



What's up,  
Jennifer?

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**That morning, in  
biology class...**



So the research project for this term will be on the physiological needs of the human body. You can hand in your results in the form of a comic book, a newspaper article, whatever you like. You'll be working in pairs. In a moment, everyone will pick a number out of a bag, and whoever picks the same number as you will be your partner.



One more thing: this project is worth 50% of your final grade, so make an effort! I know you're all capable of doing extraordinary work! Is this clear to everyone?



Why was Anthony in such a bad mood this morning? I hate it when we fight over nothing. I hope we won't break up, I really care about him...



Whew! I'm glad I'm not teamed up with Monica.



Ok, who did I pick?

Hey Monica! We're going to be working together!



**It's lunch time, and students rush to the cafeteria.**



Good thing there's a vending machine. I never bring my own lunch! Juice? A soft drink?



Oh well, I'll get an apple juice. It won't taste too weird with my bag of nuts. It's not a huge lunch, but it should keep me going until the end of the day.



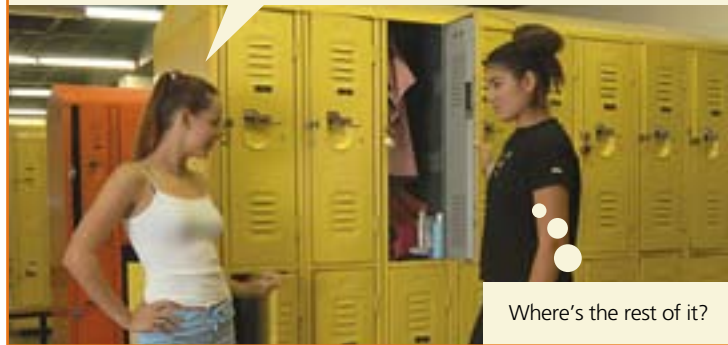
Better hurry. I have to stop by the art studio before gym class.



The girls change for gym...



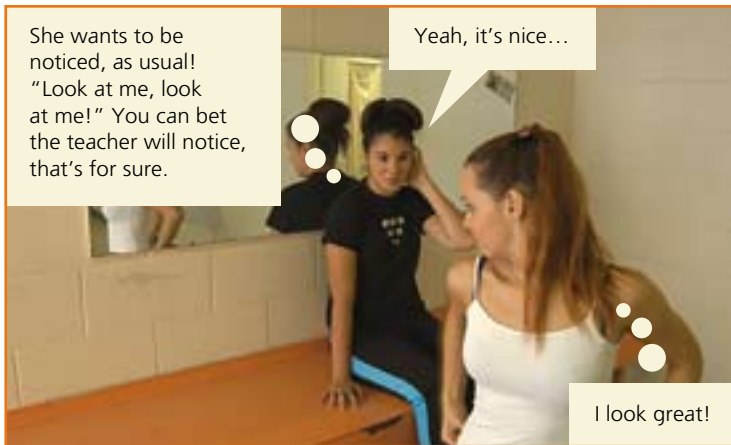
Hey Monica, like my new gym outfit?



Where's the rest of it?

She wants to be noticed, as usual! "Look at me, look at me!" You can bet the teacher will notice, that's for sure.

Yeah, it's nice...



I look great!

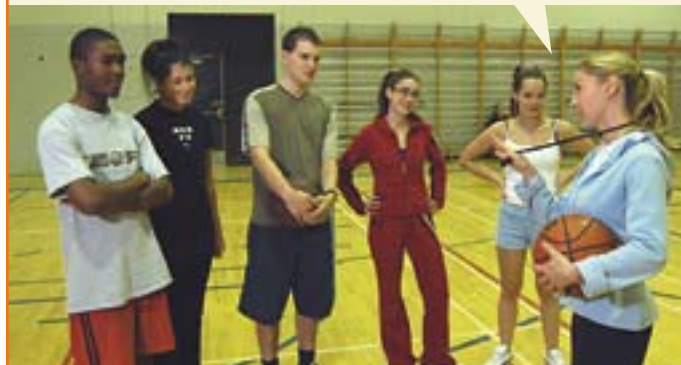


Pff! What do I care if she likes it or not? I dress how I want! What does she know, her outfit is ugly! Besides, I'm prettier than she is!

Alright everybody, over here...

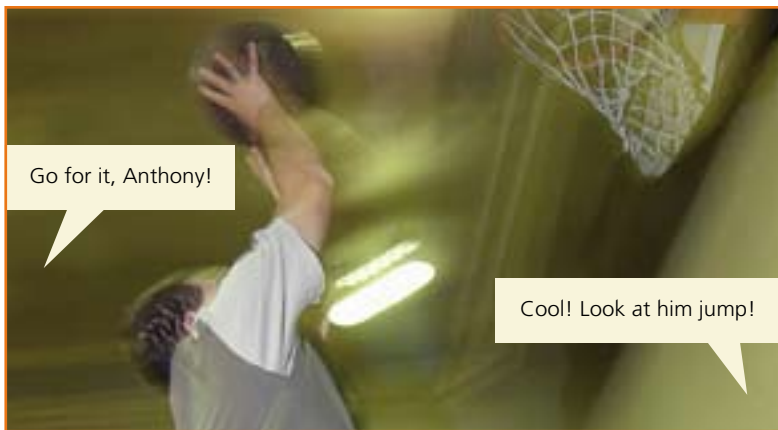


Do I have to go over the rules of basketball again? The ball goes in the hoop! Now let's go!



