



*It's
Your*
**Health...
Take Charge!**

Kids Taking Charge in the Kitchen



South Carolina Department of Health
and Environmental Control

Kids Taking Charge in the Kitchen

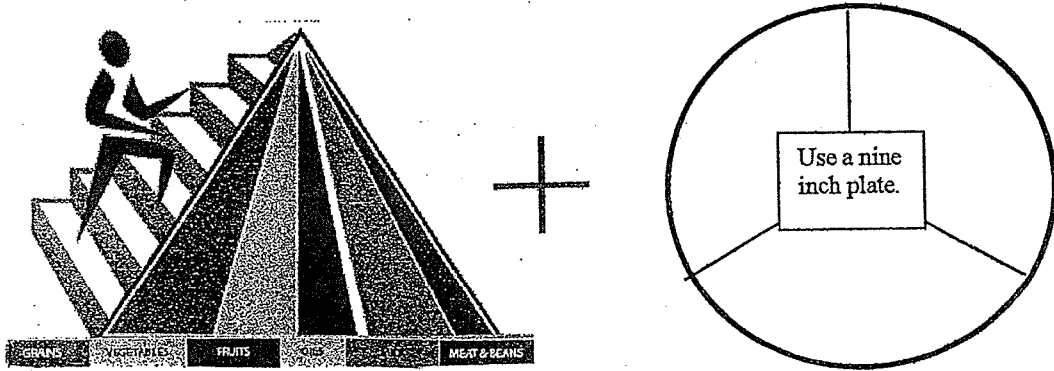
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Kids - Take Charge of Your Plate! (Nutrition Lesson)

Use the food pyramid with your plate to eat healthy meals.



A) Fill at least one third of your plate with fruits and vegetables.

One to two servings of fruits or vegetables each meal will help you eat a total of at least **five** servings through the whole day! That is the goal!

B) Fill up to one third of your plate with lean protein.

This could be chicken, turkey, fish, milk, beans, eggs, peanut butter, lean beef or pork to name a few. Eat a variety to get different nutrients!

C) Fill one third of your plate with whole grains.

You may have to try some new foods here. Try whole wheat bread, brown rice, whole wheat crackers, oatmeal or maybe bran flakes. Try them a few times until you get used to them. They are very good for your body!

Snack Ideas: fruit with yogurt, pretzels with mustard, vegetables with dip, peanut butter on whole wheat bread, oatmeal, hard boiled egg, salad, cheese with whole grain crackers, apples or celery with peanut butter and raisins.



Take Charge of Your Plate!

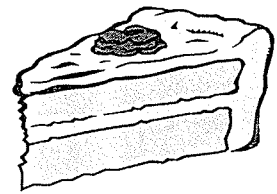
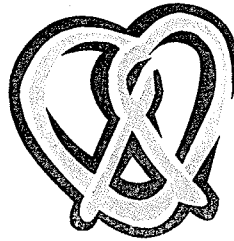
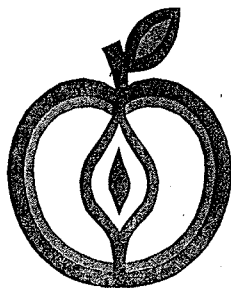
It's Your HealthTake Charge Pre-Test

Please circle your answer:

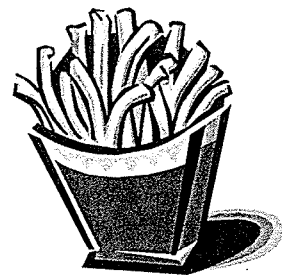
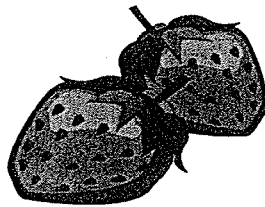
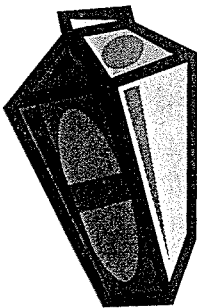
1. How many servings of fruits and vegetables do you need everyday?

1 2 3 4 5

2. Which of the following are healthy snacks?



3. Which one of the following gives you strong bones?



4. How many days a week do you need to play and be active?

1 2 3 4 5 6 7



Kids "Take Charge of Your Plate"

Activity 1:

Pass out the "Take Charge of Your Plate" placemat. Show the kids samples of different size plates, making sure one of them is a nine inch plate like on the placemat. Help them select the correct size plate.

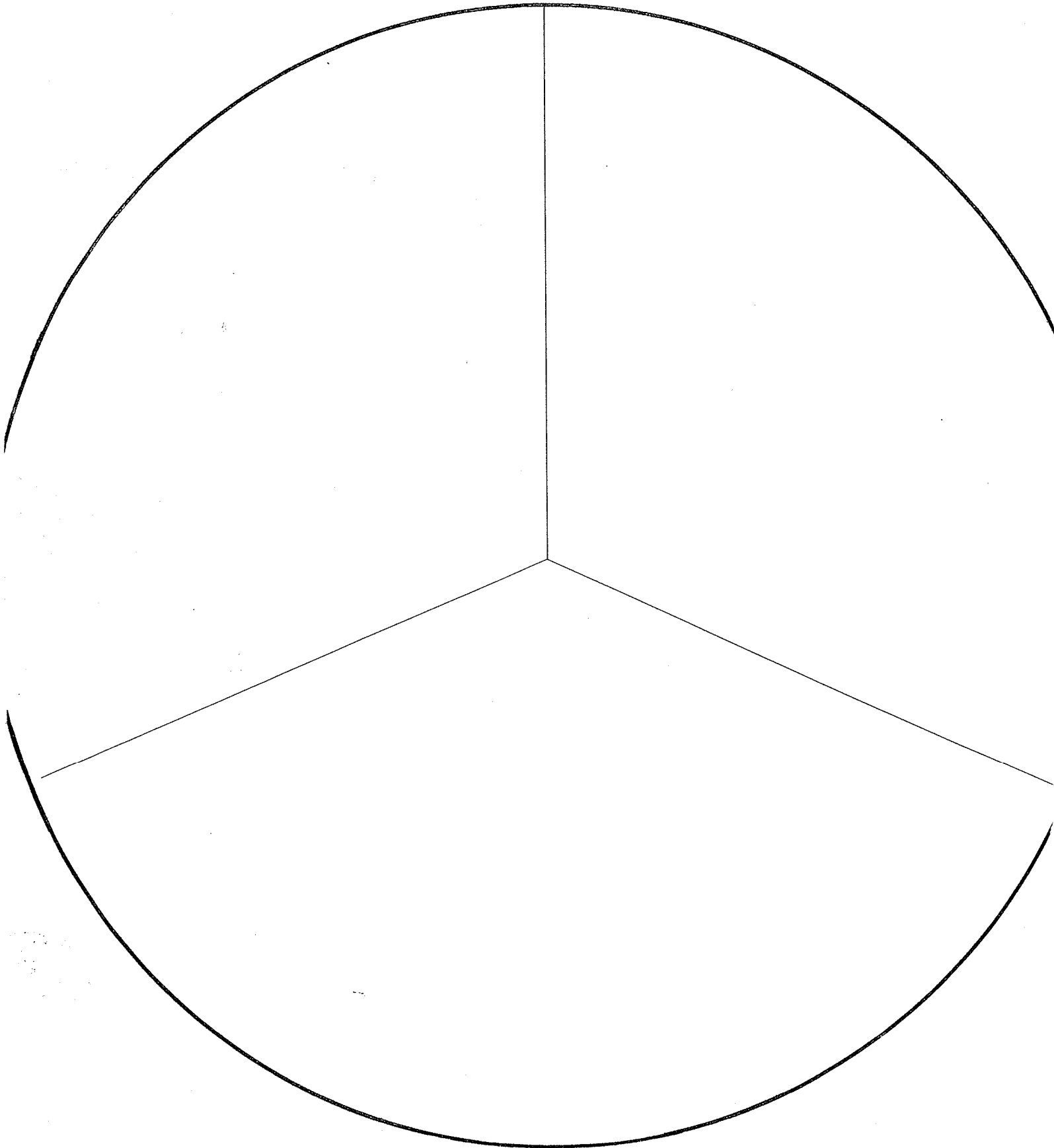
Pass out the blank 9 inch plate drawing and the food pyramid picture (which they can color later). Have the kids draw healthy foods on their plates using the examples from the food pyramid. Encourage them to include whole grains, lean protein, fruits and vegetables.

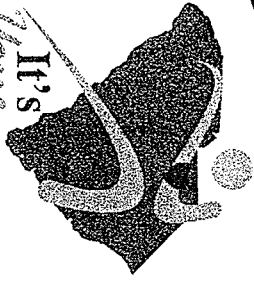
Explain that eating foods from each food group every day helps us be healthy.

Activity 2:

Provide crayons for the kids to color the foods on the food pyramid handout. Explain that eating a variety of colors of foods helps us be healthy because each colored food provides different vitamins and minerals.

“Take Charge of Your Plate” Activity: Draw healthy foods to fill this 9” plate.
Fill 1/3 of the plate with whole grains, 1/3 with lean protein and 1/3 with fruits and vegetables.





**It's
Your
Health...!
Take Charge!**

Choices for Whole Grains:

- Whole grain bread
- Whole grain muffins
- Whole grain bagels
- Whole grain rolls
- 100% bran cereal
- Raisin bran
- Brown rice
- Whole rye crackers
- Whole grain flatbread
- Multigrain crackers
- Popcorn
- Sunflower seeds
- Pumpkin seeds

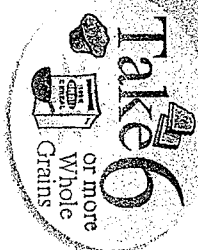
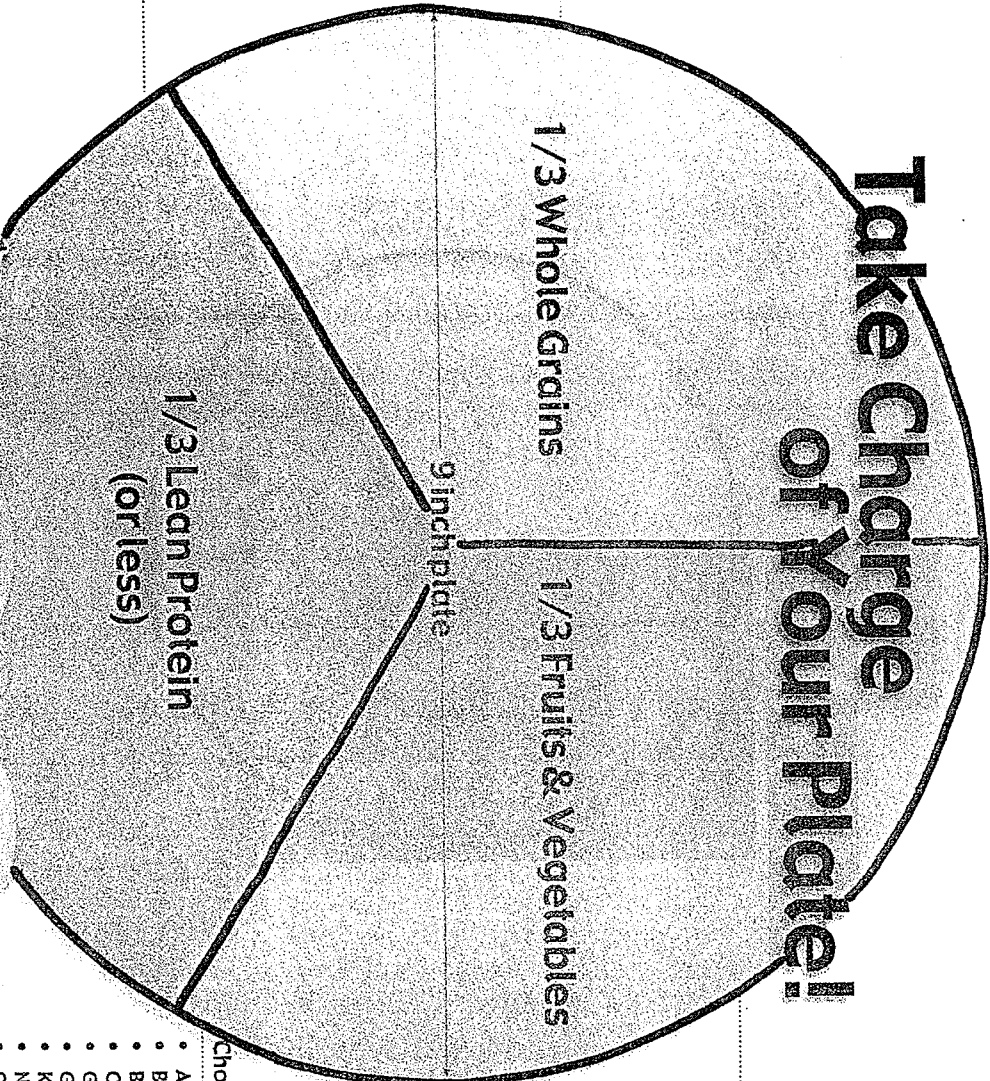
*Serving Size—1/2 cup
or the size of a cupcake*

Choices for Lean Protein:

- Egg whites
- Chicken (no skin)
- Turkey (no skin)
- Sirloin (cut away extra fat)
- Flank steak
- Pork loin
- Fish (2 times a week)
- Salmon
- Tuna
- Flounder
- Catfish
- 90% Lean Ground Beef

*Serving Size—3 oz.
or the size of a deck of cards*

Take Charge of Your Plate!



