

CUT THE FAT!

According to the Food Guide Pyramid, a healthy diet should contain only a small amount of fat. Unfortunately, many popular foods are laden with this ingredient. One solution is to learn to substitute healthier, low-fat foods for the high-fat foods you've always enjoyed. This way you can make smart eating decisions whether you're at a movie, an amusement park, or home alone on a rainy Saturday afternoon.

Directions: Below is a list of popular foods and the amount of fat grams they contain. What low-fat food items could you substitute for each high-fat selection? Examine food labels to find out. Then write the fat content of each item in the chart.

High-Fat Food	Fat (grams)	Low-Fat Substitute	Fat (grams)
1 oz. potato chips	10		
$\frac{1}{4}$ sausage pizza	17		
1C. whole milk	8		
2 oz. bologna	17		
1T mayonnaise	11		
beef hot dog	13.5		
3 oz. tuna in oil	10		

1. Many people look at eating as entertainment. What kind of perspective about eating could help people be healthier? _____

2. What do you find most difficult about changing an eating habit? _____

3. What steps could you take to ensure that more low-fat foods become a part of your diet?

TRUTH AND CONSEQUENCES

In our culture, it's easy to forget that alcohol is a drug. After all, it's legal for people over twenty-one, and you can buy it almost anywhere. Many people's parents drink alcohol. But, in spite of the prevalence of alcohol around us, there are facts about alcohol that must not be overlooked. Alcohol alters mood. Its physiological, physical, and psychological effects can be as damaging as those of any illegal narcotic.

People who drink need to be aware of their drinking habits and take responsibility for their drinking. Alcohol interferes with school and job performance, personal relationships, and short- and long-term good health — including that of unborn babies in utero. It is involved in many problems, such as physical injuries, property damage, unwanted pregnancies, auto and motorcycle accidents, and STDs.

Here is what happened to Jesse, a nineteen-year-old, straight-A college freshman who rarely drank and had no criminal record. Perhaps his story will help you make different decisions than he did.

CONSEQUENCES

Jesse was stopped by the police as he drove a friend home from a college party. He had to get out of the car. He was given mental and physical tests and agreed to submit to a breathalyzer test. (Had he refused, he would have automatically lost his license for one year.) Jesse was slightly above the legal limit for alcohol. He was taken to the police station, where he filled out forms and was questioned for several hours. He then spent the night in jail, an experience he would never want to repeat. The costs: \$190 for a required mental health evaluation; \$45 each for four group counseling sessions; and \$500 lawyer fees (so far). His trial is in two months. If his sentence is deferred, it will be off his record as long as he has no other violations, and he won't serve anymore jail time. However, because he is a minor in possession of alcohol, he must pay a \$100 fine and do forty hours of community service. If the sentence is not deferred, he will spend another thirty-six hours in jail and pay about \$850 in court costs. To get his driver's license back, he had to go to classes at a nearby community college for three days. Because he is now considered a high-risk driver, his insurance has gone from \$500 to \$1500 every six months. Jesse also needed the court's written permission to leave the state for a family vacation.

Do some research in your area to learn the following:

1. What are the legal and financial consequences in your state if you are caught drinking and driving?

2. What kinds of hospital-sponsored or private alcohol treatment programs are available in your area? Find out what the programs involve, who enters these programs and why, and the cost in both time and money. Compile the information on a separate sheet of paper and share it with your class.

Focus In

What do you think is the most powerful deterrent for someone your age *not* to drink? Create a poster that you think would make middle-school-age students think twice about drinking as they get older.