Go for it, Anthony!

Cool! Look at him jump!



Come on, what's this outfit supposed to be? I must have told you ten times to wear a T-shirt and pants to my class! Now go change, and make it fast!



Yeah, yeah... Look at yourself in the mirror before you talk! She's really getting on my nerves!

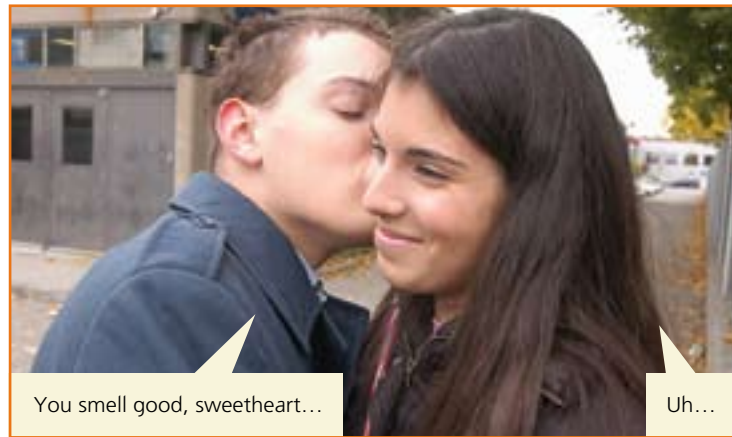
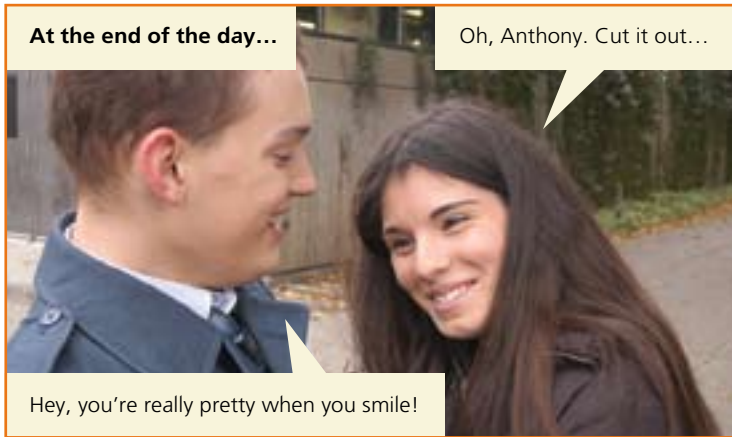
What's wrong with me all of a sudden? My head is pounding... Why are my legs so weak?

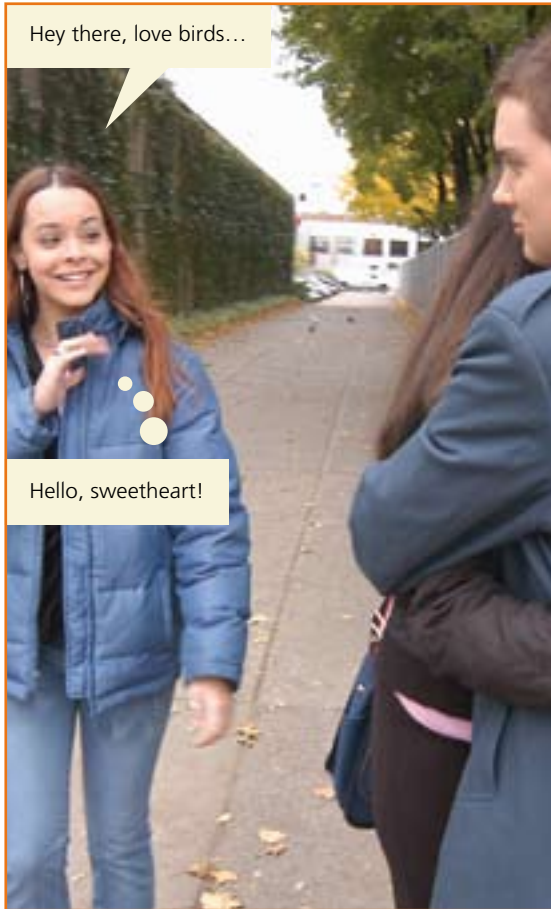


No, no. I'm fine. I just feel a little tired. I'll sit down for a minute and I'll be okay.



What's happening, Jennifer? You're not feeling well?