Choices for Vegetables:

- Asparagus
- Baked beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Green beans
- Kale
- Leafy greens
- Lima beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Rutabagas
- Squash
- Sweet potatoes
- Turnip greens
- Zucchini

*Serving Size—1/2 cup
or the size of 1/2 a baseball*

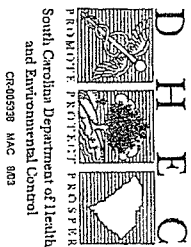
Choices for Fruits:

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Tangerines
- Watermelon

For more information:
Toll Free

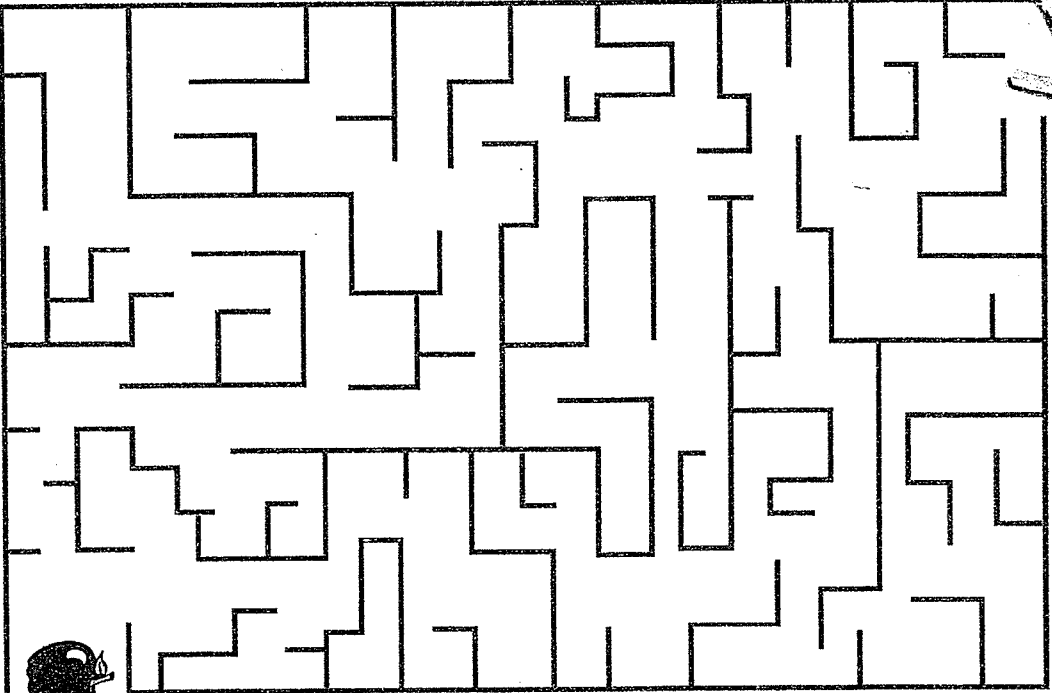
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CR606339 MAC 9/03

Can you find your way to the apple?



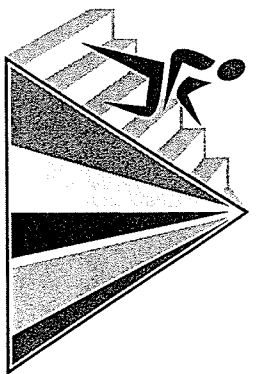
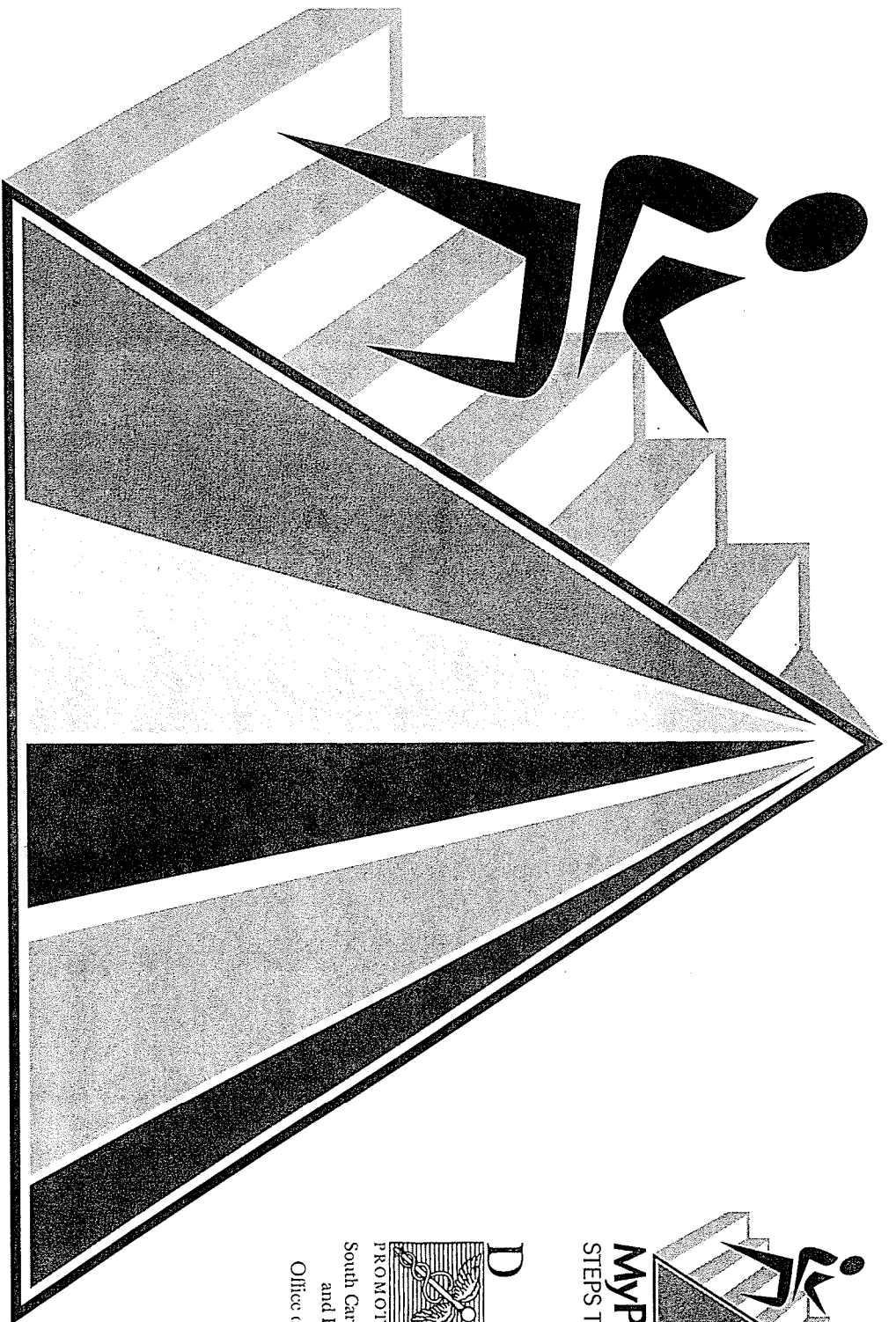
Circle the foods high in Vitamin C:



See if you can find these words:

- APPLE
- MILK
- CARROT
- VEGETABLES
- YOGURT
- PRETZEL

A	C	Y	U	X	A	P	P	L	E	P	R	W	E	Y	K	X
O	E	D	O	O	I	T	Z	A	K	W	D	U	I	O	R	O
W	C	U	N	G	A	F	G	C	A	R	R	O	T	K	P	R
B	L	S	J	H	U	H	D	L	N	S	C	B	L	E	R	T
D	H	E	C	E	O	R	U	H	M	W	E	B	U	W	O	E
C	M	U	W	G	N	B	T	N	Q	A	D	B	E	J	T	E
E	I	B	L	C	Q	A	F	O	L	J	C	W	F	H	Z	D
D	L	D	U	K	N	S	W	H	E	H	D	B	U	V	E	T
F	K	N	O	V	E	G	E	T	A	B	L	E	S	G	L	R
L	J	X	W	H	B	L	F	E	W	S	D	C	L	A	N	A



MyPyramid.gov
STEPS TO A HEALTHIER YOU

D H E C
 PROMOTE PROTECT PROSPER
 South Carolina Department of Health
 and Environmental Control
 Office of Public Health Nutrition

CR-006519 7/05

For a 1400–1600 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.
 Limit extras—solid fats and sugars—to 130 to 170 calories a day.

GRAINS	About 5 ounces; Make half your grains whole	VEGETABLES	About 1½–2 cups every day	FRUITS	About 1½ cups every day	OILS	4–5 teaspoons a day	MILK	About 2–3 cups every day; for kids aged 2 to 8, it's 2	MEAT & BEANS	About 4–5 oz every day
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Check the Nutrition Facts label to keep saturated fats and trans fats low.

Be physically active for at least 30 minutes most days of the week.









MyPyramid.gov
STEPS TO A HEALTHIER YOU

MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group	Tip	Goal Based on a 1600 calorie pattern.	List each food choice in its food group*	Estimate Your Total
 <p>GRAINS</p>	Make at least 3 ounces of your grains whole grains	5 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ ounce equivalents</p>
 <p>VEGETABLES</p>	Try to have vegetables from several subgroups each day	2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ cups</p>
 <p>FRUITS</p>	Make most choices fruit, not juice	1 1/2 cups	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ cups</p>
 <p>MILK</p>	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ cups</p>
 <p>MEAT & BEANS</p>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ ounce equivalents</p>
 <p>PHYSICAL ACTIVITY</p>	Build more physical activity into your daily routine at home and work.	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ minutes</p>

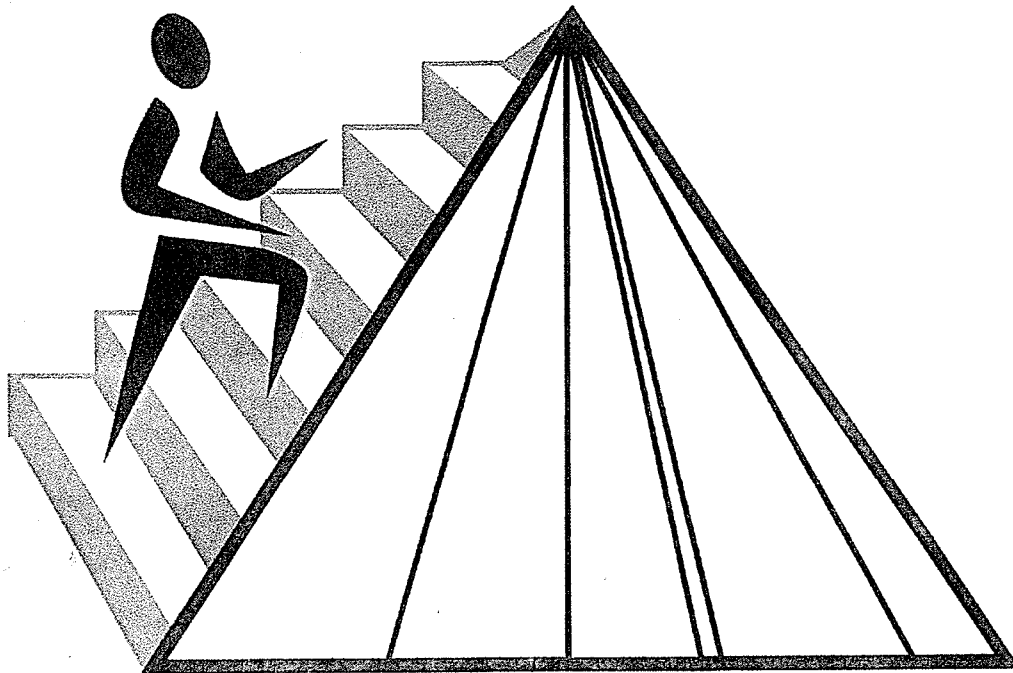
*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

Name: _____



MyPyramid.gov

STEPS TO A HEALTHIER YOU

Color the food groups! Start at the left side of MyPyramid.

Grains:	Veggies:	Fruits:	Oils:	Milk:	Meat & Beans:
ORANGE	GREEN	RED	YELLOW	BLUE	PURPLE

LOW COUNTRY OKRA

- 1 tablespoon sugar substitute
- 1 teaspoon all-purpose flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 cups sliced fresh okra
boiling water
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 medium tomatoes, peeled and chopped
- hot cooked rice (optional)

COOKING INSTRUCTIONS:

- Combine the first four ingredients; set aside.
- In a covered saucepan, cook okra in boiling water for 10 minutes or until tender. Drain and set aside.
- In a skillet, heat oil over medium heat.
- Sauté onion and green pepper until tender.
- Stir in sugar mixture and tomatoes; cook for 5 minutes.
- Add okra and simmer until heated through, stirring very little.
- Serve with rice if desired.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
81 CALORIES • 10g CARBOHYDRATE
2g PROTEIN • 5g FAT • 333mg SODIUM

OVEN FRIED CHICKEN

3 cups butter type crackers, finely crumbled
1/2-3/4 teaspoons dried basil
1/8 teaspoon black pepper
2 tablespoons skim milk
1 lb. boneless, skinless chicken breast or turkey breast
tenderloins
non-stick vegetable spray

COOKING INSTRUCTIONS:

- Preheat oven to 400° F.
- Spray a shallow baking pan with vegetable oil.
- Place crackers, basil and pepper in a large plastic bag with a tight-fitting seal (leave end open so air can escape). Set aside.
- Remove all visible fat from chicken. Rinse chicken and pat dry.
- Cut into 16 strips, about 1 x 3 inches each.
- Dip chicken in milk. Add chicken strips, a few pieces at a time, to bag with cracker mixture. Seal bag and shake until chicken is completely coated.
- Place coated chicken in a single layer on prepared baking pan.
- Bake, uncovered, 5 to 7 minutes, or until chicken is tender and no longer pink.

THIS TRADITIONAL FAVORITE IS MADE HEALTHY BY
COOKING IT IN THE OVEN.

SERVES 8

NUTRITIONAL ANALYSIS—2 STRIPS

224 CALORIES • 18g CARBOHYDRATE
20g PROTEIN • 8g FAT • 321 mg SODIUM

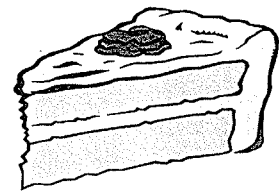
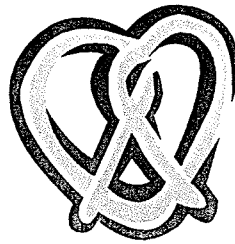
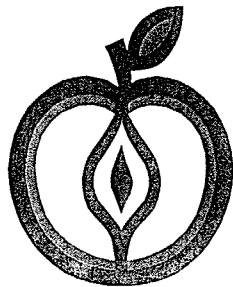
It's Your HealthTake Charge PostTest

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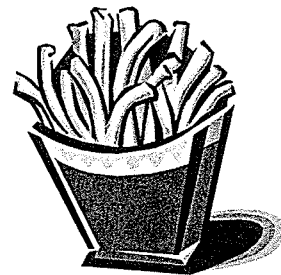
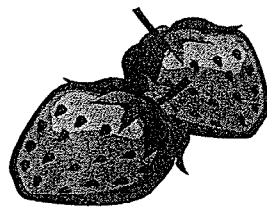
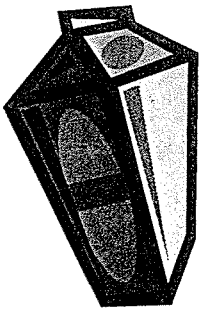
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1 2 3 4 5

2. Which of the following are healthy snacks?



3. Which one of the following gives you strong bones?



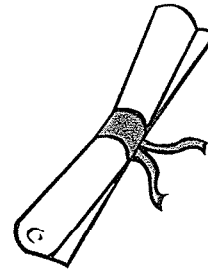
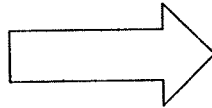
4. How many days a week do you need to play and be active?

