



TEEN TIME

Wednesday Events
Starting June 6th @ 2pm

Movie Tuesday
Starting June 5th @ 5pm

Steps to Good Health (for Teens)

Improve your health by learning about physical health and nutrition-rich foods. Explore food labels and understand more about what's really in those packaged foods you eat and the beverages you drink. Use SMART goals to achieve physical fitness and develop a nutrition plan than turns you into a *Super-Teen!*

Including hands-on activities!

- ⇒ **MyPlate for Teens:** Learn about personal health plans and nutrient-rich foods.
- ⇒ **Blender Bike Cuisine:** Prepare healthy food while exercising.
- ⇒ **Build a Wellness Plan:** Use SMART goals to achieve physical fitness and to develop a nutrition plan.



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For teens age 13-17