

Benainu 2016
Sleep, Nutrition, and Personal Hygiene
Ms. Herlands

SLEEP:

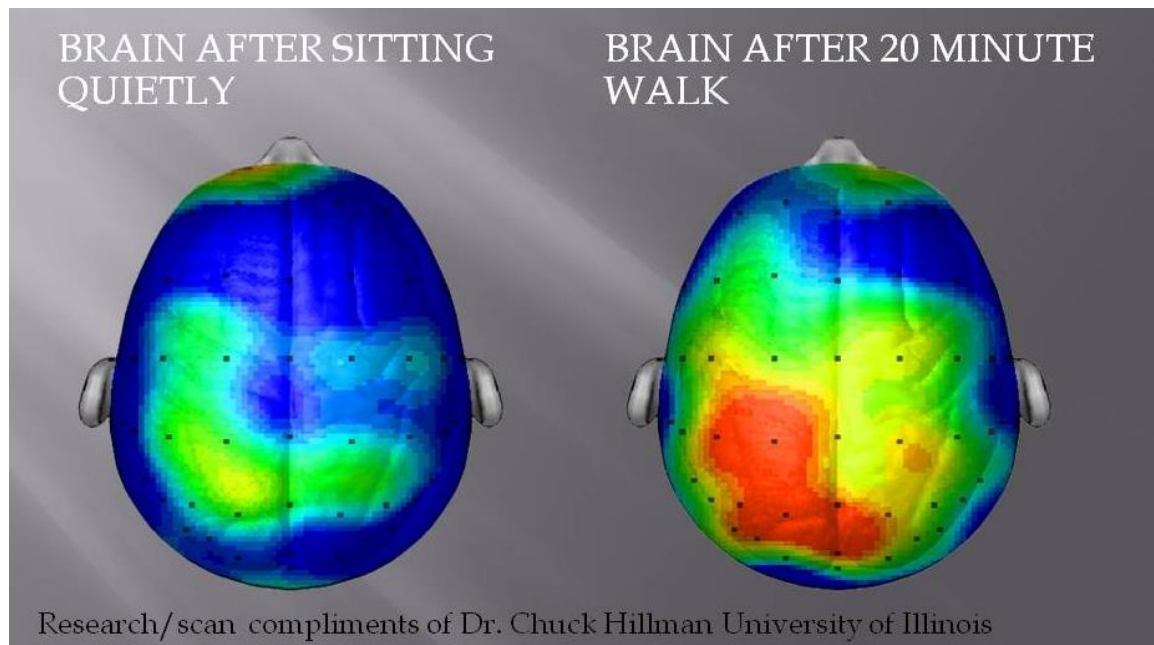
How many hours?

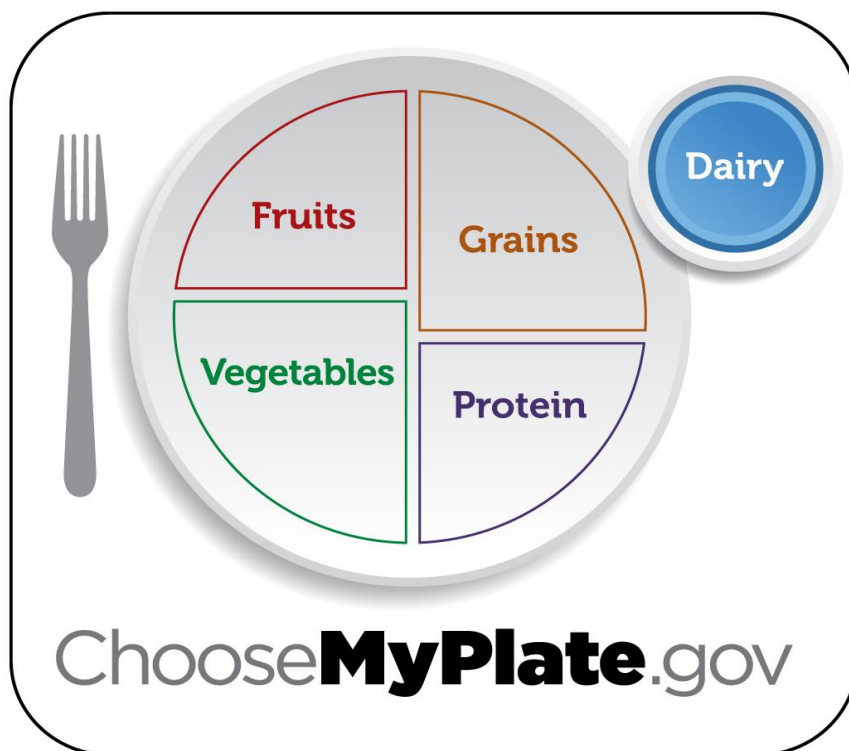
Why is it so important? What is happening during sleep and how do we react when we don't get enough sleep?