1 2 3 4 5 6 7

Breakfast Brain Boost (Nutrition Lesson)

Students increase their standardized test scores when they eat breakfast. (Maryland State Department of Education)

** Breakfast boosts your brain power. It is necessary fuel.*



Students who eat breakfast have improved good behavior and attitude. (Maryland State Department of Education)

** Breakfast boosts your mood!*

More than 50 percent of children report that they skip breakfast at some time during the week. (American Dietetic Association)

** Make time for your breakfast!*

Only 45 percent of students eat a breakfast that includes food from at least two of the five food groups. (U.S. Department of Agriculture)

** Eat a variety of foods!*

Childhood obesity has reached an all-time high. Studies in adults show that skipping breakfast can lead to being overweight. (American Dietetic Association)

** Breakfast keeps your metabolism working!*

Children who skip breakfast not only take in fewer vitamins and minerals than children who eat breakfast, but they also do not make them up at other meals. (Journal of the American College of Nutrition)

** Examples – have orange juice for vitamin C and milk for calcium!*



Eat A Balanced Breakfast Every Day!



Kids' Breakfast Test

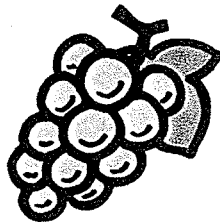
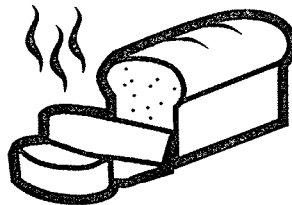
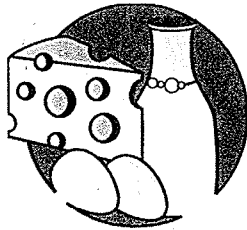
1) I should eat breakfast every day?

YES NO

2) Eating breakfast helps my body be healthy?

YES NO

3) Circle the food that does not belong in a healthy breakfast.





Breakfast for Kids

A healthy breakfast will help you think and feel better.

● Activity 1

List your two favorite breakfasts.

Decide if the breakfasts on your list are healthy.

Example: Donuts are not healthy!

● Activity 2

Circle the breakfasts you like (or will try).

Banana Dogs. Spread peanut butter on a whole grain hot dog bun; plop in a banana, and sprinkle with raisins.

Cheese Grits.

Dry cereal with milk or soymilk.

Fruit. Eat lots of different colors of fruit!

Leftovers! Have some pizza, potatoes, beans, soup, or other healthy item to boost your brain power for school.

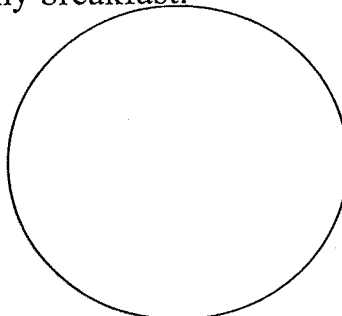
Low Fat chocolate milk.

Peanut Butter. Put some on toast, on an apple or in oatmeal!

Yogurt. Add fruit or dry cereal.

● Activity 3

Draw a picture of a healthy breakfast.



Breakfast Recipes

Orange Muffins (Preheat oven to 350 degrees)

Mix in a bowl: 1 egg
 ¾ cup orange juice
 ¼ cup canola oil

Mix in another bowl: 1 cup white flour
 1 cup whole wheat flour
 1 cup sugar or ½ cup honey
 1½ tsp baking powder
 ½ tsp baking soda
 1 tsp salt

Add orange juice mixture to dry mixture and gently stir together until moist.

Bake at 350 degrees for 20 to 30 minutes, or until done.

*Optional: Add two cups whole, washed cranberries to make Cranberry Orange Muffins

Whole Wheat Pancakes (Preheat frying pan)

Mix in a bowl: 1 egg
 2 cups skim milk
 2 Tbls canola oil
 2 Tbls honey, molasses, or sugar

Mix in another bowl: 1 cup white flour
 1 cup whole wheat flour
 ½ tsp salt
 ½ tsp baking powder
 ¾ tsp baking soda

Add milk mixture to the dry mixture and gently stir together until moist.

Drop spoonfuls of batter on a preheated frying pan. Fry until small bubbles appear. Flip pancake with a spatula. Fry other side until done.

*Note: Leftover batter can be stored in the refrigerator for two days.

*Optional: After dropping batter onto frying pan, add fruit (examples-chopped apples, blueberries, sliced bananas, chopped strawberries)



Kids' Breakfast Test

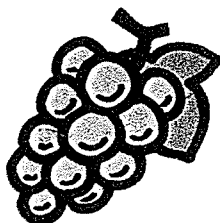
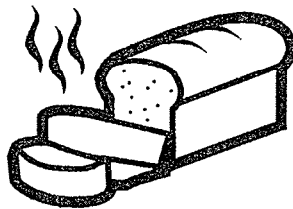
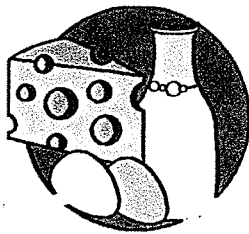
1) I should eat breakfast every day?

YES NO

2) Eating breakfast helps my body be healthy?

YES NO

3) Circle the food that does not belong in a healthy breakfast.





KIDS CUT DOWN ON FAT (lesson)

Fat Facts:

- Your body needs fat to work properly, but there are some fats that are better choices.
- Each day 60% of Americans eat a meal away from home. Most meals away from home are higher in fat, saturated fat, and cholesterol than meals made at home.

Why Eat Less Fat?

- People who have diets high in fat are more likely to be overweight.
- A low fat diet can reduce the risk of overweight, heart disease, diabetes and some cancers.
- Eating a healthy diet will make you feel and look better and will give you more energy to play.

Tips to Cut Down Fat:

- Cut extra fat (the white part) from meat and throw it away.
- Eat less fried foods
- Eat fewer desserts, cakes, cookies, doughnuts.
- Pick low fat versions of favorite foods like milk, yogurt, sour cream, salad dressings, ice cream etc. Make sure you don't increase portion sizes. Just because an item is low in fat does not mean you can eat as much of it as you want.
- Use the "5-20" rule: Check labels to find foods with less fat, saturated fat and cholesterol Try to pick foods with a lower % DV.
 - 20% DV or more is a lot-try to pick these foods less often
 - 5% DV or less is a little-try to pick these foods more often

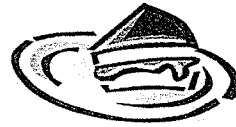
Remember:

It is easy to eat less fat. Start by making small changes. Instead of ice cream or candy have fresh fruit or dry cereal. Try to pick low fat milk at school. When you do eat high fat foods, just eat one serving size.



Kids Cut Down Fat Pre/Post Test

- 1.) **TRUE** or **FALSE** Your body needs fat to work each day.
- 2.) **TRUE** or **FALSE** People who eat a lot of high fat foods have a better chance of being overweight.
- 3.) **TRUE** or **FALSE** A good rule to use is the 15-40 rule.
- 4.) Which food is lower in fat?



- 5.) Which foods should we eat less often?



Take Down Fat Activities Kids

Activity 1

Have kids bring in Nutrition Facts labels from their favorite foods.

You will also need a box or two of paper clips. Each paper clip weighs 1 gram.

Pick the food with the highest fat content. Count out that many paper clips (if 60 grams fat then count out 60 paper clips)

Discuss if this is a lot (imagine that those paper clips are in your body each time you eat that item). Does it seem like a lot, does it seem worth it for that food?

Discuss how food items high in fat can provide a lot of calories that your body may not need. Point out that occasionally these items are okay, but daily you need to pick lower fat options.

Activity 2

You will need a nerf type (soft) ball for this activity.

- Have children spread out across the room.
- Start by tossing the ball to a child.
- When the child catches the ball-have him name a snack he currently eats that is high in fat.
- Then name a replacement snack that would be lower in fat.
- Toss the ball to another child.
- Repeat until each child has had a turn.





Eat Less Fat

Lowering fat may lower your chances of getting some kinds of cancer. Here's how to do it.

- 1. Cut extra fat from your meat and throw the fat away.**
- 2. Before you eat chicken, take off the skin and throw it away.**
- 3. Use less fat to cook vegetables.**
 - Cut a piece of fat meat the size you normally use when you cook vegetables.
 - Then cut this piece in half.
 - Now cut it in half again.
 - Use only one piece of this fat meat to cook your vegetables. You will then be using one quarter of the fat you usually use.
- 4. Cook vegetables with fresh turkey parts without skin; fresh garlic, onions, celery, and bell peppers; or lemon juice.**
- 5. Pour the fat from the frying pan before you make gravy. Throw the fat away.**
- 6. Broil, boil, bake, or pan broil your meat instead of frying it. This is how to pan broil meat:**
 - Spray nonstick spray in the bottom of a frying pan. Let it get medium hot.
 - Put the meat in the pan. Do not add any more nonstick spray.
 - Turn the meat often.
 - Pour the fat from the pan as the meat cooks. Throw the fat away.

To keep from eating too much fat:

- Try not to fry foods.
- When fat cooks out of meat, pour the fat off and throw it away.
- Eat bread with little butter or margarine.
- Use less fat meat.
- Eat fewer of these foods: fatty meats, salad dressing, regular cream, mayonnaise, sauces, butter or margarine, ice cream, potato chips, donuts, pies, cakes and snack cakes.

CLASSIC MACARONI AND CHEESE

2 cups macaroni uncooked
½ cup chopped onions
½ cup evaporated skim milk
1 medium egg, beaten
¼ tsp black pepper
1¼ cups sharp cheddar cheese (4 oz), finely shredded, low fat
nonstick cooking oil spray

COOKING INSTRUCTIONS:

- Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
- Spray a casserole dish with nonstick cooking oil spray.
- Preheat oven to 350° F.
- Lightly spray saucepan with nonstick cooking oil spray.
- Add onions to saucepan and sauté for about 3 minutes.
- In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly.
- Let stand for 10 minutes before serving.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

200 CALORIES • 30 gm CARBOHYDRATE
4 gm of FAT • 8 gm of PROTEIN • 120 mg SODIUM

BAKED "FRIED" CHICKEN

1/3 cup low fat buttermilk (1% milk fat)
1 pound chicken parts, skinned
2 ounces cornflake crumbs
2 teaspoons sesame seed

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Pour buttermilk into shallow bowl; add chicken and turn to coat.
- On paper plate combine cornflake crumbs and sesame seed; dredge chicken in crumb-seed mixture.
- Arrange chicken on nonstick baking sheet and bake until chicken is browned and crispy, about 40 minutes.

THIS FIGURE DOES NOT INCLUDE SESAME SEED;
NUTRITIONAL ANALYSIS UNAVAILABLE

SERVES 2

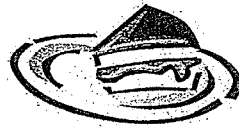
NUTRITIONAL ANALYSIS—4 OUNCES

280 CALORIES • 21g CARBOHYDRATE
28g PROTEIN • 8g FAT • 385mg SODIUM



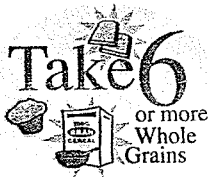
Kids Cut Down Fat Pre/Post Test

- 1.) **TRUE** or **FALSE** Your body needs fat to work each day.
- 2.) **TRUE** or **FALSE** People who eat a lot of high fat foods have a better chance of being overweight.
- 3.) **TRUE** or **FALSE** A good rule to use is the 15-40 rule.
- 4.) Which food is lower in fat?



- 5.) Which foods should we eat less often?





Get Your Whole Grains-Kids

Whole Grain Facts

- On average, Americans consume only 1 serving of whole grains each day.
- You should try to get closer to 6 servings of whole grains each day.
- Whole grains give more nutrition because they use the entire grain.
- Diets rich in whole grains may reduce the risk of being overweight, developing diabetes, developing heart disease, and certain cancers.

What's a Whole Grain

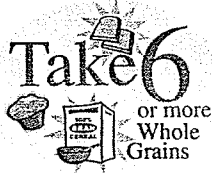
- A wheat plant is made up of 4 different parts.
- Some of the parts are better for you than other parts.
- Whole grain products have the parts that are better for you.
- You should pick whole grain products instead of white bread products.

What Do All Those Words Mean?

- Refined foods may have lost nutrients during processing.
- Enriched products may have had some nutrients added back after processing.
- Whole-grain products may be rich in all nutrients found in the original grain.

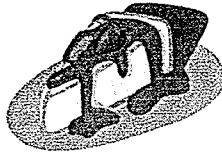
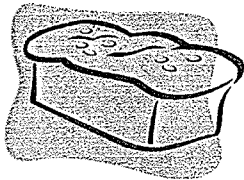
How Can You Eat More Whole Grains?

- Look at the labels of the foods you eat. Pick products that have the following terms as the first ingredient listed:
 - Whole wheat, whole oats, whole barley, cracked wheat, whole cornmeal, graham flour.
- Pick whole wheat pasta instead of white pasta.
- Pick brown rice instead of white rice.
- Start your day with a whole grain breakfast cereal such as All-Bran or Shredded Wheat. Top your cereal with some fresh berries and milk or experiment by adding the cereal to low fat yogurt.

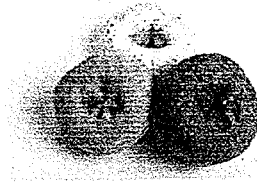


Whole Grain Pre/Post Test-Kids

- 1.) **YES or NO** Most Americans get enough whole grains each day.
- 2.) **YES or NO** Whole grains are healthier for you than white bread products.
- 3.) Which is a better choice?



- 4.) **YES or NO** Whole grains can reduce the risk of getting heart disease and cancer.
- 5.) Which is a better pick for breakfast?



Name: _____



Great Grains

Unscramble the words below to form words related to the grain group. Then use the numbered letters to form the secret message!

