

Facts on Snacks!

Intermediate
Aligns with
Math
learning standards



Sometimes picking a healthy snack can be a guessing game! Learn important facts about smart snacks by answering the comparison questions below!



Whole Grain Cracker	
NUTRITION FACTS	
Serving Size	6 crackers
Amount Per Serving	
Fiber	3 grams
Protein	3 grams

Potato Chips	
NUTRITION FACTS	
Serving Size	18 chips
Amount Per Serving	
Fiber	1 gram
Protein	2 grams



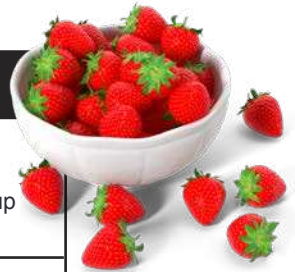
- Which snack has more fiber per serving?
- How many grams of protein are in each snack?
- Which snack has a higher amount of health-smart nutrients?

Whole Grain Cracker _____ Potato Chips _____
Whole Grain Cracker _____ Potato Chips _____



Gummy Bears	
NUTRITION FACTS	
Serving Size	13 pieces
Amount Per Serving	
Fiber	0 grams
Protein	0 grams

Sliced Strawberries	
NUTRITION FACTS	
Serving Size	1 cup
Amount Per Serving	
Fiber	3 grams
Protein	1 gram



- What is the serving size for each snack?
- Which of these snacks has more protein?
- How much fiber is in a 1/2 cup of strawberries?

Gummy Candy _____ Sliced Strawberries _____
Gummy Candy _____ Sliced Strawberries _____

Scavenger Hunt

Invite a sibling or friend to a healthy snack scavenger hunt at your house! It's a great way to find the healthy snacks on hand in your own kitchen. Use a sheet of lined paper and write down as many healthy snacks as you can find in your refrigerator, cupboards and pantry. Ask an adult to check your lists and declare a winner!

Answers: 1. Whole Grain Cracker: 3 & Potato Chips: 2.3, Whole Grain Cracker: 4.13 pieces & 1 cup 5. Sliced strawberries: 6.1.5 gram

Fun Word Find Exercise!

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Can you find the 10 fun exercise activities in this word find?
Once you've found all 10, pick your favorite activity and go play!



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

Did You Know?

You can find fun exercise everywhere! Guess these fun facts! (Circle the correct answers)

- Walking to school or a friend's house is a great way to exercise! How many feet are in one mile?
1,450 5,280 10,325 16,740
- Running can also be a great physical activity. How fast will you run if you cover 500 meters in 2 minutes?
6.5 meters/sec 4.2 meters/sec 2.5 meters/sec
- Swimming is good for the entire body! An olympic pool is 50 meters. How many feet is that?
250 164 100 425

Hopscotch	Yoga	Hiking	Swimming	Dog Walking	Soccer	Cycling	Running	Ballet	Jump Rope	5,280	4.2	164
WORD PUZZLE ANSWERS										QUESTION ANSWERS		

Get the Facts

Reading the Nutrition Facts Label

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Nutrition Facts		
11 servings per container		
Serving size		1 Cup (56g)
Per serving	Cereal Only	Cereal with 1/2 cup Fat Free Milk
Calories	211	250
	<small>% DV*</small>	<small>% DV*</small>
Total Fat	3g 5%	5%
Saturated Fat	2g 10%	10%
Trans Fat	0g 0%	1%
Cholesterol	0mg 0%	1%
Sodium	310mg 13%	16%
Total Carbs.	42g 14%	16%
Dietary Fiber	3g 13%	13%
Total Sugars	2g 3%	6%
Incl. Added Sugars	1g 1%	1%
Protein	4g 2%	6%
Vitamin D	5%	80%
Calcium	2%	15%
Iron	25%	25%
Potassium	3%	6%
Vitamin A	15%	20%
Vitamin B6	25%	25%
Vitamin C	10%	10%
Phosphorous	20%	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This is an abbreviated label for educational purposes only.

To the left is the Nutrition Facts Label. It can be found on the labels of most food products. The Nutrition Facts Label tells us many important facts about the foods we buy and eat. **Use the Nutrition Facts Label for Krunchy Flakes to answer the questions below.**

1. What is the serving size of this cereal?

2. Carbohydrates are your body's primary source of energy. How many grams of carbohydrates are in one serving?

3. How many grams of total sugar are in one serving?

4. How many grams of added sugar are in one serving?

5. The percent daily value (%DV) on a food label tells you how this food can help someone meet their daily vitamin, mineral and nutrient needs. These numbers are based on a 2,000-calorie diet for healthy adults. Keep in mind that a child/teen's diet might be more or less than 2,000 calories, based on age, gender, and how active they are.

