



Healthy Eating, Active Living for Teens: Overview

In this on-demand video, teens and parents learn balanced eating, how to read food labels, and make better food choices when eating out. We emphasize positive body image, good nutrition, and regular physical activity as ways to feel good both inside and out.

- [Introduction, Agenda, and Food Groups](#)
- [Creating Balanced Meals](#)
- [How Often to Eat and Listening to Your Body's Hunger and Fullness Cues](#)
- [Movement, Guidance for Parents, and Next Steps](#)