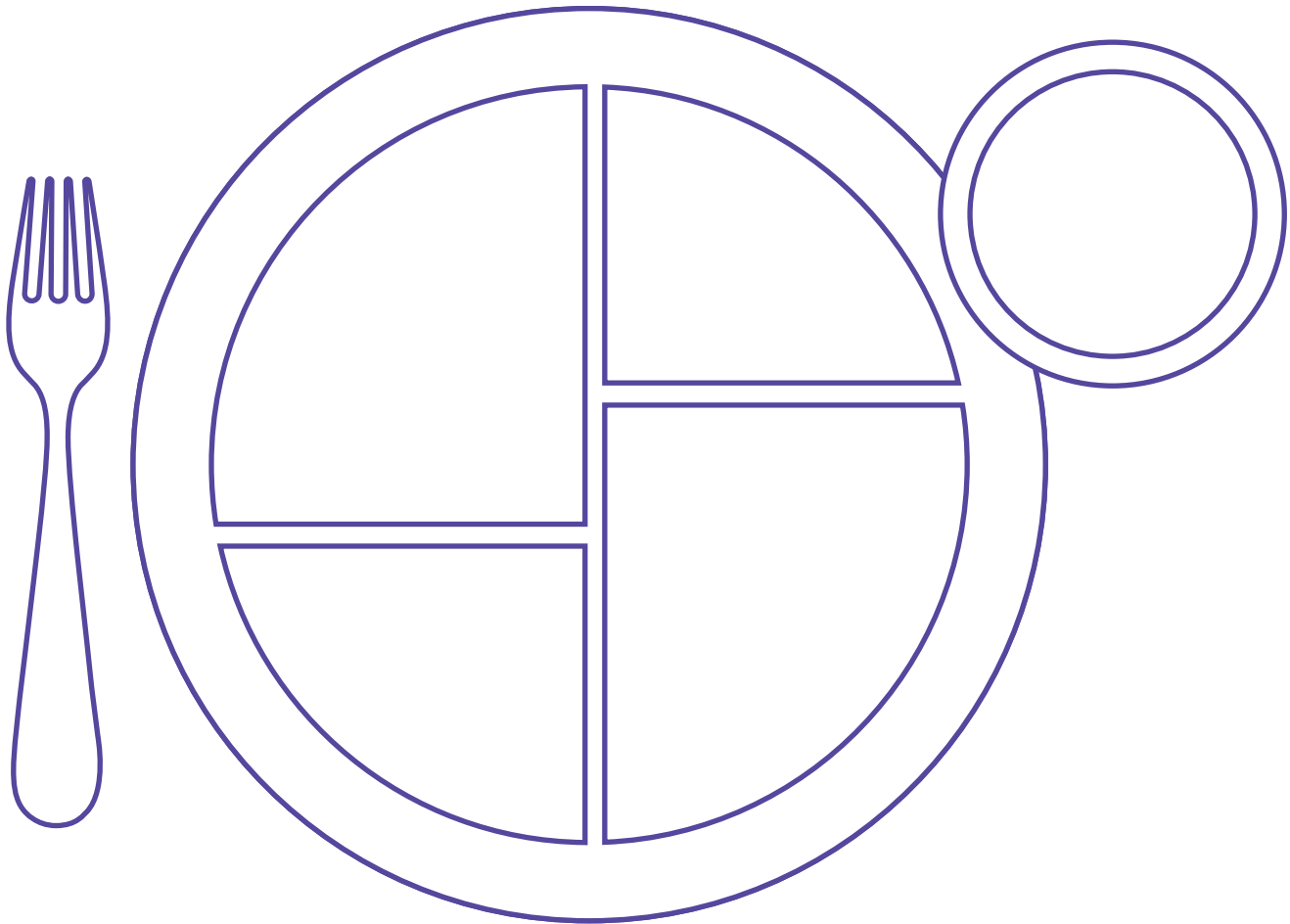
Eat a variety of proteins. When choosing beef, look for lean cuts. Try to eat different protein sources throughout the week. Meat, **poultry**, seafood, beans, eggs, soy, nuts, and seeds are all good choices.

Use **Nutrition Facts** labels and ingredients lists to find the amounts of saturated fat, sodium, and added sugars in the foods and drinks you choose. Look for options that are lower in saturated fat, sodium, and sugar. Building a healthy eating style can help you avoid obesity and reduce your risk of disease.



▽▲ Food Group Portions

Directions: Label each section of the dinner plate with the appropriate portion for each food group.



Vegetables | Fruits | Dairy | Protein | Grains



activity

▽▲ Food Portion Quiz

Directions: Mark each statement as true or false.