1. lawshinrgoe: _____
19 22 2 18

2. argahm: _____
13 20 1

3. ateaolm: _____
15 4

4. reiildcw: _____
7 12

5. ceaelr: _____
14 6

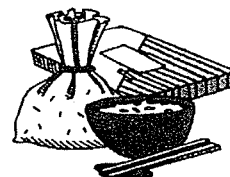
6. wktaebchu: _____
11 3 23

7. iberf: _____
8 14

8. ercdihen: _____
17 16 5

9. pprcoon: _____
10 21

10. bleayr: _____
22 9



1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23

University of Florida, IFAS Extension, Department of Family, Youth and
Community Sciences, 2005, <http://fyces.ifas.ufl.edu/pyramid/index.htm>

UNIVERSITY OF
FLORIDA
IFAS EXTENSION

Great Grains KEY

1. lawshinrgoe- is whole-grains.
2. argahm is graham.
3. ateaolm is oatmeal.
4. reiildcw is wild rice.
5. ceaelr is cereal.
6. wktaebchu is buckwheat
7. iberf is fiber.
8. ercdihen is enriched.
9. pprcoon is popcorn.
10. bleayr is barley.

Secret Phrase: Make half your grains whole!

Find These Whole Grain Words

N R C U W O L S K M B I H C E
D A E T L A B R W R Q Z V Z T
G J R F L M B F O L Y Q U Z X
A G R B I E W W Z A V G Z S E
D T V E D N N D E H C I R N E
W R S J D R E K K R X H K C R
H H U A I V C D L M Q H J I R
Z B O C P W H O L E W H E A T
D V E L V T P L E C I F N M A
R O J R E V A W E E W P Y K W
X X H P W G F E M Y G D Y I A
B I T O T V R P H N O U A V H
U O S S E U S A Z W M O M N P
P V Q E G U C W I I K B W S H
O C H C W I F P O N V J P K Z

Words to Find

BRAN

BROWN RICE

ENRICHED

REFINED

SIX

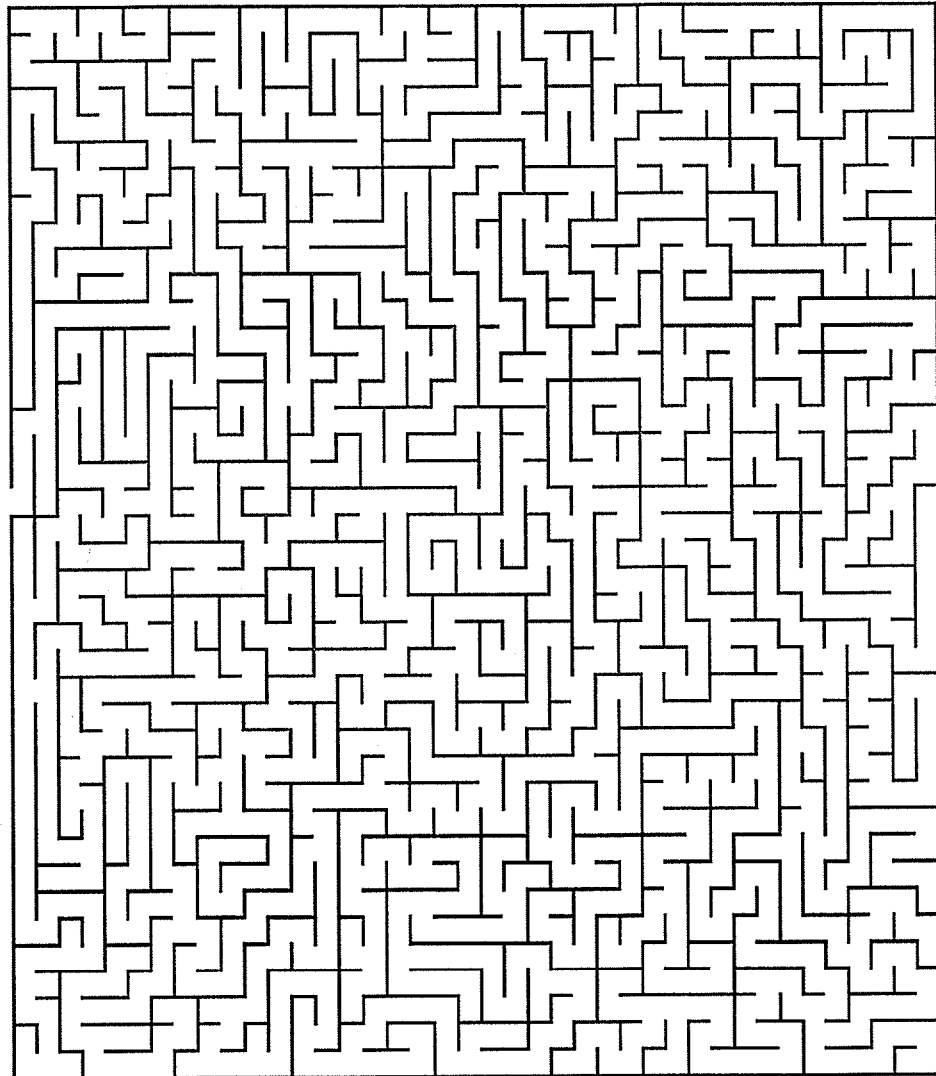
WHEAT PASTA

WHOLE GRAIN

WHOLE WHEAT

FIND YOUR WAY TO WHOLE GRAINS

**ENTER
HERE**



**EXIT
HERE**

RICE CASSEROLE

¼ cup margarine
8 ounces uncooked brown rice
1 8 ounces can mushroom pieces, drained
2 packets instant beef flavored broth mix
2 tablespoons minced onion flakes
2 cups water

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Melt margarine in a 1½ quart ovenproof saucepan or casserole over medium heat. Stir in rice.
- Cook, stirring, until rice is lightly browned. Remove from heat. Add remaining ingredients. Cover and bake for 1 hour, stirring once after 45 minutes of cooking.

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP
163 CALORIES • 22g CARBOHYDRATE
5g PROTEIN • 6g FAT • 368mg SODIUM,

OLD-FASHION BREAD PUDDING

10 slices whole-wheat bread
1 egg
3 egg whites
1 ½ cups of skim milk
¼ cup of sugar
¼ cup of brown sugar
3 teaspoon of vanilla extract
½ teaspoon of cinnamon
¼ teaspoon of nutmeg
¼ teaspoon of cloves
4 teaspoons of sugar

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Spray an 8 x 8-inch baking dish with vegetable oil spray.
- Lay the slices of bread in the baking dish in two rows, overlapping them like shingles.
- In a medium bowl, beat together the egg, egg whites, milk, ¼ cup of sugar, brown sugar, and vanilla extract.
- Pour the egg mixture over the bread.
- In a small bowl stir together the cinnamon, nutmeg, cloves and 2 teaspoons of sugar. Sprinkle the spiced sugar over the bread pudding.
- Bake the pudding for 30-35 minutes, until it has browned on top and is firm to the touch.
- Serve warm or at room temperature.

THIS BREAD PUDDING WAS ALREADY LOW IN FAT, SO NO CHANGES WERE NEEDED.

SERVES 9

NUTRITIONAL ANALYSIS—½ CUP
166 CALORIES • 32g CARBOHYDRATE
6g PROTEIN • 2g FAT • 221mg SODIUM

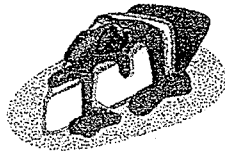
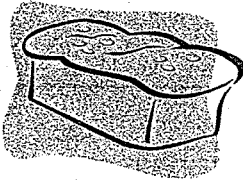


Whole Grain Pre/Post Test-Kids

1.) YES or NO Most Americans get enough whole grains each day.

2.) YES or NO Whole grains are healthier for you than white bread products.

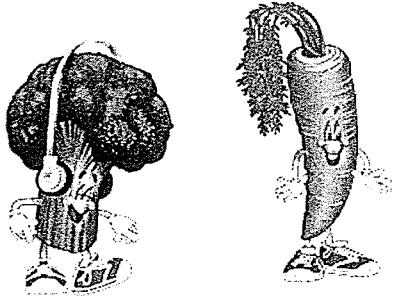
3.) Which is a better choice?



4.) YES or NO Whole grains can reduce the risk of getting heart disease and cancer.

5.) Which is a better pick for breakfast?





Veggies! (Kids Lesson)

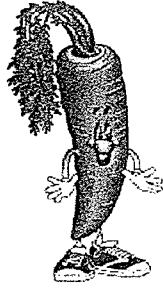
Veggies are very good for us. We should eat veggies every day. Try eating a **NEW** vegetable every week.

Eating vegetables can protect us from disease because vegetables are high in *both* vitamins and minerals.

Veggies come in red, orange, yellow, green and purple! Each color veggie provides different health benefits. Eat a variety of colors!

- Red veggies help us have a healthy heart, help our memory and lower our risk of some cancers.
- Orange and yellow veggies help us have a healthy heart, help our vision, keep us from getting sick and help lower the risk of some cancers.
- Green veggies help us have strong teeth and bones, have good vision and lower the risk of some cancers.
- Purple veggies help our memory, help us with healthy aging and lower the risk of some cancers.

Eat a Rainbow of Colors!



Kids' Pre/Post Test

- TRUE FALSE Eating vegetables can protect us from disease.
- TRUE FALSE All vegetables are green.
- TRUE FALSE Some veggies help our eyes be healthy.
- TRUE FALSE Veggies should be eaten every day.







Kids' Vegetable Activity

Vegetables are not only different colors, but are from different parts of the plant.

The six parts of a plant are the:

Seed, Root, Stem, Leaf, Flower and Fruit

Draw a line from each of the vegetables to the part of the plant that it is and that we eat.

Hints: Roots are under the ground

Celery grows straight up

Corn kernels are small

Carrot

Leaf

Celery

Seed

Spinach

Root

Corn

Flower

Tomato

Stem

Broccoli

Fruit

CRISPY BAKED VEGETABLES

1 cup of seasoned breadcrumbs
1 cup of cornmeal
1 tablespoons of grated parmesan
8 cloves of garlic, peeled and minced
2 cups plain non-fat yogurt
¼ cup sliced zucchini
¼ cup sliced okra
¼ cup sliced eggplant
¼ cup sliced, peeled potatoes
¼ sliced, peeled sweet potatoes
¼ cup quartered mushrooms
¼ cup sliced peeled parsnips
1 small onion, peeled and sliced

COOKING INSTRUCTIONS:

- Preheat oven to 425° F.
- Line a baking sheet with parchment paper; set aside.
- Mix the breadcrumbs, cornmeal and Parmesan cheese together; set aside.
- Over very low heat, slowly sauté garlic in a nonstick pan sprayed with vegetable cooking spray, until garlic begins to brown. Let cool and mix into crumb mixture.
- Dip vegetables into yogurt and then into crumb mixture.
- Lay vegetables on baking sheet and bake until browned and crispy, about 10 to 15 minutes.
- Serve hot.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

219 CALORIES • 41g CARBOHYDRATE
8g PROTEIN • 3g FAT • 490mg SODIUM





HERBED VEGETABLE BAKE

3 cups broccoli florets
2 cups cauliflower
2 medium carrots, thinly sliced
1 medium red onion, thinly sliced
1 celery rib, thinly sliced
½ teaspoon Italian seasoning
½ teaspoon dried basil
½ garlic salt
2 tablespoons water
2 tablespoons reduced fat stick margarine

COOKING INSTRUCTIONS:

- Place vegetables in a 9 inch square baking dish coated with nonstick cooking spray.
- Sprinkle with Italian seasoning, basil, garlic salt and water. Dot with margarine.
- Cover and bake at 450° F for 20 to 25 minutes or until vegetables are tender.

SERVES 6

NUTRITIONAL ANALYSIS—¾ CUP
55 CALORIES • 8g CARBOHYDRATE
2g PROTEIN • 2g FAT • 139mg SODIUM



Kids' Pre/Post Test

- TRUE FALSE Eating vegetables can protect us from disease.
- TRUE FALSE All vegetables are green.
- TRUE FALSE Some veggies help our eyes be healthy.
- TRUE FALSE Veggies should be eaten every day.





Kids' Fruit Lesson

Fruits are good for us and come in many colors. We should eat some fruit every day and we should eat as many different colors of fruit as we can because each type of fruit has different vitamins and benefits for our health. Fruits can help us reduce the risk of some diseases, such as cancer.

Before eating fruit, be sure to wash it thoroughly.

Eat fruit instead of drinking fruit juice whenever possible! A serving of juice is usually only $\frac{1}{2}$ of a cup because it is so concentrated! Most people easily overdue servings of juice and this adds too many calories and too much sugar too quickly. Even the juice with no sugar added is high in sugar from the fruits' natural juices.

Pass around a 16-ounce bottle of fruit juice. Ask them if it would be healthy to drink that bottle of juice all by themselves. Remind them that $\frac{1}{2}$ cup of juice is considered a serving. If they are hungry and want more, they should eat a piece of fresh fruit instead. If they are thirsty, they should drink more water. Too much juice is bad for our teeth and raises our blood sugar.

Show the class what $\frac{1}{2}$ cup looks like.

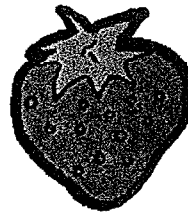
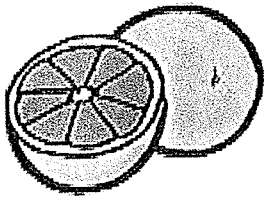
Help them to set a goal to eat 2-3 servings of fruit every single day.

Ask the class to name the different color fruits they know. They should name all of the colors in the rainbow.

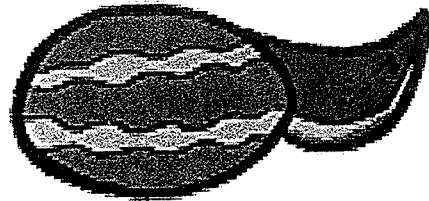
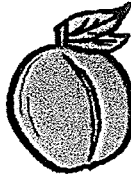


Kids' Pre/Post Test

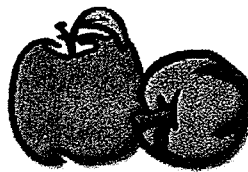
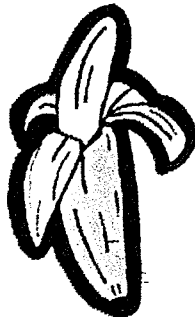
1) Which food does not belong?