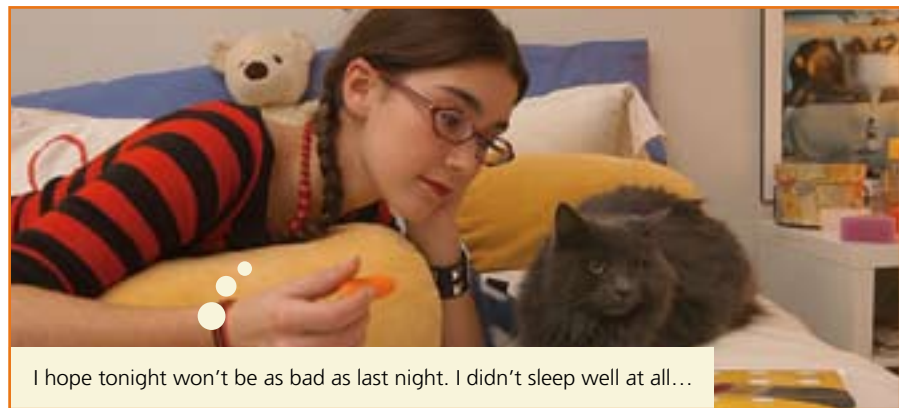
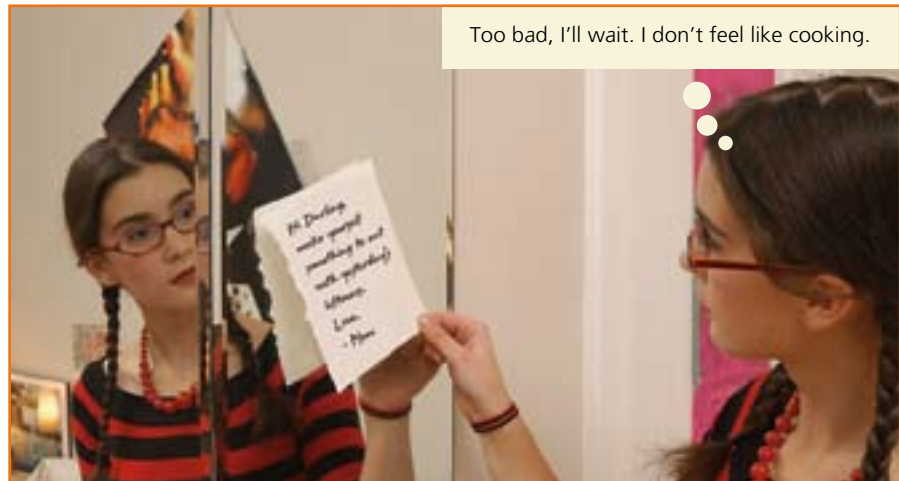


Picasso? Where are you hiding? Come over here, I've missed you!



Let me scratch you behind the ears, my fluffy little kitty cat.





The next morning...



Ok, what time is it? What? 8:20!!! Oh no!  
I'm going to be late for art class!!!

Okay, for once I'll make myself a lunch.  
Yeah, there's tons of good stuff in here...

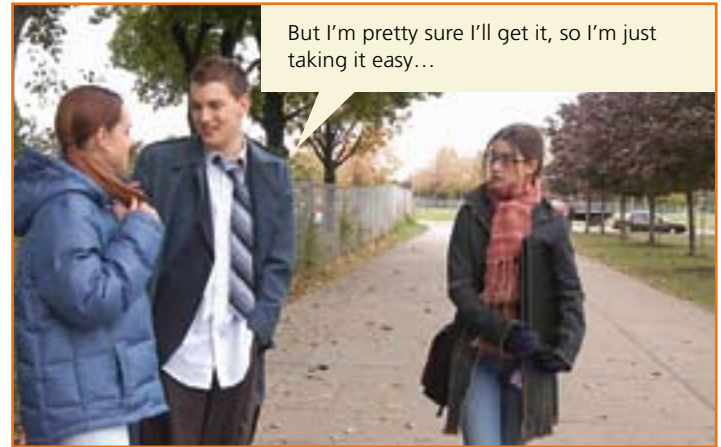
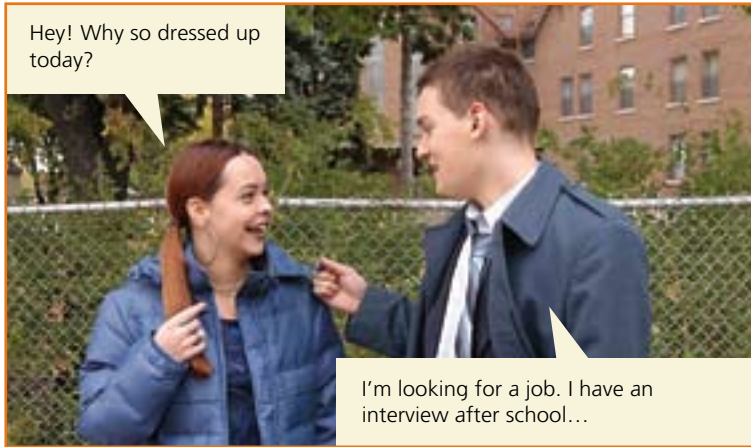


Oh, I don't have time and I don't feel like  
making anything!