	True	False
1. Half of my plate should be fruits and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>
2. Half of my grains should be whole grains.	<input type="checkbox"/>	<input type="checkbox"/>
3. It is never okay to eat junk food.	<input type="checkbox"/>	<input type="checkbox"/>
4. I should choose foods low in saturated fat.	<input type="checkbox"/>	<input type="checkbox"/>
5. I should choose foods high in sugar.	<input type="checkbox"/>	<input type="checkbox"/>
6. I should choose low-fat dairy.	<input type="checkbox"/>	<input type="checkbox"/>
7. I should eat a variety of healthy foods.	<input type="checkbox"/>	<input type="checkbox"/>
8. I should choose foods high in sodium.	<input type="checkbox"/>	<input type="checkbox"/>



▼▲ What Are Whole Grains?

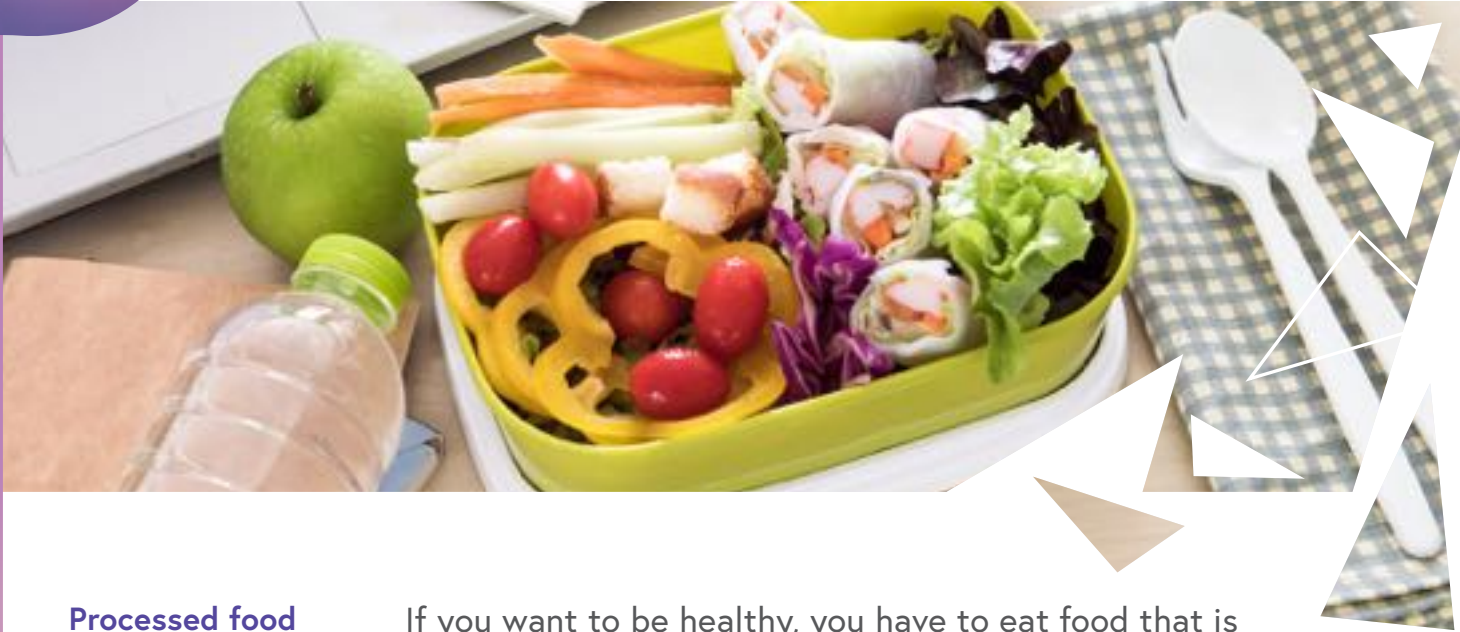
Whole grains are the entire seed of a plant. A grain is a "whole grain" if it hasn't been stripped of its essential nutrients.

Directions: Check all the boxes of foods that are whole grains.

- Brown rice
- Buckwheat
- Oatmeal
- Popcorn
- Whole-wheat cereal
- White bread
- Whole-wheat bread
- Whole-wheat crackers
- Pasta
- Whole-wheat pasta
- Wild rice
- Shredded wheat
- White rice



It is important to eat balanced meals and snacks.



Processed food
food that has been cooked, canned, frozen, packaged, or changed in nutritional value.

.....

If you want to be healthy, you have to eat food that is healthy for you. As you get older, you are able to make your own decisions about your body and your health. It is important to eat meals that have foods from all of the different food groups. You should eat three meals a day, and limit foods that are high in fat, sugar, and salt, like cookies, candy, frozen desserts, chips, and fries.