2) Which picture represents ONE serving of fruit?



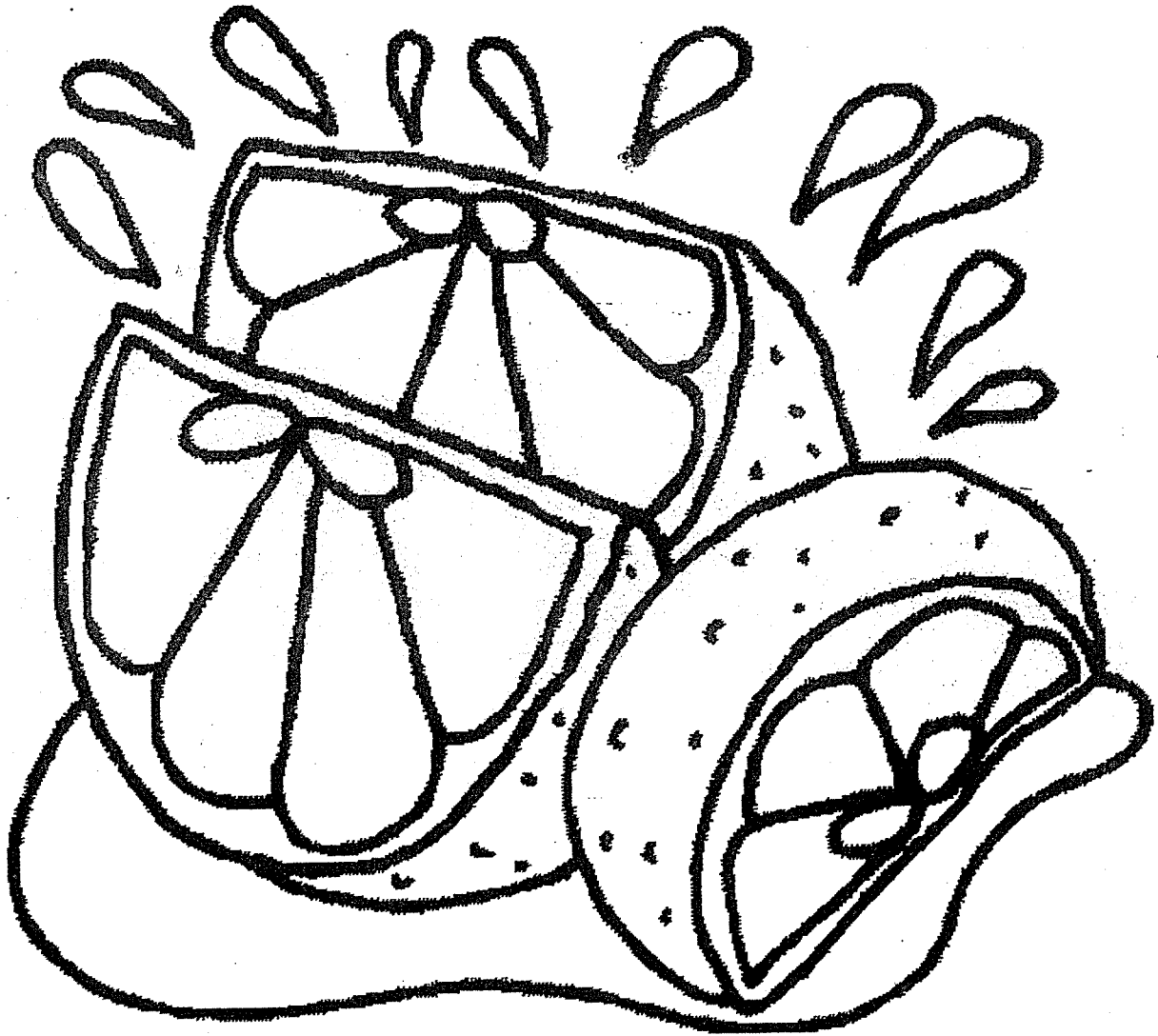
3) Which one should you eat the smallest amount of?











Fruit and Fun

Have the kids name 3 or more red fruits. Each time a kid names a red fruit, give them a red balloon (or some other red item as a reward). Then have those kids holding red stand together at one end of the room. (Foods kids could name: Apples, Cherries, Cranberries, Raspberries, Strawberries, Watermelon)

Now ask them to name 3 or more orange fruits and then have all the kids holding the orange balloons/items stand together next to the red group. (Orange, Cantalope, Apricots, Peach)

Do the same for the yellow, green, blue and purple fruits.

(Banana, Pear, Pineapple, Lemon)

(Honeydew, Grapes, Kiwi, Apples, Limes)

(Blueberries)

(Plums, Grapes, Figs)

**The kids have now listed a rainbow of fruits
AND should be standing forming a rainbow!**

Remind them to eat a variety of fruits for their health.

If appropriate, allow the kids to pop their balloons after each of them names another fruit of their color.

BERRY PARFAITS

- 1 package (.3 ounce) sugar free strawberry gelatin
- 1 cup boiling water
- 1 cup cold water
- 2 cups fresh or frozen blueberries, divided
- 2 cups sliced fresh or frozen unsweetened strawberries, divided
- 1 package (1 ounce) sugar free instant vanilla pudding mix

COOKING INSTRUCTIONS:

- In a bowl, dissolve gelatin in boiling water. Stir in cold water.
- Pour into eight parfait glasses; refrigerate until firm, about 1 hour.
- Top with half of the blueberries and half of the strawberries.
- In a bowl, whisk milk and pudding mix for 2 minutes or until slightly thickened; pour over berries.
- Top with remaining berries.
- Cover and refrigerate 1 hour longer.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP
68 CALORIES • 14g CARBOHYDRATE
TRACE OF FAT • 3g PROTEIN • 208mg SODIUM

FRUIT CUP

- 2 medium navel oranges, peeled and sliced
- 2 kiwi fruit, peeled and cubed
- 1 medium firm banana, sliced
- 1 cup seedless red grapes
- ½ cup reduced fat vanilla yogurt
- 2 tablespoons plus 2 teaspoons brown sugar

COOKING INSTRUCTIONS:

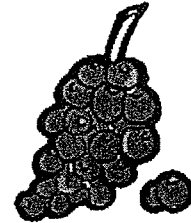
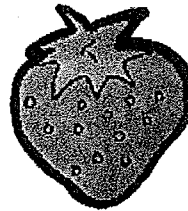
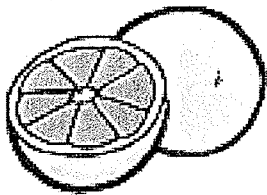
- In a bowl, combine the oranges, kiwi, banana and grapes.
- Divide among six serving bowls.
- Combine yogurt and brown sugar.
- Dollop over the fruit.
- Serve immediately.

SERVES 6

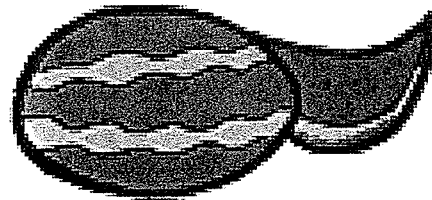
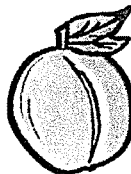
NUTRITIONAL ANALYSIS—½ CUP
107 CALORIES • 27g CARBOHYDRATE
2g PROTEIN • 1g FAT • 15mg SODIUM

Kids' Pre/Post Test

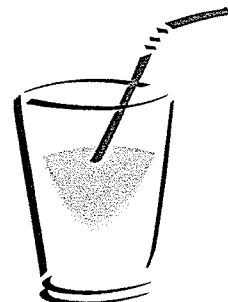
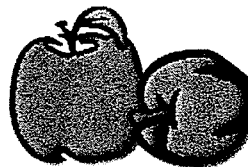
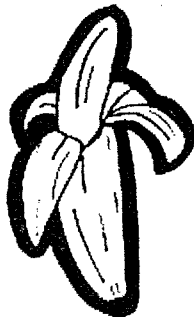
1) Which food does not belong?



2) Which picture represents ONE serving of fruit?



3) Which one should you eat the smallest amount of?



Kids Take Action (Nutrition Lesson)

Why Should You Get Up and Get Moving?

Physical activity can make you feel, look and think better. Some good things about physical activity include:

- Have fun with friends and family
- Sleep better at night
- Have more energy to play during the day
- Build strength and endurance

How Much is Enough?

- The Dietary Guidelines for Americans recommend being active for 60 minutes a day, most days of the week.
- However, this does not have to be 60 minutes all at one time. Can be broken down into shorter periods of time to total 60 minutes per day.

Tips to Move It and Still Have Fun (Review Move It! Activity Pyramid)

It is easy and fun to get your 60 minutes of activity each day. Here are some fun ideas to get you moving.

- Just get moving, you can jump up and down, walk, dance, play tag or toss a Frisbee around, climb up and down the steps or anything that keeps you going.
- A few times a week you need to really get moving by doing things like running, rollerblading, or playing basketball.

Remember:

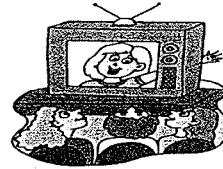
It is easy to get your activity in. Cut down on the amount of time you spend playing video games, on the computer and watching TV. Increase the amount of time you spend moving around.





Kids Take Action Pre/Post Test

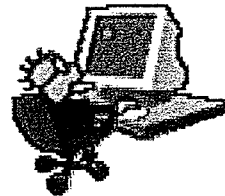
1.) Circle the ones that are good ways to get activity.



2.) **TRUE OR FALSE** Getting more activity will give me more energy to play with my friends.

3.) **TRUE OR FALSE** Every day I should move at least 60 minutes.

4.) Circle the things you should cut down on.



5.) **TRUE OR FALSE** Physical activity will make me feel better.

Kids Take Action: Get Moving

Musical Color Chairs

You will need a source of music for this activity.

- Arrange a chair for each child in a circle. Each child will have a chair for the entire game.
- Cut up pieces of different colored paper and tape one to the back of each chair.
- Start the music and have the children walk around the chairs.
- Stop the music and have the children sit down.
- Name a color. Everyone sitting on a chair with that color should stand up.
- Have each child name an activity that they could do instead of watching TV, or playing computer games (such as jumping rope, basketball, walking, etc.)
- Repeat several times.

Frisbee Toss

You will need the “It’s Your Health Take Charge” red Frisbee and some clean, empty pizza boxes.

- Have one student hold the empty pizza box while another student tries to throw the Frisbee into the box.
- Before throwing, have the children name an activity that they have done in the past and have enjoyed.



Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- GET AT LEAST 60 minutes a day of moderate activity, most days of the week.

Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

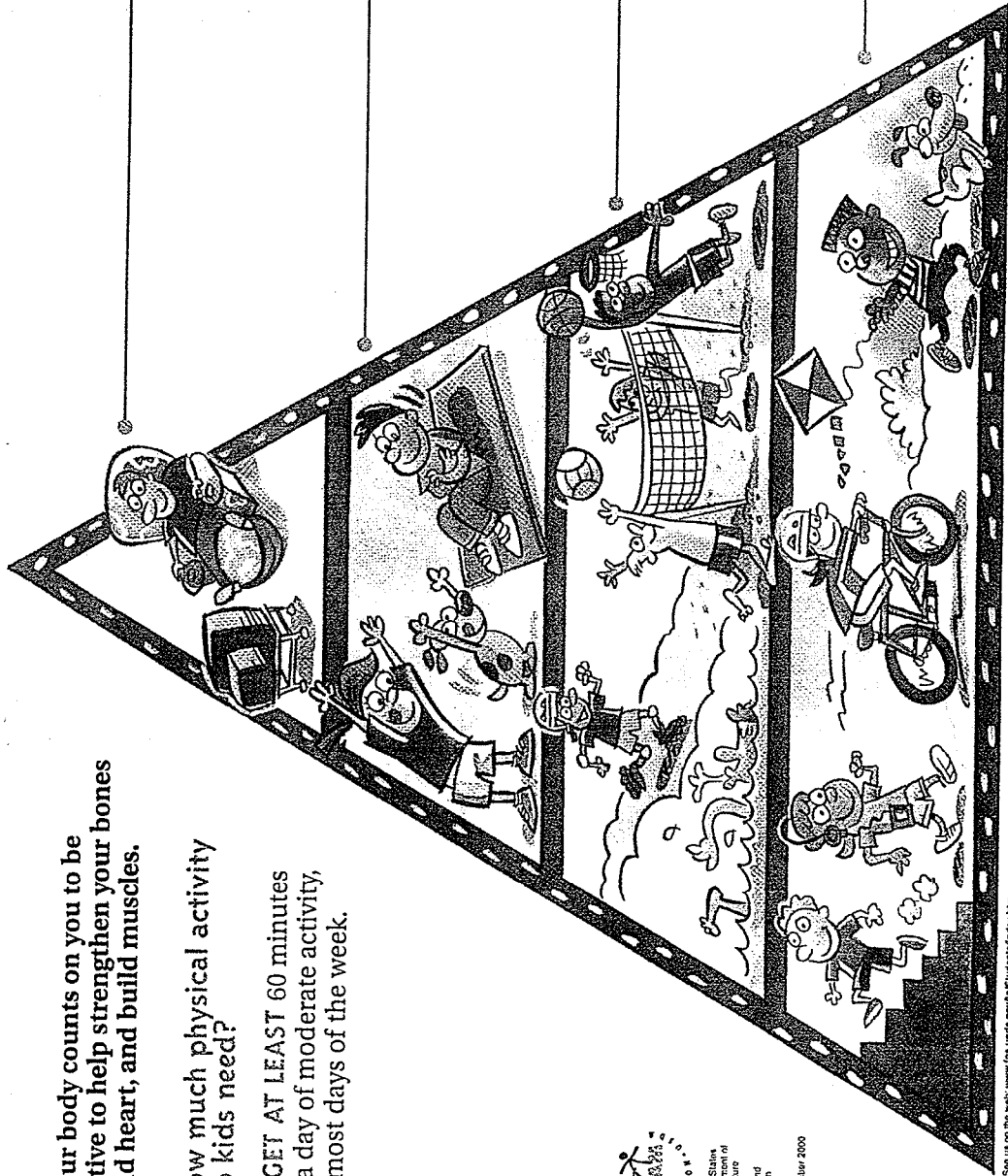
Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.



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September 2000

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Refreshing Recipes

It is important to remember that increased physical activity also increases the amount of fluids that your body needs each day. It is always best to drink water, but you can have some 100% fruit juice as a refreshing change.