A muffin, just to put something in my  
stomach. Let's go!





Later in the day...

Hey!

Hi!



Here. Look at the illustrations I did for our biology project.



I've started the research. I'll show you some books I found.

Wow! This is great. You draw really well!



Good thing you're in charge of the illustrations, otherwise we'd fail for sure.



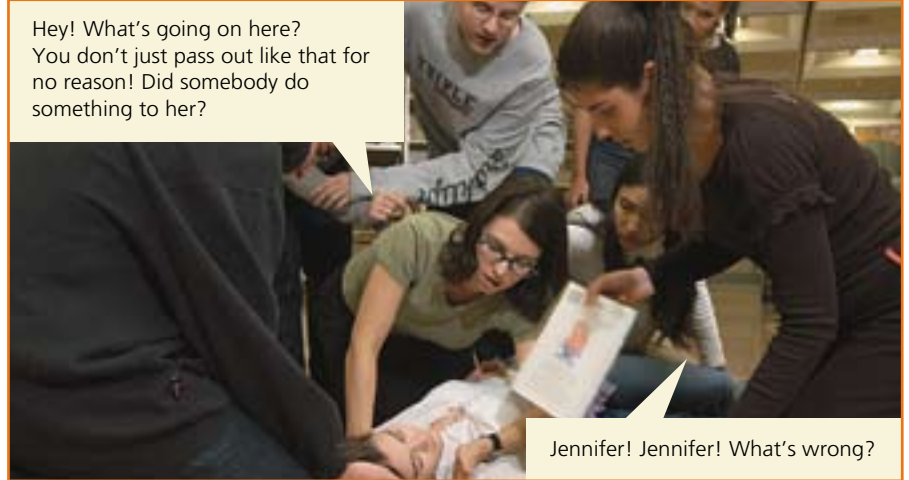
I'm glad you like them – I spent a lot of time on them. But I'm not done yet, I have to go find another book!



Hey... What's wrong with me... Oh!

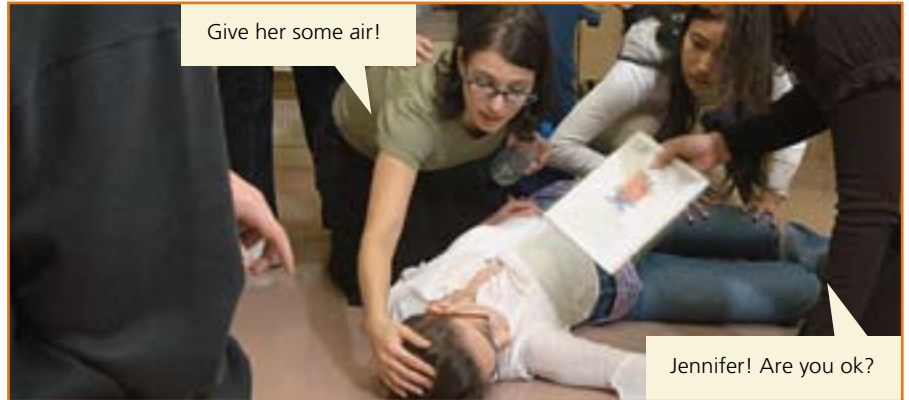


Hey! What's going on here?  
You don't just pass out like that for  
no reason! Did somebody do  
something to her?



Jennifer! Jennifer! What's wrong?

Give her some air!



Jennifer! Are you ok?

Monica invites Jennifer to rest at her place.



Jennifer? What's wrong with you?  
Are you sick?

Of course not. I'm not sick...



Well what is it then? Did you get any sleep  
last night?



Yeah, yeah, I slept fine. I'm not even stressed out about the art exhibition. I don't understand what happened to me...



Did you eat lunch?



Well, probably not enough. All I had was juice and some chips. But I didn't have time to eat; I had too much work to do!



Well if that's all I had for lunch, I would pass out too.



Yeah, you're probably right...



Can I help? I'm not a very good cook, but I'm sure I can do something...



Sure. You can make the salad dressing.



Salad dressing? I don't know how to do that!  
Don't you have any ready-made in the fridge?



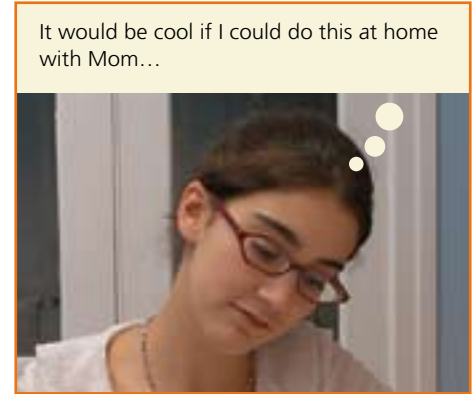
It's easy I'll show you. You need oil, vinegar, and some mustard...





We made a great dinner!