Sleep Hygiene: habits and practices that are conducive to sleeping well on a regular basis.

Suggestions:

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EVERYTHING IN MODERATION

Some healthy snack ideas by food group:

Grains:

whole grain crackers, cereal, rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas

Vegetables:

carrots, celery, bell pepper, cherry tomatoes, broccoli, green beans, sugar peas, avocados

Fruits:

apple, tangerine, strawberry, banana, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots

Dairy:

low-fat cheese slices or string cheese, yogurt, fat-free or low-fat milk, low-fat cottage cheese

Protein foods:

boiled egg, peanut butter, bean dip, hummus, slices of lean turkey or chicken, pumpkin seeds

Breakfast ideas:


Healthy Breakfast Options

People who eat breakfast:


- Kick-start their metabolism
- Tend to eat fewer calories through the day
- Tend to make better food choices throughout the day
- Do better in school
- Are more active

Important things to remember about breakfast:

- Any breakfast is better than no breakfast
- Plan ahead – have quick choices on hand
- Sometimes you have to eat on the go
- Include protein and fiber for staying power
- Stay away from sugary choices



If you are having trouble deciding what to eat, take a look at this easy planner. Choose one item from two or more food groups to get the most out of your breakfast.

Fruit	Dairy*	Grain*	Protein
1 apple	1 cup skim or 1% milk	¾ cup whole-grain cereal with 3 grams fiber or more	½ cup egg substitute or 1 egg
1 orange	1 oz. or 1 slice low-fat cheese	1 slice whole-grain bread	1 oz. lean ham or turkey
1 small banana	6-8 oz. low-fat fruit yogurt	½ whole-grain English muffin or bagel	2 tablespoons peanut butter
1 cup berries	Low-fat string cheese	½ cup brown rice	½ cup dried beans, cooked
1 cup melon	Lite yogurt smoothie	1 whole-grain (corn or whole-wheat) tortilla	2 soy sausages
½ cup unsweetened applesauce	½ cup low-fat cottage cheese	1 small (4 inch) whole-grain pita	¼ cup of tofu
½ cup canned peaches or pears, in own juice or lite syrup	*Dairy foods are a good source of protein.	1 whole-grain waffle or pancake	
15 grapes		½ cup oatmeal	
¼ cup dried fruit		*Choose whole grains whenever possible.	

My Breakfast Plan:

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Personal Hygiene (more at kisdhealth.org) :

Puberty causes all kinds of changes in your body. It is normal to experience some less-than-fabulous side effects but remember that everyone goes through this stuff. Below are some suggestions to help keep your body healthy and comfortable!

Oily hair and skin- During puberty, the sebaceous glands produce extra oil. Washing your hair every day or every other day can help control oily hair. Use warm water and a small amount of shampoo to work up a lather. Choose shampoos, conditioners, and hair products that are geared towards oily hair.

More sweating and body odor- During puberty, your sweat glands go into overdrive! The best way to keep clean is to bathe or shower every day using a mild soap and warm water. This will help wash away any bacteria that contribute to the smells. Wearing clean clothes, socks, and underwear each day can also help you to feel clean. If you sweat a lot, you might find that shirts, T-shirts, socks, and underwear made from cotton will help absorb sweat more effectively. If you're concerned about the way your underarms smell, you can try using a deodorant or deodorant with antiperspirant. Deodorants get rid of the odor of sweat by covering it up, and antiperspirants actually stop or dry up perspiration. They come in sticks, roll-ons, gels, sprays, and creams and are available at any drugstore or supermarket. All brands are similar (and ones that say they're made for a man or for a woman are similar, too, except for some perfumes that are added).