Frozen Fruit Pops

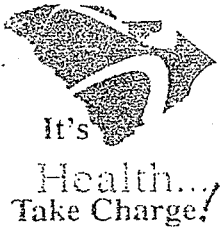
1 can (8oz) crushed pineapple
1 cup (8oz) lowfat fruit yogurt
1 can (6oz) orange juice concentrate, thawed

1. Mix the ingredients in a medium size bowl. Divide into 4 paper cups.
2. Freeze until slushy, about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away paper cup before you eat the fruit pop.
4. Enjoy after exercising as a refreshing treat.

Fruit Juicers

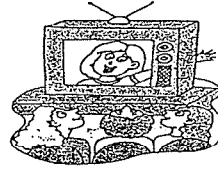
2 or more varieties of 100% fruit juice
Lemon or orange wedges
Ice

1. Mix two or more of your favorite juice flavors in a cup.
2. Add ice
3. Add a lemon or orange wedge.
4. Enjoy



Kids Take Action Pre/Post Test

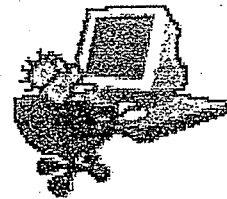
1.) Circle the ones that are good ways to get activity.



2.) **TRUE OR FALSE** Getting more activity will give me more energy to play with my friends.

3.) **TRUE OR FALSE** Every day I should move at least 60 minutes.

4.) Circle the things you should cut down on.



5.) **TRUE OR FALSE** Physical activity will make me feel better.



Dining Out Tips For Kids

Fast Food Facts:

- Each day about 60% of Americans eat one meal away from home.
- Meals eaten away from home, especially fast foods tend to be high in fat, calories and salt and low in calcium, fiber and other vitamins.
- Fast food meals usually do not include fruits or vegetables.
- Just one fast food meal can give you more fat than you need for the entire day.
 - Compared to 50 years ago, the fast food meals that you get today have more than double the calories they did then.

Tips To Eat Less Fat:

- Order regular sizes not super or deluxe.
- Order grilled chicken sandwich instead of fried chicken.
- Order a side salad with low fat dressing instead of french fries.
- If you do get fries, order a small size or share with a friend.
- Order sandwiches without cheese, bacon or mayonnaise.
- Order low fat milk instead of soda.
- Many fast food restaurants now offer fruit or vegetable sticks instead of French fries. If you have this choice, pick the fruit or vegetables and skip the fries.
- When ordering pizza, get extra veggie toppings and skip the pepperoni, extra cheese and garlic butter sauce.

Remember:

- In today's busy world, it is expected that every once in a while you will need to stop for a fast food meal.
- It is possible to enjoy fast food and still make healthy choices, just follow the tips discussed today.

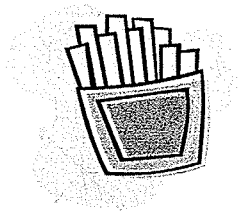


Dining Out Quiz-Kids

1.) **TRUE** or **FALSE** Fast food meals are higher in fat than meals you eat at home.

2.) **TRUE** or **FALSE** Fast food meals have the same amount of fat that they did 50 years ago.

3.) Circle the healthier choice when eating out:



4.) Circle the healthier choice when eating out:



5.) **TRUE** or **FALSE** You can still eat fast food and be healthy.



Fun, Fast Food Activities for Kids

Activity 1

The purpose of this activity is to get kids thinking about how often they eat fast food and how they can make healthier food choices the next time they eat at a fast food restaurant.

Start by having kids raise their hand if:

- they ate at a fast food place one time this week
- they ate at a fast food place two times this week
- they ate at a fast food place more than 2 times this week

Then have kids take about what they order when they get fast food. Talk about items that may not be a healthy choice. Have kids brainstorm about different items they could order that would be healthier.

Talk about how much money it usually costs to get a fast food meal. Help kids calculate how much they spend in a month on fast food. Then have kids think of other things they could buy with that money.

Talk to kids about whether they would buy healthier items if they were on the menu. Why or why not?

Activity 2

Break kids up into groups of 4 or 5 and have them talk about the fast food restaurants they eat at the most and what they usually eat.

Then have plan a healthier menu based on the things they learned about today. Review as a class which menus are healthier and why.



Fast Food-Like Recipes

Look for healthy menu items like these the next time you eat at fast food, or better yet, make these delicious recipes at home.

Fruit Dippers

½ cup low fat vanilla yogurt
2 tablespoons chopped peanuts
2 cups fruit (grapes, banana slices, apple wedges, strawberries, or any fruit you like)

- Combine yogurt and peanuts. Mix with a spoon.
- Place a toothpick in the center of each fruit.
- Dip fruit into the yogurt-peanut mixture.
- Enjoy.

Stuffed 'Tato

1 medium potato
¼ cup chopped veggies (green peppers, cooked carrot or broccoli, corn, tomato or any other you would like)
2 tablespoons salsa
2 tablespoons shredded cheese

- Microwave the potato on HIGH for 3-4 minutes.
- Top your potato with veggies, salsa and cheese.

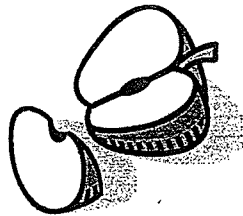


Dining Out Quiz-Kids

1.) **TRUE** or **FALSE** Fast food meals are higher in fat than meals you eat at home.

2.) **TRUE** or **FALSE** Fast food meals have the same amount of fat that they did 50 years ago.

3.) Circle the healthier choice when eating out:



4.) Circle the healthier choice when eating out:



5.) **TRUE** or **FALSE** You can still eat fast food and be healthy.



Why Yes I Do, I Try New Foods? Don't You?

There are over 30,000 different foods available to us! However, the average American eats just 10-20 different foods over and over.

How do we know certain foods are our "favorite" foods if we have not tried the other foods?

Can anyone figure out what "Food Neophobia" means? Do you know what a phobia is, such as claustrophobia (fear of confined spaces) or arachnophobia (fear of spiders)? Do you know what "neo" means? It means "new".

We do not need to be afraid of trying new foods. Everybody has different taste buds (that is why some people like spicy food and some do not) so even if your friend does not like a food, you can still be excited to try it!

Different foods have different nutrients that are good for our health and help us grow. Eat a variety of foods every day. Make it an adventure.

- * Every time you go to the grocery store, try a new food (not junk food).
- * When you go to a restaurant, order the MEAL on the menu you do not know (not dessert or appetizer).
- * Our taste buds change as we grow up. It is okay if you do not like something now. Try it again in a few months.

Trying new foods is more fun!

It is the smarter and healthier way to eat!

You will learn foods and recipes to impress others with!



Kid - New Foods Pre/Post Test

- 1) There are over _____ many different foods?
 - a) 100
 - b) 1,000
 - c) 30,000

- 2) What does "food neophobia" mean?
 - a) To be afraid of restaurants.
 - b) To like to try new foods.
 - c) To be afraid to try new foods.

- 3) Do our taste buds change as we grow older?
YES NO

- 4) Will eating new and different foods help us be healthier?
YES NO



NEW FOOD ACTIVITY

Put a crisp dollar bill into a brown paper bag without anyone seeing you.

Tell the group that inside the bag there is something green and crisp. It is made from a plant, but you cannot grow it. It is very, very flat. People in other countries and here like it a lot. It would be weird on a salad.

Is anyone afraid of reaching into the bag not knowing what is in it?

Let the first person that volunteers reach into the bag and keep the dollar.

“Was it worth being adventurous?”

Ask the class if they are afraid of trying new things. Are they afraid of trying new foods?

Discuss.

Ask the class what character they could play while trying new foods to overcome their fears. Let them discuss their ideas with you.
(Examples: Detective, Scientist, Artist, Teacher, Chef or Explorer.)

If time permits, bring in some new foods for them to try. Bring in something different from each food group. Provide napkins and utensils. Have them wash their hands first.

Set the rules before the taste testing begins:

Will you use a blindfold?

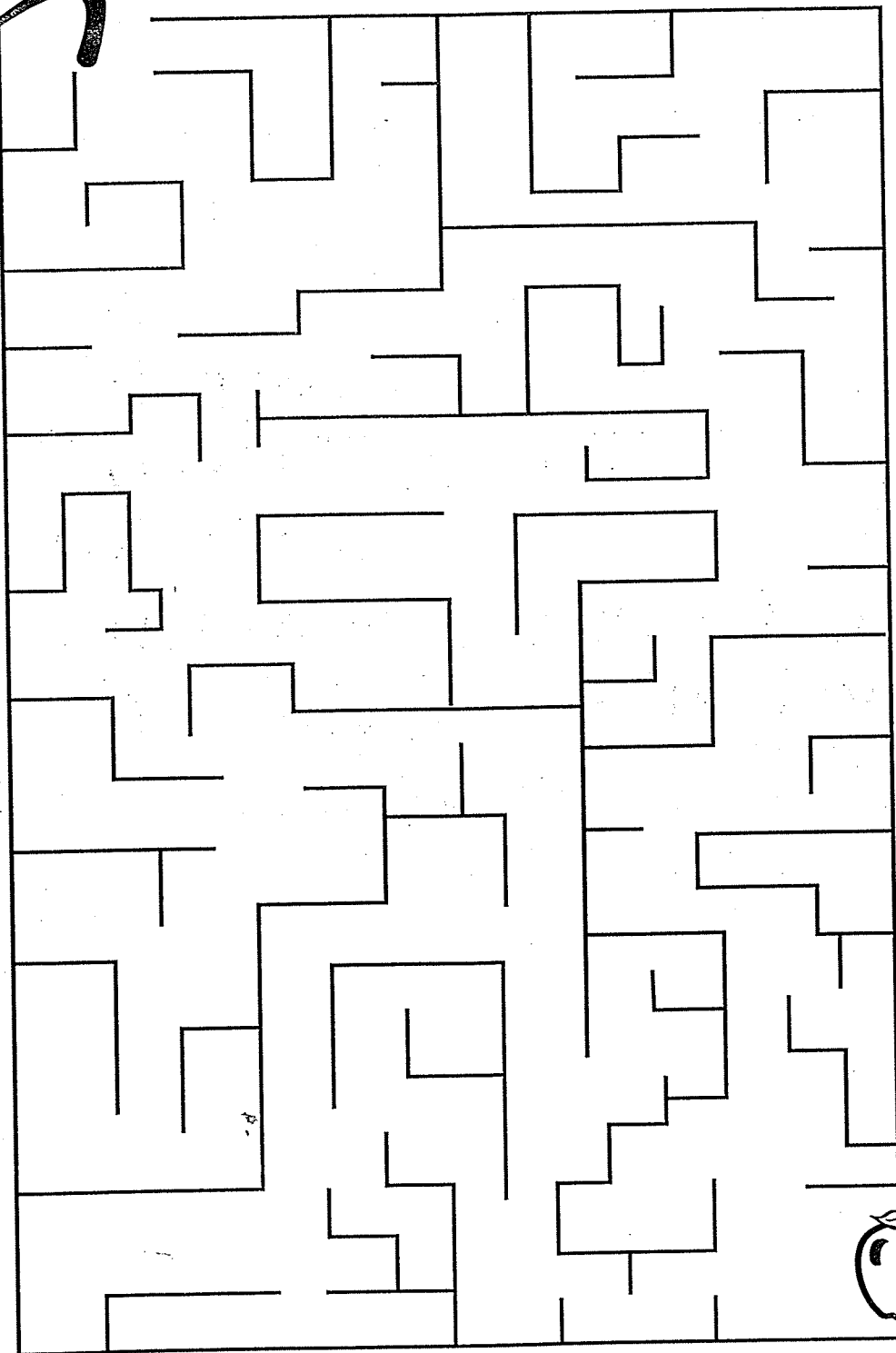
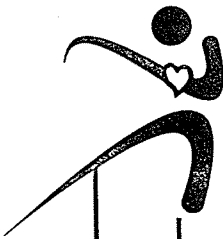
No “Yucks”-are allowed.

Foods must be described by its flavor, temperature and appearance.

(Not just “I like this” or “I don’t like this”)



Can You Find Your Way
to the Apple?



Peanut Butter 'N Fruit-Wich

Chase down this snack with milk!

- 1 slice whole-wheat bread
- 2 tablespoons peanut butter
- 1/4 apple or banana, sliced thinly
- (Optional) 2 tablespoons sliced or grated carrot

1. Spread 2 tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. (Optional) Top with grated carrot.

Makes 1 open-faced sandwich.

More ideas: Make a Peanut Butter 'N Fruit-Wich on crunchy graham crackers, or roll up the filling in a soft tortilla.

Your turn: Instead of fresh fruit use canned pineapple on a fruit-wich. Just drain it first. What other canned fruits might be yummy to try?

Carry Food Safely! Use an unused paper or plastic bag or a clean insulated lunch bag. Wash reusable bags each time you use them.

Nutrition Facts

Serving Size 1 fruit-wich (112g)	
Servings Per Container 1	
Amount Per Serving	
Calories 340	Calories from Fat 170
%Daily Value*	
Total Fat 19g	29%
Saturated Fat 3.5g	18%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	22%
Sugars 8g	
Protein 12g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

Veggie Pizza

For great taste and more fiber, make this pizza on whole-wheat pocket bread.

- 2 tablespoons pizza or spaghetti sauce
- 1 pocket bread (or bread slice)
- 1/2 cup chopped vegetables (broccoli, bell pepper, mushroom, zucchini, carrot, or any others you like)
- 2 tablespoons (1/2 ounce) grated cheese

1. Spread pizza sauce on pocket bread.
2. Sprinkle vegetables and cheese on top.
3. Place on a baking pan, and bake at 375 °F until cheese melts—about 10 minutes:

Makes 1 veggie pizza.

More ideas: Try leftover cooked chicken or meat on your pizza if you have any in your refrigerator.

Your turn: All types of veggies taste great on pizza. Whether they're canned, frozen, or fresh, use what you have: What other veggies might you try on pizza?

Clean Up! Always wash cutting board with hot, soapy water if you use it to cut meat, poultry, or fish *before* you cut vegetables and fruits.