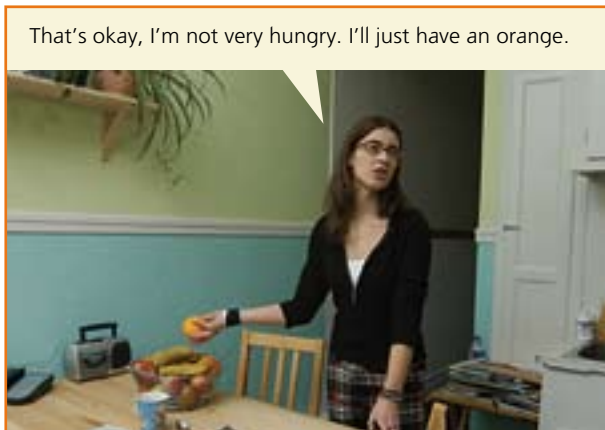
Yeah, it's really cool...



It would be cool if I could do this at home with Mom...



Cheers!



Yeah, right. You're one to talk, with your coffee and cigarette!  
You're hardly a good example! You always tell me what to do, but  
you ALWAYS do the opposite!



Uh-huh...

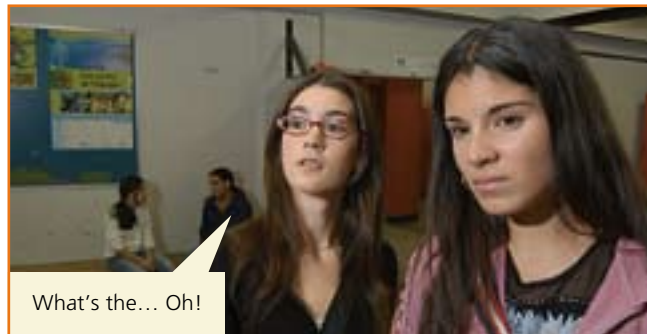


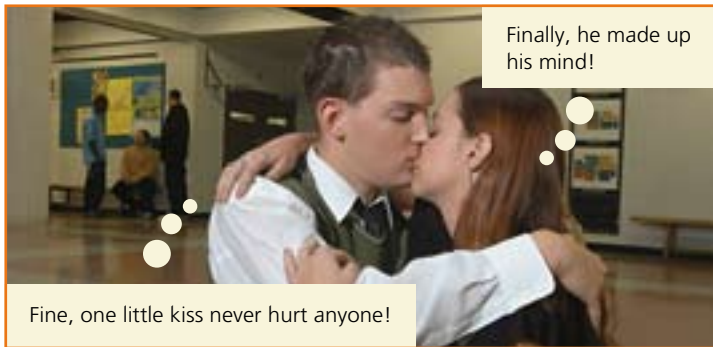
It's true, I'm  
not in the best  
position to talk  
here... It's time  
I put this damn  
cigarette out.

Bye, Mom!



Bye, sweetheart...



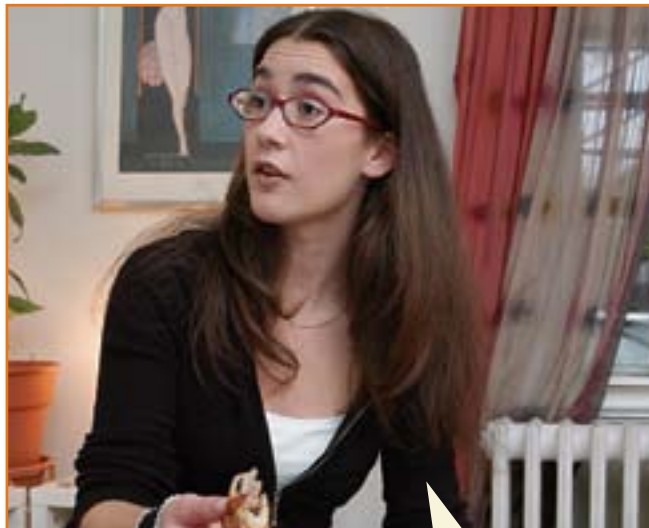


Jennifer invites Monica over to cheer her up...

Why would he do that to me?

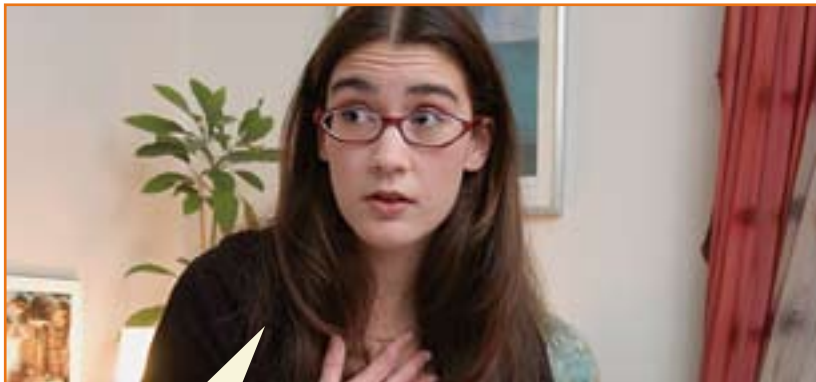


Don't worry about it, Monica. He doesn't really like Angie...



