

### Teaching life skills to teenagers

The grids below contain a list of excellent breakfasts on the left and a grid of low-nutrition breakfasts on the right. Your job is to rate each from 1-15. 1 is the lowest score and 15 the highest. Read them carefully and maybe you should look up what Michael Phelps and other sports stars have for breakfast before trying it. His breakfast is in the grid! Can you guess it?

<b>BEST BREAKFASTS</b>	<b>PTS.</b>	<b>LO-NUTRITION BREAKFASTS</b>	<b>PTS.</b>
grilled sardines with tomatoes		any concentrated juices	
porridge with honey/berries/nuts		processed cereals laden with sugar	
cold muesli and milk		chocolate nut spread on bread	
scrambled egg/wholegrain (wh.)toast		instant oatmeal from microwave	
peanut butter/banana on (wh.) toast		breakfast drinks for kids full of sugar	
melons/kiwis/oranges on (wh.) toast		pizza reheated from night before	
grilled herring with eggs and beans		non wholegrain toast and sugary jam	
yoghurt and (wh.) cereal with apple		instant microwavable sandwiches	
fruit/cream cheese and oatmeal		pancake mixes made from powder	
(wh.) waffles, berries and milk		fried sausages/puddings/bacon	
veggie omelette/bran muffin/yoghurt		any type of 'fast' foods	
grilled cheese/peanut butter wrap		toasted pastries in a packet	
a fruit and yoghurt smoothie/water		non-homemade muffins	
(wh.) pancakes with grilled kippers		any fry cooked with vegetable oil	
porridge/eggs/honey with lime juice		any of last night's takeaway leftovers	

Now do the same for the dinner grid. You may decide to make out a lunch grid yourself.

<b>BEST DINNERS</b>	<b>PTS.</b>	<b>LO-NUTRITION/RISKY HABITS</b>	<b>PTS.</b>
turkey/potatoes/cabbage /carrots		frozen pizzas from packet	
mackerel grilled with olive oil		processed burgers covered in sauces	
venison/croquettes/taco sauce		takeaways as part of a daily routine	
grilled chicken/cheese/mayo		non-organic chicken nuggets	
Greek yoghurt/strawberries/nuts		supersized burgers from a take away	
steak/Brussels sprouts/kale		processed meat with fries/curry/mayo	
wild salmon/ mushrooms/spinach		hot dogs	
beef stew/turnips/parsnips/broccoli		any meal dripping in mayonnaise	
turkey/brown rice/peppers/lentils		processed meats in general	
potatoes/coleslaw/beetroot/peas/meat		Happy Meals with a big, fizzy drink	
grilled tuna/tomatoes/walnuts/lettuce		kebabs bulging with meat and sauces	
beef//onion/spinach/beans		potato wedges and hash browns	
salad with 7 'super foods'		frankfurters	
pasta meal/Bolognese sauce		any meat from a deep-fat fryer	
veg/tomato soup and chicken wrap		oversized takeaway pizzas	

Everyone loves a takeaway. None of the above is in any way harmful to your long term health if they are seen as a treat. A treat is something you decide to give yourself once a week or once a month as a reward. If the low nutrition foods are part of your regular diet, change them!

## PLANNING A SUCCESS MAP

Fill in the grids by ticking the boxes that you agree with strongly. You must fill in the point values by giving each row a value of: 10, 8, 5, 2 or zero. Zero is to be used if you disagree strongly with a statement. Each sentence starts with: **I am aware that.....**

### NUTRITION

POINTS

I am what I eat and if I eat well, I will be well.	
'fast' foods are a tasty treat but should not be seen as part of my every day diet.	
processed foods such as hot dogs and chicken nuggets are very low in nutrition.	
small changes to my quality of diet can have a very positive impact on my life.	
making a written or mental checklist of my weekly intake of food will benefit me.	

### SLEEP

POINTS

the body and mind start to shut down after 3 days without sleep. Sleep is precious.	
as an 11/12-year-old, I should be getting a minimum of 10 hours sleep per night.	
the pressures of time and school work don't allow me to get the sleep I require.	
I must manage my nightly food intake and social media time so I can sleep better.	
if my sleeping patterns are healthy, I will have more energy and it will help me.	