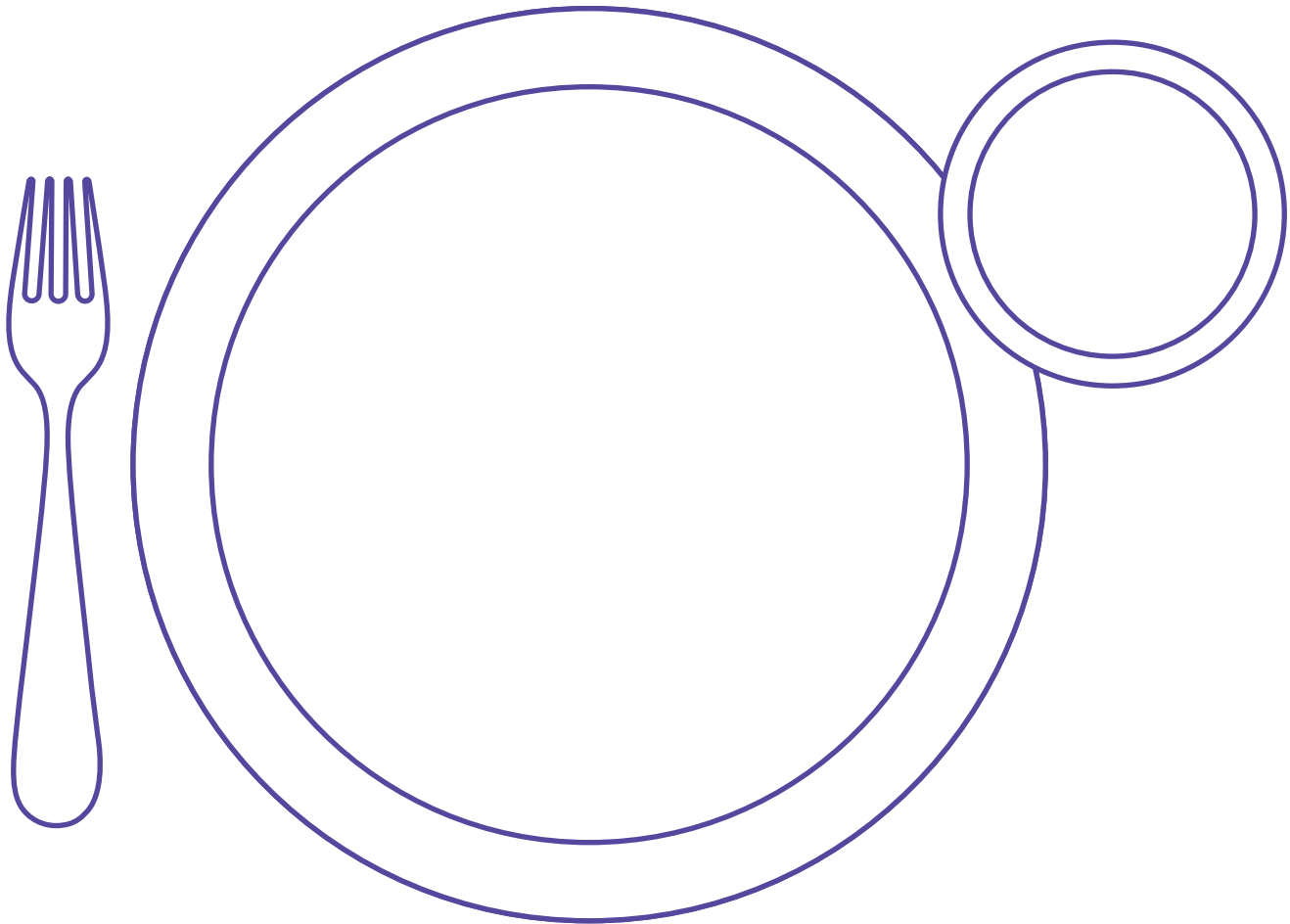
Eating fresh food is best. **Processed foods**, like those that are canned or packaged, usually have more sodium than fresh foods, such as fruits and vegetables.

Eating balanced meals is important, but snacking can also be part of a healthy eating plan. Snacking can keep you from getting too hungry between meals and gives you energy throughout the day. Healthy snacks come from one or more of the five food groups. They are usually good for you when they are low in fat, sugar, and salt. Healthy snacks also have a lot of vitamins and minerals.



▽▲ What Did You Eat for Dinner Last Night?

Directions: Draw a picture of the meal you ate last night. List the items from each food group below.



Vegetables	
Fruits	
Protein	
Dairy	
Grains	



activity

▽▲ Combination Foods

Directions: Combination foods fit into two or more food groups. They make eating healthy meals easier. Each combination food below has two or more food groups. Place an X in the box of the food groups.



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



- Combination Food
- Grains
- Fruit Group
- Vegetable Group
- Dairy
- Protein



▽▲ Which is the Healthiest Snack?

Directions: Circle the healthiest snack in each row.