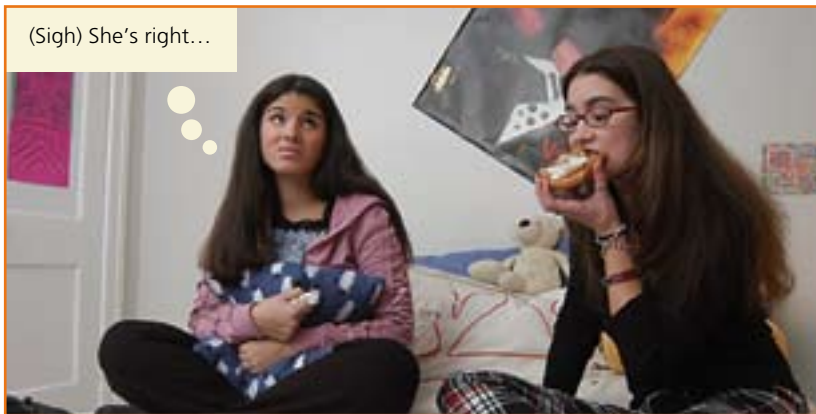
Want a roll? It's really good! It'll take your mind off things!

That won't help me to cheer up...



Anyway, as far as I'm concerned, if Anthony doesn't like you for who you really are, then he doesn't deserve you.

(Sigh) She's right...



Back at school, the two girls work on their biology project.



We'll never get this done on time!

Sure we will. You'll see.  
Our project is going to be perfect!

Yeah... Easier said than done!



Okay, we should be done on time. But we still  
have to check it over...



Sunday morning at the market.



Look at these peppers! They're such a beautiful colour!

It's been a while since we've had stuffed peppers. I could make some this week, if you like.

Wow, eggplant like the ones I had at Monica's!



Oh, no. I really don't like eggplant! And I don't even know how to cook them!

But it's delicious, Mom! Monica gave me her recipe the other day. Would you like me to make some tonight?



I don't know... You're sure it's good?

I swear! Why don't we make some together? It'll be fun!



Would you like that? If you know what you're doing, I'll be glad to help!



Everything looks so good, don't you think?



Come on! Let's go before we buy everything!

Returning the biology projects...



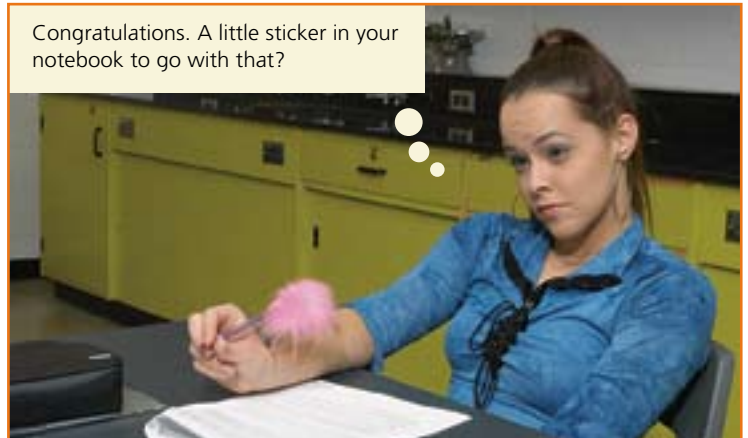
Well then, I would like to congratulate Monica and Jennifer who did a fantastic job and got the highest grade in the class. Great work, girls! I'm very impressed.

You see? We did it!



Yeah, that's so cool!

Congratulations. A little sticker in your notebook to go with that?



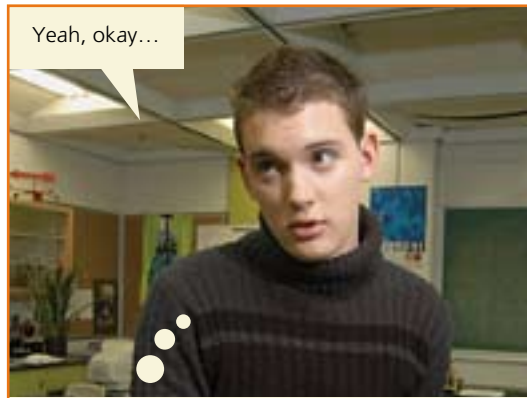
Monica, can I talk to you for a minute? Um... I'm sorry. I feel bad about hurting you. Uh... I was wondering if we could see each other again...



I don't think so! Well... I don't know. Give me some time to think about it...



Yeah, okay...



Boy, I really messed things up the other day.