Nutrition Facts

Serving Size 1 pizza (177g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	11%
Cholesterol 10mg	3%
Sodium 600mg	25%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 13g	
Vitamin A 25%	Vitamin C 100%
Calcium 25%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

SPAGHETTI WITH TURKEY MEAT SAUCE

- 1 lb. ground turkey
- 28 oz. can tomatoes, cut up
- 1 cup finely chopped sweet green pepper
- 1 finely chopped onion
- 2 cloves of garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 lb. of spaghetti
- non-stick cooking spray

COOKING INSTRUCTIONS:

- Spray a large skillet with non-stick cooking spray.
- Preheat over high heat.
- Add turkey. Cook, stirring occasionally for 5 minutes.
- Drain fat.
- Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper.
- Bring to a boil; reduce heat. Simmer, covered for 15 minutes, stirring occasionally.
- Remove cover; simmer for 15 minutes more. Meanwhile, cook spaghetti according to package directions; drain well; serve sauce over spaghetti.

INSTEAD OF USING GROUND BEEF THIS RECIPE CALLED FOR GROUND TURKEY, A HEALTHY CHOICE. USING GROUND TURKEY IN YOUR SPAGHETTI WILL SAVE YOU CALORIES AND FAT. TOP IT OFF WITH LOW OR NO FAT PARMESAN OR ROMANO CHEESE.

SERVES 6

NUTRITIONAL ANALYSIS—1 CUP SAUCE, CUP PASTA

256 CALORIES • 26g CARBOHYDRATES
20g PROTEIN • 8.1g FAT • 315mg SODIUM



Kid - New Foods Pre/Post Test

- 1) There are over _____ many different foods?
 - a) 100
 - b) 1,000
 - c) 30,000

- 2) What does "food neophobia" mean?
 - a) To be afraid of restaurants.
 - b) To like to try new foods.
 - c) To be afraid to try new foods.

- 3) Do our taste buds change as we grow older?
YES NO

- 4) Will eating new and different foods help us be healthier?
YES NO



Kids Look At The Labels (Lesson)

Why Should We Look At The Label?

- To help pick foods that are better for us.
- To see what a serving size is for that food.

What Is On A Label?

- The Nutrition Facts panel has to have certain items listed on it.
- The things we should look at most are: serving size, fat, saturated fat, cholesterol, fiber, calcium and iron.
- The % DV on the label is a way to help you know if there is a lot or a little of a nutrient in a serving of that food.
- When using the % DV follow the “5-20” rule.
 - For nutrients we need to cut down on (saturated fat and total fat) pick foods that have less than 5% DV or less. If you eat too much of these nutrients it can lead to obesity and heart problems.
 - For nutrients we want more of (calcium and fiber) pick foods with 20% or more DV. If you have enough of these nutrients you will feel better and have more energy to play.

Remember:

All foods fit in moderation. Every once in a while it is okay to have a food that does not fit in the “5-20” rule.



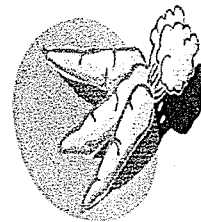
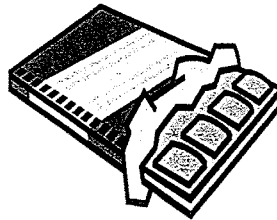
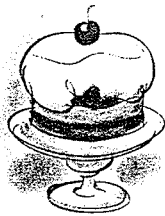
Kids Look at the Labels

Pre/Post Test

- 1.) **TRUE** or **FALSE** The Nutrition Facts label on a food lists the serving size.
- 2.) **TRUE** or **FALSE** You can never eat your favorite food anymore if it is high in fat.
- 3.) **TRUE** or **FALSE** The food label helps us pick foods that are good for us.
- 4.) Circle the food that is a better pick.



- 5.) Circle the foods we should eat less often.



Kids Label Reading Activities

Activity 1

The purpose of this activity is to involve kids in measuring and becoming aware of the portion sizes they are eating.

You will need measuring cups, a box of ready to eat cereal (such as wheat Chex or Cheerios) and some disposable bowls/cups.

- Have kids pour cereal into bowls to show how much they would normally eat.
- Ask them if they think the amount is more than one serving size.
- Help kids find the label on the box and have them state what a serving size is.
- Using the "It's Your Health Take Charge" yellow measuring cup, have children measure the cereal in their bowls.
- Compare to see if they had more or less than what a serving size is.

Activity 2

The purpose of this activity is to show that you do not have to give up your favorite food just because it does not meet the "5-20" rule. When you eat a food high in fat, you can cut down on the fat you eat for the rest of the day.

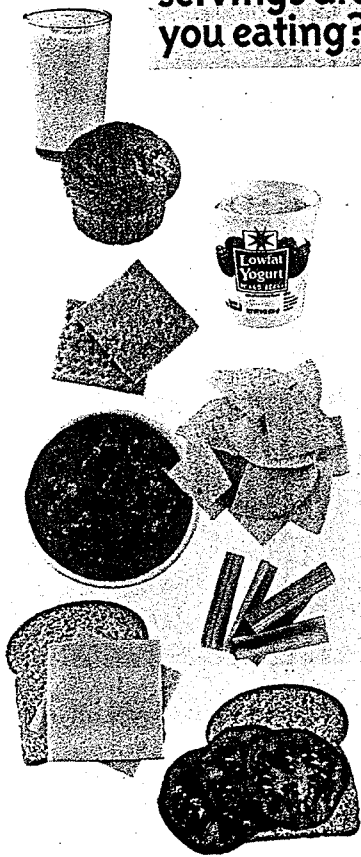
- Using the Nutrition Facts cards and working in pairs, have each pair of children pick three items they would normally eat.
- Have them add up the % DV for **fat** from each of the foods.
- Ask what the % DV for **fat** was. Point out that you want the total to be less than 100%.





READ IT before you EAT IT!

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below.*

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What's the Best Choice for You?

Use the 5%-20% Guide to Daily Values to choose foods.

Main Muffin

Nutrition Facts
Serving Size 1 whole muffin
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Cheese Doughnut

Nutrition Facts
Serving Size 1 doughnut
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Honey Graham Crackers

Nutrition Facts
Serving Size 1 cracker
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Vegetable Chili

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Pepperoni Pizza

Nutrition Facts
Serving Size 1 slice
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Pork Loin Chops, Broiled

Nutrition Facts
Serving Size 3 chops
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Lowfat Milk, 1%

Nutrition Facts
Serving Size 1 cup
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Orange Soda

Nutrition Facts
Serving Size 12 oz
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

Orange Juice, Pine Chicken

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 1

Total Fat	15g	30%
Saturated Fat	5g	10%
Cholesterol	10mg	20%
Sodium	100mg	20%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	2%
Sugars	5g	10%
Protein	5g	10%
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

*Answer: Box of macaroni and cheese.

How do your choices stack up? The photos show approximate serving sizes from the five major food groups of the Food Guide Pyramid. This combination of food choices shows the servings from an older child, a teen girl, an active woman, and most men, for one day. Teen boys and active men may need more servings of food.

Nutrition Facts Cards

6. Bacon

Nutrition Facts		
Serving Size 2 slices (13g)		
Servings Per Container 10		
Amount Per Serving		
Calories 70	Calories from Fat 60	
		%Daily Value*
Total Fat 6g		10 %
Saturated Fat 2.5g		11 %
Cholesterol 10mg		4 %
Sodium 210mg		9 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

7. Bagel

Nutrition Facts		
Serving Size 1 bagel (71g)		
Servings Per Container 5		
Amount Per Serving		
Calories 200	Calories from Fat 10	
		%Daily Value*
Total Fat 1g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 380mg		16 %
Total Carbohydrate 38g		13 %
Dietary Fiber 2g		7 %
Sugars 2g		
Protein 7g		
Vitamin A 0% • Vitamin C 0%		
Calcium 6% • Iron 15%		

* Percent Daily Values are based on a 2,000 calorie diet.

8. Banana

Nutrition Facts		
Serving Size 1 banana (118g)		
Servings Per Container 6		
Amount Per Serving		
Calories 110	Calories from Fat 5	
		%Daily Value*
Total Fat 0.5g		1 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 28g		9 %
Dietary Fiber 3g		11 %
Sugars 18g		
Protein 1g		
Vitamin A 0% • Vitamin C 20%		
Calcium 0% • Iron 2%		

* Percent Daily Values are based on a 2,000 calorie diet.

9. Beans, kidney, canned

Nutrition Facts		
Serving Size 1/2 cup (128g)		
Servings Per Container 4		
Amount Per Serving		
Calories 110		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 440mg		18 %
Total Carbohydrate 20g		7 %
Dietary Fiber 8g		33 %
Sugars 3g		
Protein 7g		
Vitamin A 0% • Vitamin C 2%		
Calcium 4% • Iron 8%		

* Percent Daily Values are based on a 2,000 calorie diet.

10. Beef, roast, lean

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 10		
Amount Per Serving		
Calories 150	Calories from Fat 40	
		%Daily Value*
Total Fat 4.5g		7 %
Saturated Fat 1.5g		8 %
Cholesterol 60mg		20 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 24g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 10%		

* Percent Daily Values are based on a 2,000 calorie diet.

11. Beef patty, broiled

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 6		
Amount Per Serving		
Calories 230	Calories from Fat 140	
		%Daily Value*
Total Fat 16g		24 %
Saturated Fat 6g		31 %
Cholesterol 75mg		25 %
Sodium 65mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 21g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 10%		

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts Cards

120. Popcorn, buttered

Nutrition Facts	
Serving Size 1 cup (10g)	
Servings Per Container 7	
Amount Per Serving	
Calories 60	Calories from Fat 40
%Daily Value*	
Total Fat 4g	7 %
Saturated Fat 0.5g	4 %
Cholesterol 0mg	0 %
Sodium 50mg	2 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

121. Pork loin chop, lean, broiled

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	10 %
Saturated Fat 2.5g	12 %
Cholesterol 70mg	23 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 26g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

122. Pork, spareribs

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 170
%Daily Value*	
Total Fat 19g	29 %
Saturated Fat 7g	34 %
Cholesterol 90mg	30 %
Sodium 80mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 24g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

123. Potato chips

Nutrition Facts	
Serving Size 1 ounces (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 3g	15 %
Cholesterol 0mg	0 %
Sodium 170mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 1g	5 %
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

124. Potato, baked

Nutrition Facts	
Serving Size 1 potato (202g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 51g	17 %
Dietary Fiber 5g	19 %
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 45%
Calcium 2%	• Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

125. Potato, French fries, small

Nutrition Facts	
Serving Size 1 serving (68g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 1.5g	8 %
Cholesterol 0mg	0 %
Sodium 135mg	6 %
Total Carbohydrate 26g	9 %
Dietary Fiber 2g	8 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more



Nutrition Facts Cards

114. Peas

Nutrition Facts		
Serving Size 1/2 cup (80g)		
Servings Per Container 4		
Amount Per Serving		
Calories 60		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	11g	4%
Dietary Fiber	4g	18%
Sugars	4g	
Protein	4g	
Vitamin A 10% • Vitamin C 15%		
Calcium 0% • Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet.

115. Peas with butter sauce, frozen

Nutrition Facts		
Serving Size 3/4 cup (114g)		
Servings Per Container 4		
Amount Per Serving		
Calories 100 Calories from Fat 20		
		%Daily Value*
Total Fat	2g	3%
Saturated Fat	1.5g	8%
Cholesterol	5mg	0%
Sodium	400mg	17%
Total Carbohydrate	16g	5%
Dietary Fiber	5g	20%
Sugars	4g	
Protein	4g	
Vitamin A 10% • Vitamin C 8%		
Calcium 0% • Iron 8%		

*Percent Daily Values are based on a 2,000 calorie diet.

116. Pineapple chunks, canned in juice

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories 70 Calories from Fat 0		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	20g	7%
Dietary Fiber	1g	0%
Sugars	18g	
Protein	1g	
Vitamin A 0% • Vitamin C 20%		
Calcium 0% • Iron 0%		

*Percent Daily Values are based on a 2,000 calorie diet.

117. Pizza, cheese, microwave

Nutrition Facts		
Serving Size 1 small pizza (104g)		
Servings Per Container 1		
Amount Per Serving		
Calories 240 Calories from Fat 100		
		%Daily Value*
Total Fat	11g	17%
Saturated Fat	3.5g	18%
Cholesterol	15mg	5%
Sodium	540mg	23%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	10g	
Vitamin A 0% • Vitamin C 0%		
Calcium 20% • Iron 10%		

*Percent Daily Values are based on a 2,000 calorie diet.

118. Pizza, pepperoni, for one

Nutrition Facts		
Serving Size 1 small pizza (113g)		
Servings Per Container 1		
Amount Per Serving		
Calories 290 Calories from Fat 140		
		%Daily Value*
Total Fat	16g	25%
Saturated Fat	3.5g	18%
Cholesterol	15mg	5%
Sodium	700mg	29%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	10g	
Vitamin A 0% • Vitamin C 0%		
Calcium 10% • Iron 10%		

*Percent Daily Values are based on a 2,000 calorie diet.

