

Eating Smart • Being Active for Teens

Eating Smart • Being Active (ESBA) for Teens is a comprehensive nutrition curriculum that teaches at-risk teenagers how to have a healthy lifestyle. The program was developed at Colorado State University.

There are eight lessons in the **Eating Smart • Being Active (ESBA) for Teens** program:

- Get Moving!
- Plan, Shop, \$ave
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Build Strong Bones
- Go Lean With Protein
- Make a Change
- Celebrate! Eat Smart & Be Active

Eating Smart • Being Active (ESBA) for Teens teaches many concepts and skills in three important content areas in the Colorado Department of Education’s academic standards for high school: **Social Studies**, **Physical Education**, and **Comprehensive Health**.

Content Area: Social Studies

The ESBA for Teens curriculum is aligned with many of the Colorado Department of Education’s standards in **Economics**.

Social Studies concepts and skills:	ESBA for Teens Content
<i>Productive resources- natural, human, capital are scarce- therefore, choices are made about how individuals, businesses, governments and societies allocate these resources.</i>	Lesson 2, p. 28: Teens discuss unit pricing and the process of comparing the costs and benefits which accompanies a purchasing decision.
<i>Government and competition affects markets.</i>	Lesson 2, p. 12: Teens sample and compare and contrast similarities and differences in the same food item made by a national brand and one made by a store brand and discuss the difference in price and how to choose one or the other.
<i>Design, analyze, and apply a financial plan based on short- and long-term financial goals.</i>	Lesson 2, p. 25: Teens make a meal plan and a shopping list, considering what is on sale and the prices of the items that they can afford in their budget.

Content Area: Physical Education

ESBA for Teens is aligned with many of the Colorado Department of Education’s standards in **Movement Competence and Understanding, Physical and Personal Wellness, Emotional and Social Wellness, and Prevention and Risk Management.**

Physical Education concepts and skills:	ESBA for Teens Content Example
<i>Understand the cognitive impact of movement.</i>	Lesson 1, p. 9: Teens complete a worksheet and reflect on the benefits of being active, which includes an increase in energy, sleep, mood, and cognitive function.
<i>Establish goals based on fitness assessment data and develop, implement, achieve, and monitor an individual health and fitness plan.</i>	Lesson 1, p. 21-23: Teens discuss with one another which types of physical activities they can fit into their day; followed by a goal setting activity where students plan how and when in their week they will be physically active.
<i>Identify community resources to maintain lifelong physical activity.</i>	Lesson 1, p. 25-26: Teens discuss ways to be physically active in the community in all seasons.
<i>Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education; Participate in a variety of lifelong physical activities.</i>	Lessons 1-8: Physical activities are presented throughout each lesson in the curriculum; teens participate in a variety of activities such as dance, stretching, and exercise band strengthening activities.
<i>Demonstrate responsible behavior in group settings.</i>	Lesson 1, p. 13: Teens work together to toss a ball to each other in a circle and learn each other’s names, favorite foods, and a hobby they enjoy.
<i>Understand the risks and safety factors which may affect participation in physical activity.</i>	Lessons 1-8: Teens participate in a warm-up and stretching activity before each lesson’s physical activity and talk about safety including warm ups, cool downs, and participating at a level which is comfortable and advisable for them.

Content Area: Comprehensive Health

ESBA for Teens is aligned with many of the Colorado Department of Education’s standards in **Physical and Personal Wellness in Health.**

Comprehensive health concepts and skills:	ESBA for Teens Content Example
<i>Analyze the benefits of a healthy diet and the consequences of an unhealthy diet.</i>	Lesson 3, p. 7: Teens measure out one serving of fruits and vegetables and discuss the benefits of eating a colorful variety. Lesson 7, p. 24: Teens discuss the consequences of eating an unhealthful diet, such as heart disease, diabetes, and cancer.
<i>Demonstrate ways to take responsibility for healthy eating.</i>	Lessons 1-8: Teens work together to prepare a healthful snack or meal during each lesson, such as a salad, stir fry, or breakfast yogurt parfait. Lesson 3, p. 18: Teens plan one way they will try to eat more fruits and vegetables.
<i>Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly.</i>	Lessons 1-8: Teens reflect on own habits and set health-enhancing goals at the end of each lesson, such as increasing whole grains and decreasing soda.