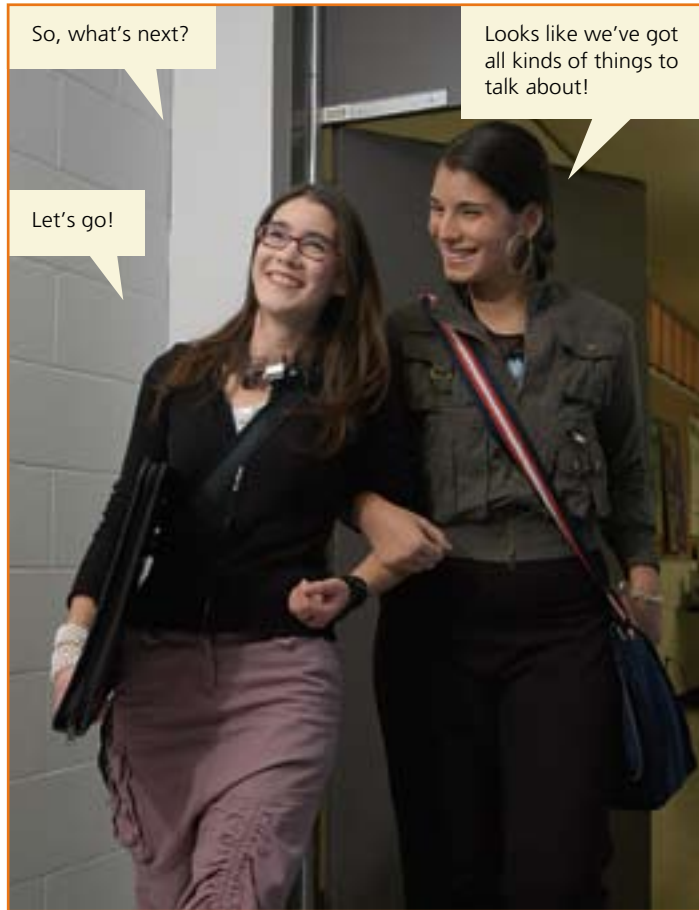
I'm not sure if I still want to be with him. I'll think about it. But if I were him, I wouldn't count on it too much...



So, what's next?

Looks like we've got all kinds of things to talk about!

Let's go!



# It's important to **listen** to your body

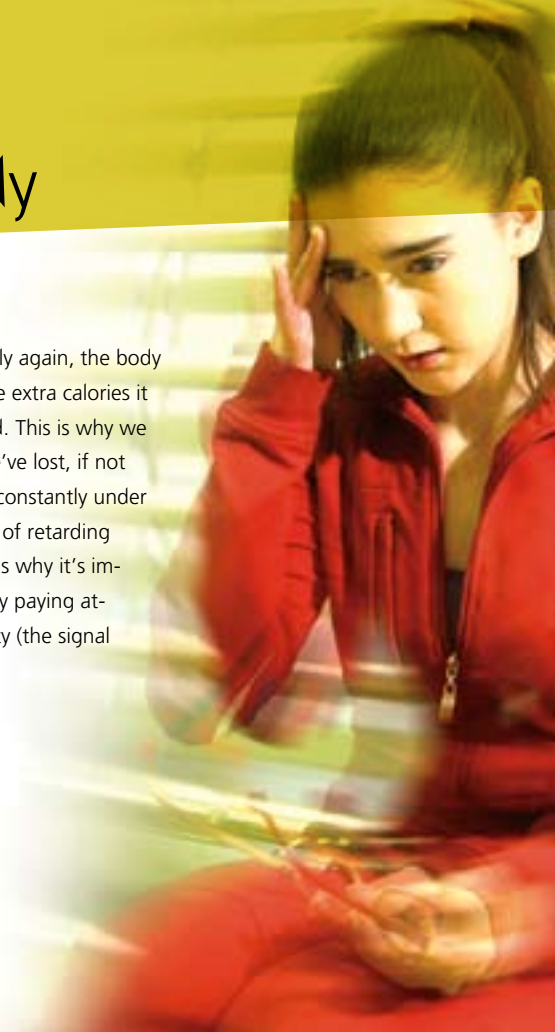
During puberty, your whole body changes. It's normal. You have probably noticed that your friends are also changing and that they don't have the same shape or the same weight as you - that's also normal: every person is different.

The shape of our bodies is one of the characteristics that make us all unique. Our build is largely due to our genetic baggage. Every individual has a natural weight, which their body attempts to maintain naturally, within a few pounds.

You have certainly seen extremely thin women, either on television or in magazines. You may believe that you have to look like them to be pretty, popular and happy. Nothing could be further from the truth. Not only do the media offer a false image of women's bodies, but it can lead us to make damaging choices for our mental and physical health.

When we don't eat enough, the body slows down so that it can find the best possible way to use the calories we have provided

for it. When we begin to eat normally again, the body tends to store, in the form of fat, the extra calories it will need the next time it is underfed. This is why we almost always regain the pounds we've lost, if not more, when dieting is over. And by constantly under eating, a young person runs the risk of retarding his or her growth and puberty. That's why it's important to help your body develop by paying attention to signs of hunger and satiety (the signal that we have eaten enough.)