119. Popcorn, microwave

Nutrition Facts		
Serving Size 4 cup (30g)		
Servings Per Container 1		
Amount Per Serving		
Calories 150 Calories from Fat 90		
		%Daily Value*
Total Fat	10g	15%
Saturated Fat	2.5g	13%
Cholesterol	0mg	0%
Sodium	280mg	12%
Total Carbohydrate	16g	5%
Dietary Fiber	3g	12%
Sugars	0g	
Protein	3g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 2%		

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts Cards

78. Hamburger bun

Nutrition Facts		
Serving Size 1 bun (43g)		
Servings Per Container 8		
Amount Per Serving		
Calories 120	Calories from Fat 20	
		%Daily Value*
Total Fat 2g		3 %
Saturated Fat	0.5g	3 %
Cholesterol 0mg		0 %
Sodium 240mg		10 %
Total Carbohydrate 22g		7 %
Dietary Fiber	1g	5 %
Sugars	3g	
Protein 4g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

79. Honey

Nutrition Facts		
Serving Size 1 tbsp (21g)		
Servings Per Container 18		
Amount Per Serving		
Calories 60		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 17g		6 %
Dietary Fiber	0g	0 %
Sugars	17g	
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

80. Hot dog without bun.

Nutrition Facts		
Serving Size 1 hot dog (76g)		
Servings Per Container 1		
Amount Per Serving		
Calories 240	Calories from Fat 200	
		%Daily Value*
Total Fat 22g		34 %
Saturated Fat	9g	45 %
Cholesterol 45mg		15 %
Sodium 690mg		29 %
Total Carbohydrate 1g		0 %
Dietary Fiber	0g	0 %
Sugars	1g	
Protein 9g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

81. Hushpuppies

Nutrition Facts		
Serving Size 1 piece (23g)		
Servings Per Container 12		
Amount Per Serving		
Calories 60	Calories from Fat 25	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 25mg		1 %
Total Carbohydrate 9g		3 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

82. Ice cream, lowfat vanilla

Nutrition Facts		
Serving Size 1/2 cup (92g)		
Servings Per Container 18		
Amount Per Serving		
Calories 170	Calories from Fat 25	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat	1.5g	8 %
Cholesterol 20mg		7 %
Sodium 50mg		2 %
Total Carbohydrate 29g		10 %
Dietary Fiber	0g	0 %
Sugars	15g	
Protein 7g		
Vitamin A 6%	Vitamin C 0%	
Calcium 20%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

83. Ice cream, vanilla

Nutrition Facts		
Serving Size 1/2 cup (65g)		
Servings Per Container 18		
Amount Per Serving		
Calories 150	Calories from Fat 90	
		%Daily Value*
Total Fat 10g		15 %
Saturated Fat	6g	30 %
Cholesterol 35mg		12 %
Sodium 30mg		1 %
Total Carbohydrate 14g		5 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein 2g		
Vitamin A 8%	Vitamin C 0%	
Calcium 6%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

60. Egg, hard cooked

Nutrition Facts		
Serving Size 1 egg (50g)		
Servings Per Container 6		
Amount Per Serving		
Calories	80	Calories from Fat 50
		%Daily Value*
Total Fat	5g	8 %
Saturated Fat	1.5g	8 %
Cholesterol	210mg	71 %
Sodium	60mg	3 %
Total Carbohydrate	1g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	6g	
Vitamin A	6 %	• Vitamin C 0 %
Calcium	2 %	• Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

61. Fish sticks

Nutrition Facts		
Serving Size 6 fishsticks (95g)		
Servings Per Container 4		
Amount Per Serving		
Calories	250	Calories from Fat 130
		%Daily Value*
Total Fat	14g	22 %
Saturated Fat	2.5g	13 %
Cholesterol	20mg	7 %
Sodium	430mg	18 %
Total Carbohydrate	21g	7 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein	10g	
Vitamin A	0 %	• Vitamin C 0 %
Calcium	2 %	• Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

62. Fish, baked

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories	150	Calories from Fat 60
		%Daily Value*
Total Fat	6g	10 %
Saturated Fat	1g	5 %
Cholesterol	65mg	22 %
Sodium	55mg	2 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	21g	
Vitamin A	2 %	• Vitamin C 0 %
Calcium	2 %	• Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

63. Frozen fruit-juice bar

Nutrition Facts		
Serving Size 1 juice bar (92g)		
Servings Per Container 10		
Amount Per Serving		
Calories	80	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	19g	6 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	1g	
Vitamin A	0 %	• Vitamin C 15 %
Calcium	0 %	• Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

64. Fruit drink, orange w/10% juice

Nutrition Facts		
Serving Size 12 FL OZ (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories	120	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	30mg	1 %
Total Carbohydrate	31g	10 %
Dietary Fiber	0g	0 %
Sugars	29g	
Protein	0g	
Vitamin A	0 %	• Vitamin C 70 %
Calcium	0 %	• Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

65. Fruit juice, apple

Nutrition Facts		
Serving Size 8 FL OZ (248g)		
Servings Per Container 8		
Amount Per Serving		
Calories	120	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	29g	10 %
Dietary Fiber	0g	0 %
Sugars	27g	
Protein	0g	
Vitamin A	0 %	• Vitamin C 4 %
Calcium	0 %	• Iron 6 %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Nutrition Facts Cards

54. Coconut, shredded

Nutrition Facts		
Serving Size 2 tbsp (12g)		
Servings Per Container 8		
Amount Per Serving		
Calories 60	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7%
Saturated Fat 4g		19%
Cholesterol 0mg		0%
Sodium 30mg		1%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		0%
Sugars 4g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

55. Coleslaw, creamy style

Nutrition Facts		
Serving Size 3/4 cup (90g)		
Servings Per Container 4		
Amount Per Serving		
Calories 60	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4%
Saturated Fat 0g		0%
Cholesterol 5mg		2%
Sodium 20mg		1%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		5%
Sugars 0g		
Protein 1g		
Vitamin A 10%	Vitamin C 50%	
Calcium 4%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

56. Corn

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 360mg		15%
Total Carbohydrate 18g		6%
Dietary Fiber 3g		12%
Sugars 6g		
Protein 2g		
Vitamin A 0%	Vitamin C 6%	
Calcium 0%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

57. Corn bread

Nutrition Facts		
Serving Size 1 piece (65g)		
Servings Per Container 8		
Amount Per Serving		
Calories 170	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7%
Saturated Fat 1g		5%
Cholesterol 25mg		9%
Sodium 430mg		18%
Total Carbohydrate 28g		9%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 4g		
Vitamin A 4%	Vitamin C 0%	
Calcium 15%	Iron 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

58. Deli meat, bologna

Nutrition Facts		
Serving Size 1 slice (28g)		
Servings Per Container 18		
Amount Per Serving		
Calories 90	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12%
Saturated Fat 3.5g		18%
Cholesterol 20mg		7%
Sodium 310mg		13%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

59. Doughnut, glazed

Nutrition Facts		
Serving Size 1 doughnut (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 240	Calories from Fat 120	
%Daily Value*		
Total Fat 14g		21%
Saturated Fat 3.5g		17%
Cholesterol 5mg		0%
Sodium 210mg		9%
Total Carbohydrate 27g		9%
Dietary Fiber 1g		0%
Sugars 10g		
Protein 4g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts Cards

48. Chicken breast, baked with skin

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 2		
Amount Per Serving		
Calories 170	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		10 %
Saturated Fat 2g		9 %
Cholesterol 70mg		24 %
Sodium 60mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 25g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

49. Chicken breast, fried with skin

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 2		
Amount Per Serving		
Calories 190	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12 %
Saturated Fat 2g		10 %
Cholesterol 75mg		25 %
Sodium 65mg		3 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 27g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

50. Chili without beans

Nutrition Facts		
Serving Size 1 cup (130g)		
Servings Per Container 2		
Amount Per Serving		
Calories 160	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		11 %
Saturated Fat 2.5g		13 %
Cholesterol 30mg		10 %
Sodium 670mg		28 %
Total Carbohydrate 14g		5 %
Dietary Fiber 4g		15 %
Sugars 0g		
Protein 11g		
Vitamin A 10%	•	Vitamin C 20%
Calcium 4%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

51. Chili, meatless (vegetarian)

Nutrition Facts		
Serving Size 1 cup (240g)		
Servings Per Container 2		
Amount Per Serving		
Calories 160	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 320mg		13 %
Total Carbohydrate 28g		9 %
Dietary Fiber 12g		48 %
Sugars 7g		
Protein 13g		
Vitamin A 100%	•	Vitamin C 20%
Calcium 4%	•	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

52. Cookies, chocolate chip

Nutrition Facts		
Serving Size 3 cookies (36g)		
Servings Per Container 18		
Amount Per Serving		
Calories 170	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12 %
Saturated Fat 2.5g		12 %
Cholesterol 5mg		0 %
Sodium 125mg		5 %
Total Carbohydrate 23g		8 %
Dietary Fiber 1g		0 %
Sugars 14g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

53. Cookies, fat free

Nutrition Facts		
Serving Size 2 cookies (29g)		
Servings Per Container 10		
Amount Per Serving		
Calories 100		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 60mg		3 %
Total Carbohydrate 24g		8 %
Dietary Fiber 1g		4 %
Sugars 14g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more



Nutrition Facts Cards

12. Beef, steak

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories 170	Calories from Fat 60	
		%Daily Value*
Total Fat 7g		11 %
Saturated Fat	3g	14 %
Cholesterol	55mg	18 %
Sodium	55mg	2 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	25g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

13. Bell pepper slices

Nutrition Facts		
Serving Size 5 slices (1/2 cup)(75g)		
Servings Per Container 4		
Amount Per Serving		
Calories 20		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	5g	2 %
Dietary Fiber	1g	5 %
Sugars	2g	
Protein	1g	
Vitamin A	10%	• Vitamin C 110%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

14. Bread, pita

Nutrition Facts		
Serving Size 1 pita (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 170	Calories from Fat 5	
		%Daily Value*
Total Fat 0.5g		1 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	320mg	13 %
Total Carbohydrate	33g	11 %
Dietary Fiber	1g	5 %
Sugars	3g	
Protein	5g	
Vitamin A	10%	• Vitamin C 0%
Calcium	6%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

15. Bread, white

Nutrition Facts		
Serving Size 1 slice (34g)		
Servings Per Container 108		
Amount Per Serving		
Calories 90	Calories from Fat 15	
		%Daily Value*
Total Fat 1.5g		2 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	140mg	6 %
Total Carbohydrate	16g	5 %
Dietary Fiber	1g	0 %
Sugars	2g	
Protein	2g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

16. Bread, whole wheat

Nutrition Facts		
Serving Size 1 slice (50g)		
Servings Per Container 15		
Amount Per Serving		
Calories 140	Calories from Fat 30	
		%Daily Value*
Total Fat 3g		5 %
Saturated Fat	0.5g	3 %
Cholesterol	0mg	0 %
Sodium	340mg	14 %
Total Carbohydrate	24g	8 %
Dietary Fiber	3g	14 %
Sugars	0g	
Protein	4g	
Vitamin A	0%	• Vitamin C 0%
Calcium	2%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

17. Biscuit

Nutrition Facts		
Serving Size 2 biscuits (70g)		
Servings Per Container 4		
Amount Per Serving		
Calories 250	Calories from Fat 100	
		%Daily Value*
Total Fat 12g		18 %
Saturated Fat	1.5g	9 %
Cholesterol	0mg	0 %
Sodium	740mg	31 %
Total Carbohydrate	34g	11 %
Dietary Fiber	1g	0 %
Sugars	3g	
Protein	4g	
Vitamin A	0%	• Vitamin C 0%
Calcium	4%	• Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more



Nutrition Facts Cards

24. Cake with frosting

Nutrition Facts		
Serving Size 1 slice (66g)		
Servings Per Container 10		
Amount Per Serving		
Calories 250	Calories from Fat 90	
	%Daily Value*	
Total Fat 10g		16 %
Saturated Fat 3g		14 %
Cholesterol 5mg		0 %
Sodium 190mg		8 %
Total Carbohydrate 39g		13 %
Dietary Fiber 1g		0 %
Sugars 0g		
Protein 3g		
Vitamin A 0% • Vitamin C 0%		
Calcium 6% • Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

25. Cake, angel food

Nutrition Facts		
Serving Size 1 slice (50g)		
Servings Per Container 10		
Amount Per Serving		
Calories 130		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 250mg		11 %
Total Carbohydrate 29g		10 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 3g		
Vitamin A 0% • Vitamin C 0%		
Calcium 4% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

26. Candy, chocolate bar

Nutrition Facts		
Serving Size 1 candy bar (46g)		
Servings Per Container 1		
Amount Per Serving		
Calories 230	Calories from Fat 110	
	%Daily Value*	
Total Fat 12g		18 %
Saturated Fat 7g		37 %
Cholesterol 10mg		3 %
Sodium 35mg		1 %
Total Carbohydrate 30g		10 %
Dietary Fiber 1g		4 %
Sugars 27g		
Protein 3g		
Vitamin A 0% • Vitamin C 0%		
Calcium 6% • Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

27. Candy, gumdrops

Nutrition Facts		
Serving Size 6 gumdrops (5g)		
Servings Per Container 10		
Amount Per Serving		
Calories 20		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 5g		2 %
Dietary Fiber 0g		0 %
Sugars 3g		
Protein 0g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

28. Candy, hard

Nutrition Facts		
Serving Size 3 candies (2g)		
Servings Per Container 10		
Amount Per Serving		
Calories 20		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 2g		1 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 0g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

29. Candy, peppermint patty

Nutrition Facts		
Serving Size 1 patty (42g)		
Servings Per Container 1		
Amount Per Serving		
Calories 170	Calories from Fat 35	
	%Daily Value*	
Total Fat 4g		6 %
Saturated Fat 2.5g		13 %
Cholesterol 0mg		0 %
Sodium 10mg		1 %
Total Carbohydrate 32g		11 %
Dietary Fiber 1g		4 %
Sugars 23g		
Protein 1g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑



Look At These Label Friendly Recipes

Fruit Parfait

- 2 (8 oz each) containers of fat free vanilla yogurt
- 1 (10 oz) package of frozen mixed berries without added sugar
- One low fat graham cracker, crushed

Fill the bottom of two cups with a layer of yogurt, and then add a layer of berries. Repeat until you have used a container of yogurt in each cup. Top with the crushed graham cracker and enjoy.

This is an easy way to increase your calcium intake.

Trail Mix Delight

- 1 cup wheat Chex cereal
- 1 cup Cheerio cereal
- 1 cup peanuts or almonds
- 1 cup raisins
- 1 cup mini marshmallows

Put ingredients in a plastic bag or covered container. Close and shake to mix. Store in a cool dry place up to 2 weeks. Makes 10 (1/2 cup servings)

This recipe is an easy way to increase fiber and still provides a tasty, energy-boosting snack.



Kids Look at the Labels

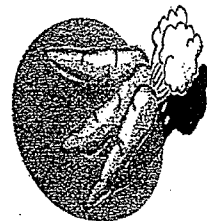
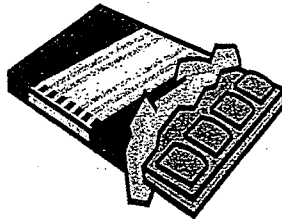
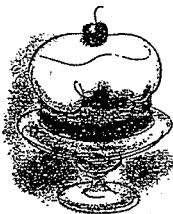
Health...
Take Charge!

Pre/Post Test

- 1.) **TRUE** or **FALSE** The Nutrition Facts label on a food lists the serving size.
- 2.) **TRUE** or **FALSE** You can never eat your favorite food anymore if it is high in fat.
- 3.) **TRUE** or **FALSE** The food label helps us pick foods that are good for us.
- 4.) Circle the food that is a better pick.



- 5.) Circle the foods we should eat less often.



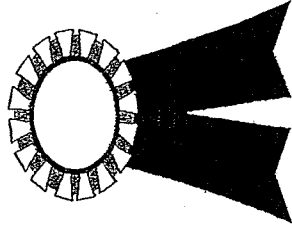
Keep Moving in the Right Direction

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It's Your Health, Take Charge!

Nutrition Lessons

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1-800-768-5700

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