



LESSON 7: TAKEOUT

TODAY WE LEARNED | DIET RELATED ILLNESSES

- A balanced diet leads to physical health and feeling great. All of the things your body does every day are fueled by what you eat – running, breathing, growing, thinking, pumping blood, etc.
- A balanced diet contains the right amounts (and not too much) of different kinds of foods so that, once digested, the body gets enough carbohydrates, proteins, fats, vitamins, minerals and water.
- If one does not eat a balanced diet, the body and mind can suffer now and in the future. In the short term, diet can affect the way someone feels, looks and performs in school and sports. In the long run, poor diet can lead to serious illness that can even be life-threatening.
- Some of the most common diet related illnesses include: heart disease, high blood pressure, type 2 diabetes, and obesity.

BREAKFAST IDEA | STRAWBERRY SMOOTHIE

- 1 ripe banana (the riper the better!)
- 2 cups frozen strawberries
- 1 cup milk

Add variety by substituting or adding some of the suggestions on the back. Put in a blender.

TIPS AND TRICKS

1. **Filling Add-Ins** Want to make the smoothie “stick to your ribs” until lunch? Throw in a handful of rolled oats or seeds (sunflower, chia, or flax seeds all have their own nutritional benefits). Sneak in a vegetable by adding a carrot or a handful of leafy greens such as spinach or kale. You won’t even notice the flavor!
2. **Substitutions** ANY kind of fruit can change up the flavor of your basic smoothie, and can allow you to use what is in season or what is on sale. Melons, other types of berries, and peaches are a great place to start experimenting, but the sky is the limit. The added variety can keep your breakfast interesting so that you don’t get bored.
3. **Keep it Frozen** Frozen fruits are often cheaper pound for pound than fresh fruits. They are often even healthier because they are picked ripe, when their nutrients are at a peak. Freezing “locks in” the nutrients that might otherwise deteriorate as the fruit is trucked across the country. Plus, you can store them for longer, and they won’t go bad if you wait a few extra days to eat them.

