

The Beat

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PreTeen Teacher
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Have you ever heard the saying, "You are what you eat"? The older you get, the more you get to choose what goes in your mouth. Adults are worried. The number of overweight kids in the U.S. has tripled in recent years and horror stories about their crazy diets and eating disorders fill the news. Only 2% of kids actually meet healthy diet recommendations. The government is spending billions of dollars trying to educate about good nutrition, but advertisers tell you to just "do what tastes right."

Junk food may seem "mmm, mmm, good" at the moment, but a lousy diet leads to trouble. It can cause diabetes and heart disease, and is catching up to smoking as the leading cause of death in the U.S. Researchers say it can seriously affect your abilities now, too, both academic and physical. So before you put those chips in your mouth, remember—what you eat today determines what you're able to do tomorrow.



THINK ABOUT IT

- Why do you think 98% of kids have poor nutrition?
- How do you think the 2% with good nutrition manage to do it?

Garbage In, Garbage Out

What you feed your body, and your head, is very important! Brainstorm a list of things kids do that are not good for their physical and spiritual development. Beside each write a good, healthy substitute. Which will you choose?

Bad for Body or Spirit

Good for Body or Spirit



How can you make godly choices about personal care?