Seaholm High School students get 'Weight Watcher' tips



Chances are pretty good that Rence Dorn, a senior at Seaholm High School in Birmingham, will never forget her Trib birthday, Her famous grand cee of the Markey Freeden Mark, president and cee of the Markey Freeden Mark president and cee of the largest franchise of Weight Watchers International, visited her granddaughter's foods class. She talked to the class about healthy food choices, and surprised her granddaughter the she healthy food choices, and surprised her granddaughter that Mark came to visit the class.

"Take strong steps to eat properly, exercise. Get out there and move, make it a habit," said Mark. "It's the only body, the only life you have. You're the only person who can make the choices for you."

She told the students to think of diet as a way of eating, not deprivation and starvation. Mark encouraged them to reach for apples, carrot sticks, green pepper silices, and other fruits and vegatables when they want a snack.

"They're good, satisfying, crun-chy. When I cat these I feel bet-ter," she said.

Mark showed the students how to make two healthy snacks. See recipes below.

After answering questions from Dorn's classmates, Mark surprised her with a birthday cake— and the class sang "Happy Birthday." Dorn won't be following in her grandma's footseps. Sha's heen accepted to Michigan State University in East Laneing, and will be pursuing her dream to become a veterinarian this fall. Her cake was appropriately decorated with animals.

Here are Mark's healthy snack

CHOCOLATE TRAIL MIX
2 ounces semi-sweet chocotate chips

2 tablespoons smooth peanut

butter
2 tablespoons light com syrup
1 teaspoon vanilia extract
4½ ounces toasted oat cereal
1 ounce finely chopped pecans

Line large baking sheet with wax paper. In medium saucepan, over medium heat, combine chocolate, peanut butter, corn syrup and wa nilla. Stir until chocolate is melted and smooth. Remove from beat.

Add cereal and pecans to sauce-pan, stirring to coat cereal. Spread mixture onto propared baking sheet. Let sand 30 minutes, until completely dry. Serve as a snack, or serve in cereal bowl with skim milk. Makes 12 servings.

Each serving (about 4: cup) pro-vides: 4: fat, 4: bread, 45 optional calories.

2 teaspoons margarine 1/2 teaspoon Mexican season-

ing 1 ounce com chips

roasted peanuts ounce bite-sized crispy

In medium microwavable mixing bowl microwave margarine on high (100 percent) for 30 seconds, until

melted.
Add Mexican seasonings to margarine. Add remaining ingredients and toss to cost thoroughly. Microwave on low (30 percent) power for 1¹/₄ minutes, stirring every 30

seconds.

Spread party snack mixture on baking sheet; set aside and let cool.

Makes 4 servings.

Each serving provides: 1 fat, 4 protein, 4 bread, 20 optional calories. Source: Weight Watchers "Simply Light" Cooking cookbook.



Cooking class: Florine Mark (left) visited her grand-LUCKING CIBSS: FIGTING MATR (1817) USIGED ARE FRANC-daughter Renee Dorn, and Debbie Giltner, who teaches cooking at Seaholm High School in Birmingham. Dorn is in Giltner's class. Mark shared recipes for nutritious snacks, and encouraged the students to eat properly.

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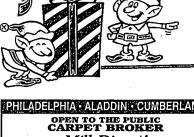
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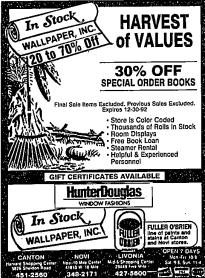
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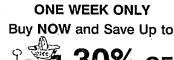
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