God's

HEALTH SQUAD

A Faith Based Youth Nutrition Program

Bronx Health REACH
Making Health Equality a Reality

Bronx Health REACH is a community coalition working to end racial and ethnic disparities in the South Bronx and throughout New York.

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Spring 2009

Dear Participant,

The God's Health Squad program is for you to start thinking about the God, food and health connection and what small steps you can take for a healthier future. It is an 8-session program and each week you will learn a little more about how to choose healthier snacks, drinks and other foods.

This program was created by Bronx Health REACH, a community group working to end inequalities in health. It was first piloted at Loyal Baptist Church in the Bronx, and is designed to make learning about food and nutrition a little fun. I hope you enjoy it and keep this information for years to come!

Sincerely,

Charmaine Ruddock, Project Director, Bronx Health REACH
Ruchi Mathur, Program Associate, Bronx Health REACH

Remember that this manual is intended for informational purposes only and is not for use as an alternative to appropriate medical care. Since each individual case or need may vary, all individuals should seek the guidance of a health care profession before making health related changes.

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God's Health Squad Program Description

Program Description

God's Health Squad is an 8-session faith-based nutrition program for children. Each session is around 30 minutes long and can be incorporated as part of the church's youth group program.

Objectives:

- You will learn about how food impacts their health.
- You will learn how to choose healthy snacks and drinks by reading nutrition labels.
- You will learn about eating balanced meals by including all the food groups.
- You will be empowered to talk to their family and friends about eating healthier and to local bodega owner about carrying healthier foods.

Weekly Themes

Why Eat Healthy?

Choosing Healthy Snacks

Choosing Healthy Drinks

Saying no to Junk Food Advertising

Why is Breakfast Important?

Bringing the Message Home and to the Community

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Session 1:

Why Eat HEALTHY?

Notes:

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Dear Parent/Guardian,

On behalf of Jehovah Shammah I would like to inform you of a new and exciting youth nutrition program called God's Health Squad that we are incorporating into our youth bible study. The purpose is to teach young people about basic nutrition, how to choose healthier snacks and drinks at their local bodega and to encourage them to be leaders of change in their communities.

Youth will have the opportunity to learn snacking concepts that will help them make better choices when shopping at bodegas, help promote healthy snacks in the South Bronx community by putting up promotional signage in nearby bodegas, and receive prizes along the way.

Parents can help support the initiative by reinforcing the concepts children learn during the program at home.

For instance, parents can:

- Read nutrition labels with their children at home or at the store
- Encourage them to choose healthier snacks
- Attend the celebration ceremony at the end of the program

Additionally, Bronx Health REACH will be surveying your child to see if their nutritional knowledge, attitudes and eating habits change because of this program. By signing and returning the attached Survey Consent Form with your child, you give us the permission to do so.

Sincerely,

Yadira Salas
Jehovah Shammah Youth Director

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Survey Consent Form

I hereby grant Bronx Health REACH and its representatives, employees, and agents the right to survey my child about his/her nutritional knowledge, attitudes and eating habits to evaluate the Youth Nutrition Program Pilot taking place at [Church]. I understand that I will not receive any compensation for participating in this survey and that the name of my child will not be identified in the results.

Child's Name (Print): _____Date:_____

Parent/Guardian Name (Print): _____

Parent/Guardian (Signature): _____

Address:_____

City: _____ State: _____ Zip Code: _____

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God's Health Squad Pre-test

Name: _____

1. Do you usually by a snack at a corner store on your way to school or after school?
   a. YES, name of store: _____
   b. NO

2. Which of these snacks are healthy? Check as many as you want.

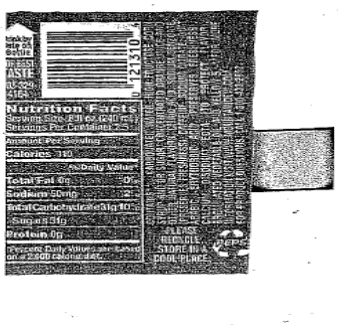
_____ Banana	_____ Orange	_____ Ice cream
_____ Cupcakes	_____ Pretzels	_____ Potato Chips
_____ Unsalted Peanuts	_____ Cookies	_____ Fruit Salad

3. Which of these drinks are healthy? Check as many as you want.

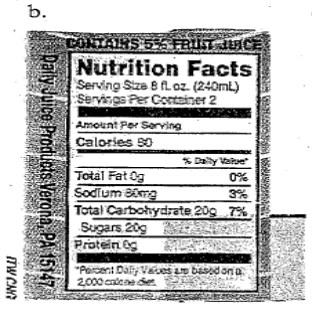
_____ Orange Juice	_____ Fruitopia	_____Water
_____ Ice Tea	_____ Low-fat milk	_____ Powerade
_____ Lemonade	_____ Sunny Delight	_____ Apple Juice

4. Using the labels below, circle the snack that is the healthiest.

a.



b.



c.

