



Buzzy BODY & BITES for Teens

Buzzy



10 Back to School Tips

1. Focus on the big picture
2. Create a list of all responsibilities
3. Note deadlines
4. Break down large, daunting tasks
5. Schedule out your day
6. Be prepared for the unexpected
7. Reward yourself
8. Avoid distractions
9. Use organization tools
10. Create a weekly routine

Prioritizing for a Successful Back to School

Written by: Gloria Jamerson, Teen Healthy Living Ambassador

The school year is coming fast, and so are the activities, events, and assignments. A key skill to starting off the year strong is prioritizing properly. Prioritizing organizes your obligations and activities by importance, due date, and other factors. The more difficult part though is putting it all together into one cohesive, planned out schedule. Taking some time to map out your next few weeks or projects can be the first step in deciding what you need to prioritize. Keeping the big picture in mind will make it easier to conceptualize your to-do list. Next, listing out what it will take to successfully complete each project on your plate, while also considering your daily responsibilities, will create visibility. Make sure you consider the deadlines of each project as well; make sure you don't wait till the last minute to take on the most difficult responsibility! Planning for the unexpected, cutting out distractions, and using organization tools can also better your productivity. Start the school year off strong, and get ahead of your priorities!

BITES



Eggs and Things

Total Servings: 1

Total Cost: **\$9.13**

Lunch Cost: **\$1.78**

Oh eggs! Is there really a more versatile food than an egg? There are so many ways to eat an egg. This packed lunch uses a hard-boiled egg paired with an item from each food group to create a balanced and irresistible lunch.

Bag-it-Better: For convenience, buy baby carrots to make this meal prep even easier.

Pack-it-Safe: Eggs can be hard-boiled and stored in the refrigerator for one week, but peeled eggs need to be eaten the same day.

Ingredients:

- 2 hard-boiled eggs
- 1/4 cup unsalted pretzels
- 1/2 cup grapes
- 1/4 cup hummus
- 10 baby carrots

Preparation Time:

15 minutes



Nutrition Facts

1 servings per container		
Serving size		1 serving
		(450.68g)
Amount per serving		400
Calories		
		% DV*
Total Fat	9g	12%
Sat. Fat	4.5g	23%
Trans Fat	0g	
Cholest.	25mg	8%
Sodium	580mg	24%
Total Carb.	67g	24%
Fiber	8g	29%
Total Sugars	44g	
Includes g of Added Sugars		
Protein	20g	

BODY

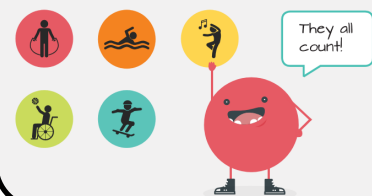
Physical Activity and Academic Achievement

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).

So, get active and move **YOUR** way!

Lots of things count as physical activity.

Try a mix of sports and other fun activities.



Find more recipes at eatsmartmovemoreva.org

Exercise Your Mind

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

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SCHOOL SUPPLIES PICTURE HUNT

Find and circle the 10 patterns. Hint: There are no diagonals.

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