# Not **hungry** in the morning?

You must have noticed that Jennifer and her mother have developed bad breakfast habits: Jennifer hardly takes the time to eat anything, while her mother just has coffee and a cigarette.

You've probably heard that it is important to eat a good breakfast. But do you know why? It's because, in the morning, we wake from several hours of fasting. If we don't eat at this time, we risk having difficulty concentrating all morning. We may even feel weak. Like the mind, the body needs nourishment in the morning.

Do you ever skip breakfast because you're not hungry? If you had something to eat before bed or during the night, that's probably the reason. Bring something with you that you can eat when you get hungry. Even when you don't eat the night before, you're still not hungry at breakfast? It might be because your metabolism is slow to wake up. You could try getting up earlier, or eating something when you get to school. You should eat as soon as you feel hungry. Do you drink coffee or smoke a cigarette when you get up? You may not feel hungry because of the stimulant effect of coffee and cigarettes, which masks hunger. But you can surely make an effort to eat something, or bet-

ter yet, eat before you smoke. Don't forget: When you don't eat, you withhold essential nutrients from your body.

You say you're not hungry, when you're really just in a hurry? Be careful. If you don't give your body the food it needs, you may end up having problems. You don't believe this because you think your body has plenty of reserves? That may be true, but your body won't get everything it needs. Plus, it's your body that will decide where to find what it wants, not you.



# Eating only when you're hungry : **a good idea**

When Jennifer offers Monica a roll hoping it will take her mind off her broken heart, Monica has the right attitude: food will do nothing to cheer her up.

Eating when you're not hungry is a bad habit, which clearly leads to the consumption of unnecessary calories.

Sometimes we eat because we can't deal with our emotions, or because we want to reward ourselves. We might eat because we are bored or angry or sad. However harmless this behaviour might seem, it is not without consequences. Remember that there is only one good reason to eat: hunger. The next time you have the urge to eat something, simply ask yourself whether or not you're really hungry. It would certainly seem that people who only eat when they're hungry rarely have weight problems.

If you're sad or feel self-conscious, there are lots of other things you can do: talk to your best friend, go to the movies, get out there and burn some energy! There's an endless list of things you can do to take your mind off your problems. It's up to you to find the ways that work for you...





## Teasing **can hurt**

Did you notice the boy sitting on the bench in gym class? He probably forgot to bring his gym clothes, and now he has to sit there and watch the others play. We don't know why he doesn't have his gym clothes, but think about this: when one of your slightly overweight friends prefers not to take part in gym class or to play sports, it might be because he or she is afraid of being teased about his or her weight.

We all know somebody whose waistline or figure becomes the subject of unpleasant remarks. What we tend to forget, however, is that such remarks are damaging. A person who is teased becomes self-conscious, and his or her self-confidence decreases. This person is much more likely to end up dieting, which can cause many negative

side-effects. And finally, adults who were teased about their weight as adolescents are far less satisfied than others with their bodies and self-image.

In our society, we have a tendency to encourage prejudices toward overweight people. In fact, we fear obesity like the plague. These fears are due to the perceptions we have toward large people. We think of them as lazy, lacking will-power, less intelligent than thinner people. And what if we are wrong? Not to mention that an obsession with being thin brings about consequences that are just as damaging as those associated with obesity. We won't solve our problems by being thin at any cost, but rather by accepting ourselves for who we are.

## Vending machines in your school:

# you can do something about it

Vending machines tend to offer mostly chips, cake, chocolate bars and soft drinks. Does this bother you? Would you like to have healthier choices, even when all you need is a snack? Well, you have the power to do something about it! How? By bringing this situation to the attention of your student council or the school board. If you find others who feel the same way, why not collect signatures for a petition?

Your school is your living environment and healthy foods should be made available to you. You can change things.



## Eating and cooking: a joy to discover!

The joy of cooking is disappearing... It's a shame, because it's so much better when it's "home-made"! Cooking and eating are pleasures that are easy to share with family and friends. Discovering new flavours and new foods can be a real pleasure, and preparing a good meal is a great way to feel proud of your self.

Go ahead! What will tonight's menu be? Use the opportunity to choose foods that you like, and start cooking! You will learn that cooking can be easy. And enjoying what you've prepared will make you feel great.



# Jennifer's Salad dressing

- 1 tsp. hot mustard
- 1 clove garlic, minced
- 1 Tbsp. red wine vinegar or balsamic vinegar
- 3 Tbsp. olive oil
- Herbs (suggestions: Basil, tarragon, rosemary and/or thyme) dried or fresh
- Salt and pepper

1. In a small bowl, mix mustard with garlic, herbs, salt and pepper.
2. Add vinegar. Mix thoroughly.
3. Drizzle in the oil.
4. Pour dressing onto salad just before serving.
5. Toss and enjoy!





Jennifer  
(Laurence Gagnon)

Monica  
(Sarah-Kim Nguyen)

Anthony  
(Tristan Boudreault)

Angie  
(Marie-Ève Leclerc)