5. A snack ***should*** have **LESS THAN** _____ grams of fat per serving.

6. I think it is important to read the labels at the corner store:

   a. Never b. Sometimes

   b. Often c Always

7. I think it is important to choose healthy snacks at the corner store:

   a. Never b. Sometimes

   b. Often c Always

8. Commercials on TV and signs in stores affect what I choose to eat:

   a. True b. False

9. Yesterday, this is what I bought at the corner store:
   (if you didn't buy anything, write "none")

   a. _____ e. _____

   b. _____ f. _____

   c. _____ g. _____

   d. _____ h. _____

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Honor God by Taking Care of Your Temple!

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20

Prayer for Power to Take Care of My Body

Dear God,

Thank You, O Lord, for the gift of this precious body and the care that was given to its design. Help me to honor You by committing to treating my body right. It takes work, Lord, but with Your strength I know I can succeed.

It's hard some days to get motivated. But Lord of my body, today I choose to follow you and to do what is hard. I ask You to bless my efforts. Empower me when I am weak, inspire me when I lose sight of the goal, and help me as I begin down the road to better health.

Amen

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God's Health Squad Mission:

To get people to live healthier lives by eating healthier foods like fruits and low-fat snacks and exercising.

What's so great about eating healthy?

- A Healthy Snack can give you **energy**, and helps you grow **stronger**!
- Snacking on things like fruit is good for you, like **bananas**, **oranges**, and **grapes** – these don't have fat and the sugar is ALL NATURAL!

But what happens when I want to go to the store and there is nothing healthy to eat?

- You can choose a healthy snack by looking at the NUTRITION FACTS!
  - Choose **Snacks** with **less than 7 grams of fat**
  - Choose **Drinks** that are **Water, 100% Juice or low fat milk**

Whats the deal with Unhealthy Snacks?

- Unhealthy Snacks make you **fat**,
- **Slow** you down and,
- Make your **stomach hurt**

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Session 2: Choose HEALTHY Snacks!

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God's Health Squad is Destined for Greatness

My frame was not hidden from you when I was made in the secret place. (Psalm 139:1)

God didn't make any mistakes when He made you. God knows exactly how you're made and He's committed to helping you become all He has in mind.

Food for Thought
Genes play a role, but God plays the lead.

God's Health Squad's Prayer for Power

Dear God,

As You know, some days I wish I looked different than I do, and wonder if something got mixed up when You were choosing traits from my parents to give to me.
How good it is to be reminded, Lord, that I am a 'designer original', that You had me – exactly this me – in mind long before I came to exist!

So today I present myself to You – all that I am, genetically and physically – with a grateful heart. Help me to be a good steward of my body.

Because You designed it, I want to celebrate, nurture, respect it and eat my fruits and vegetables. By Your power at work in me, I praise You for every molecule, gene and blemish.

Amen

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Name: _____

Can you Choose Healthy Snacks at the Bodega?

List all the **HEALTHY** snacks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

List all the **UNHEALTHY** snacks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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READ IT *before you EAT IT!*

How many servings are you eating?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%	Vitamin C	2%
Calcium	20%	Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

What's the Best Choice for You?

*Use the **5%-20% Guide to Daily Values** to choose foods.*

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Session 3:

Choose HEALTHY Drinks!

Notes:

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God's Health Squad Makes Smart Choices!

And be not conformed to this world but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.

Romans 12:2

God knows how hard it is for you to make the right choices. That is why He did not ask you to do it alone. With His help, you'll find the strength to do what's right.

Food for Thought

Eat right to be God's light.

God's Health Squad's Prayer for Power

Dear God,

It is easy for me to follow the choices of those around me even when I know they are wrong. You have showed me that with knowledge and your help I can always do what's right.

My body is a gift from You and I want to treat it with respect. Help me to have the strength to be Your light and guide others to make good, healthy choices as well.

Thank you for giving me my body so that I can follow Your will. It is beautiful and perfect, and I am going to keep it that way by choosing low-fat foods and drinks. I will praise you by keeping my body healthy.

Amen

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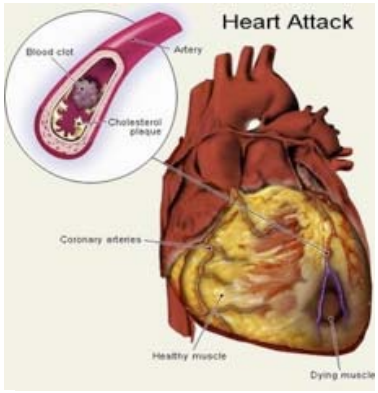
How can I Choose Drinks Wisely?



Good Drinks Have:

-lots of **nutrients**

-**little or no fat** and **sugar**

Fat and sugar can harm your body. Saturated fat can clog your arteries and make your heart weaker over time.

Choose these:

- **100% Juice**
- **Water**
- **1% or skim milk**

Bad Drinks:

-Soda

-Whole and 2% milk

Milk has lots of vitamins, minerals, and calcium that keep your body strong!

Why Choose Low fat Milk?