### EXERCISE AND PLAY

POINTS

the health of my mind is linked to having a minimum of 30 minutes exercise daily.	
having fun, playful activities are of as much benefit as a very active sporting life.	
looking up YouTube for the best stretching exercises is more important than sport.	
exercise is what I do, not what I am. Sport does not define me, my mentality does.	
activities like yoga, karate, meditation and Pilates complement my mind and body.	

### STUDY PATTERNS

POINTS

learning is a lifelong ambition of mine and school is one step on the road of life.	
if I get into the habit of studying on weekend mornings, I will be very successful.	
researching how to use mental maps will help me to study more effectively.	
a little bit of extra study because it's my choice is more valuable than homework.	
trying to study when I'm tired is silly and I will try to build up my energy levels.	

### TEACHERS/FRIENDS/PARENTS/OTHER INFLUENCES

POINTS

talking to them about my daily or weekly successes in school is positive for me.	
being proud of small gains in my progress is more important than overall results.	
my strategy is to succeed in the long term and they are there to encourage me.	
I will come across negative people and I will choose not to listen to their opinion.	
I will thrive not only because they want me to but because it is part of my strategy.	

## AVOIDING NEGATIVE PATTERNS

Fill in the grids by ticking the boxes that you agree with strongly. You must fill in the point values by giving each row a value of: 10, 8, 5, 2 or zero. Zero is to be used if you disagree strongly with a statement. Each sentence starts with: **I am aware that.....**

### SOCIAL MEDIA

POINTS

technology is my friend but only if it helps my ambitions to succeed in life.	
most students spend between 8-13 hours a week networking and that is too much.	
everything I communicate can be used against me later in life as it is stored.	
I have a responsibility to communicate with others in a fair and proper manner.	
SM can sometimes be destructive and I'll never let it define my value as a person.	

### MOBILE PHONE

POINTS

we are privileged to live in a world where communication with others is so easy.	
my mobile phone is a perk and not an entitlement and I must use it wisely.	
spending endless hours talking to others may not advance my strategy for success.	
uploading and sharing data on others without their consent may lead to problems.	
I have a responsibility to others not to cause them distress because of my actions.	

### TECHNOLOGY

POINTS

YouTube is one of the greatest educational tools ever invented.	
Facebook and Twitter may give me pleasure but talking to my friends is better.	
I am living in a world where the opportunities to succeed have never been greater.	
an appreciation of the power of technology with hard work can help my ambitions.	
very few of my SM friends will be there to help me if I have a genuine problem.	

### PEER PRESSURE

POINTS

the modern world can be a cruel place for a teen but I have the tools to cope.	
most of my friends wish me success but 'virtual' friends may not want the same.	
my peers on social networking sites at times will ask me to do things I shouldn't.	
there is no issue so serious that I can't discuss it with a counsellor or teacher.	
communicating my problems to an adult is now seen as a strength, not a weakness.	
a rumour is half way around the world while the truth is putting its boots on.	

### THE VALUE OF READING OVER TECHNOLOGY

POINTS

reading will broaden my knowledge base in a way that PlayStation cannot.	
PlayStation is better for kinaesthetic intelligence. Reading covers the other seven.	
knowledge lies in reading information. Wisdom is in applying it to better my life.	
there will be thousands of occasions in life when I am bored and I'd love a book!	
one day I will wish my children to become great readers because it will help them.	

## MY SUCCESS MAP

**Write down the list of statements you gave 10 points to underneath.**

I am aware that:

Nutrition:

Sleep:

Exercise and Play:

Study Patterns:

Influences:

Social Media:

Mobile Phone:

Technology:

Peer Pressure:

Reading:

**Write out the list of statements you gave zero points to.**

I am aware that:

Nutrition:

Sleep:

Exercise and Play:

Study Patterns:

Influences:

Social Media:

Mobile Phone:

Technology:

Peer Pressure:

Reading:

You have now made a list of points that you feel may benefit you or have a negative influence on your daily life as a student. If you can work on turning one bad habit into a good habit every day or week, you are achieving something that is beyond most people. Congrats!