Drinking **one cup of whole milk** has as much saturated **fat** as a

A Snickers Bar!

5 Strips of Bacon!

A Burger!

While these are ok as a treat once in a while,
over time whole milk and other foods high in saturated fat can cause **heart disease** and **diabetes**.

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Session 4:

Say **"NO!"** to **J**unk **F**ood Advertising!

Scripture of the day:

For the grace of God that brings salvation has appeared to all men. It teaches us to say "No to ungodliness and worldly passions, and to live self – controlled upright and godly lives in this present age.

(Titus 2:11-12)

Notes:

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Does this look familiar?

Can you name their slogans?

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Session 5:

Why Eat Breakfast?

Notes:

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God's Health Squad Eats Breakfast!

Trust in the Lord and do good; dwell in the land and enjoy safe pasture.
Psalm 37:3

Why Eat Breakfast?

- A Nutritional breakfast fuels your body and mind - it gives you the nutritional boost you need to start the day.
- Breakfast will help you do pay attention, learn better and do well in school.
- Breakfast will keep you from getting sick.

What is a Healthy Breakfast?

Here are some examples of nutritious breakfasts:

- Cereal or oatmeal with lowfat milk or yogurt and fruit.
- Pancakes with fresh fruit and a glass of lowfat milk.
- Whole grain bagels or muffins with fruit and a glass of milk.

MyPyramid Worksheet

Name: _____

MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

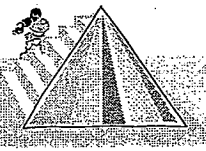
Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: Lunch: Snack: Dinner: Physical activity: 	**Grains** 	Make at least half your grains whole grains.	**6 ounce equivalents** (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		_____ ounce equivalents
	Vegetables 	Color your plate with all kinds of great tasting veggies.	**2½ cups** (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
	Fruits 	Make most choices fruit, not juice.	**1½ cups**		_____ cups
	Milk 	Choose fat-free or lowfat most often.	**3 cups** (1 cup yogurt or 1½ ounces cheese = 1 cup milk)		_____ cups
	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices--more fish, beans, peas, nuts, and seeds.	**5 ounce equivalents** (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		_____ ounce equivalents
	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least **60 minutes** of moderate to vigorous activity a day or most days.		_____ minutes

How did you do yesterday? ☐ Great ☐ So-So ☐ Not So Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar--limit your intake of these.



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Session 6:
Be an Agent of Change

Scripture of the Day:
God is faithful; he will not allow you to be tempted beyond what you are able.
(1 Corinthians 10:13, NKJV)

Notes:

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Session 7:
Play Practice!

Now its time to reinforce what we have learned and share it with others!

Get Excited!

Notes:

God's Health Squad Celebration Play Script

Adapted from Snack Squad Curriculum

Carlos: Yo! We're God's Health Squad

Other Kid 1: Hmmmpph!

Sara: And we're here to get people to eat healthier foods

Other Kid 2: Yawn!

Barry: Like fruits and low-fat snacks

Other Kid 3: Whatever!

Angelica: We're also trying to get people to exercise more…

Lil Suave: And stop watching TV or playing video games all the time

Barry: Or for those of us lying on the bed and talking on the phone for too long.

Sara: We're learning about how to read labels and choose healthier snacks at the bodegas.

Other Kid 1: I don't know what y'all are talking about!

Carlos: Wait, Hold up. I think we need to break things down.

Sara: All right – a snack can be something healthy

Barry: Like an apple, or something not-so healthy like cookies. It all depends on what you choose.

Other Kid 2: But what's the difference? A snack is just a snack! It doesn't matter how healthy it is!

Carlos: Nah man. A healthy snack can give you energy, and helps you grow stronger!

Sara: Snacking on things like fruit is good for you, like bananas,

Barry: And oranges and grapes. These don't have a lot of fat and calories.

Angelica: And the sugar in fruits is all natural and good for you!

Other Kid 3: Whatever! You guys swear it's so easy! What happens when I go to the store and there are no fruits? What do I get then?

Carlos: Don't get it twisted! Just cuz you're at a corner store doesn't mean you can't buy a healthy snack.

Sara: Yea, just turn the bag around and look at the Nutrition facts! If the bag says total fat: 7 grams or less, then you know your good.

Barry: With juice, it should be 100% fruit juice.

Other Kid 1: Grams of fat? One hundred percent? I don't know man, that seems like too much trouble!

Carlos: You wanna know what the real trouble is?

Other Kid 1: What?

Carlos: Unhealthy snacks make you fat.

Sara: They slow you down!

Barry: And make your stomach hurt!

Alexis: And that's not cute at ALL!

Other Kid 2: I get it, but I know some of my friends won't. What should I tell them?

Barry: Tell them to just try it once. It won't hurt to try it once you know.

Sara: Yeah, tell them to try it!

Other Kids (all together): Yea, I guess that might work, thanks God's Health Squad!

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Congratulations, you have finished the program!

Session 8:

Get ready,
its celebration time!