* What is the %DV for Calcium for the cereal only? _____

* What is the %DV for Calcium for the cereal with 1/2 cup milk? _____

Note: This means you would need to eat other foods that contain calcium to get 100% of the calcium you need each day.

Answers: 1. 1 cup 2. 42 grams 3. 2 grams 4. 1 gram 5. 2% and 15%

Healthy Word Search

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Eating nutritious foods that are good for you and exercising are very important ways to stay healthy.

Can you find a few of the items listed below that are healthy?

GRAINS

whole wheat bread
cereal
pasta

MEATS & BEANS

chicken
turkey
fish
tofu

VEGETABLES

carrots
asparagus
eggplant
lettuce

MILK

cheese
milk
yogurt

FRUITS

orange
apple
grapes
strawberry

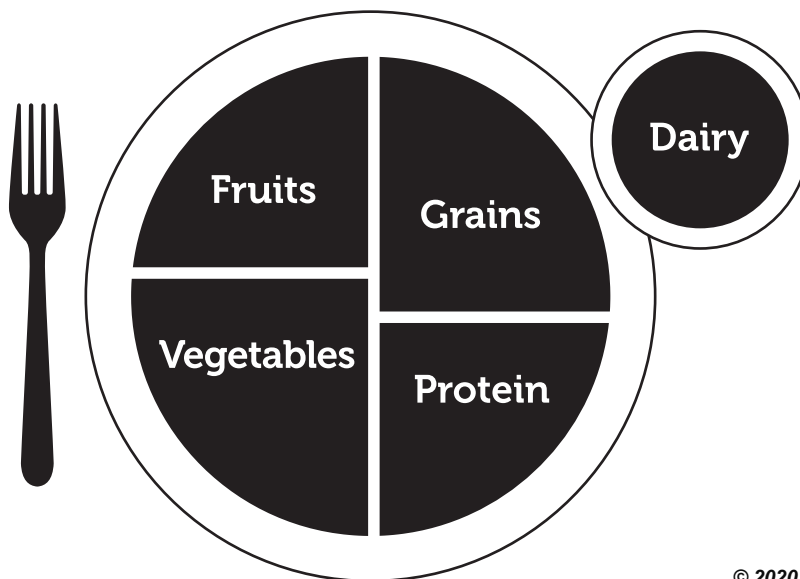
OILS

olive oil
peanuts

PHYSICAL ACTIVITY

exercise

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



You Help Shop!

Intermediate

Aligns with
Math
learning standards



Part One: Get Organized!

You are helping your family plan a trip to the grocery store. Write the name of each item from your list under the store department where it can be found.

Your List	Price
1 dozen bagels	\$ 6.75
aspirin	\$ 7.75
5 bananas	\$ 1.45
2 lbs. shrimp	\$11.50
1 bag baby carrots	\$ 3.25
1 lb. American cheese	\$ 7.75
1 lb. egg salad	\$ 5.75
French bread	\$ 2.05
cotton swabs	\$ 3.00
1 head of lettuce	\$ 1.50
1/2 lb. sliced ham	\$ 5.25
	56.00

Store Department

<p>1. Produce (fresh fruits & vegetables)</p> <p>_____</p> <p>_____</p>	<p>4. Seafood (fish)</p> <p>_____</p> <p>_____</p>
<p>2. Pharmacy (medical & beauty supplies)</p> <p>_____</p> <p>_____</p>	<p>5. Deli (salads & sliced meats)</p> <p>_____</p> <p>_____</p>
<p>3. Bakery (breads & cakes)</p> <p>_____</p> <p>_____</p>	<p>6. Dairy (milk, yogurt & cheese)</p> <p>_____</p> <p>_____</p>

Part Two: Pay for Your Groceries!

You have \$40. This is not enough to buy all the items on your list! By removing three items from you cart, you spend exactly \$40. Which three items do you choose?

Part Three: Get to Work!

You want to be a cashier when you grow up. In order to be a great cashier, what skills do you need?



Eating Safely

Primary
Aligns with
Science
learning standards



Food Safety Tips

Did You Know?

There are several ways you can prevent harmful bacteria and germs from spreading.
Circle the correct answer below:

- A Wash your hands with soap and water before every meal.
- B Refrigerate food promptly.
- C Rinse fruits and vegetables before eating them.
- D Don't place your backpack or coat on the counter top or table where people eat.
- E All of the above.



Foods to Refrigerate

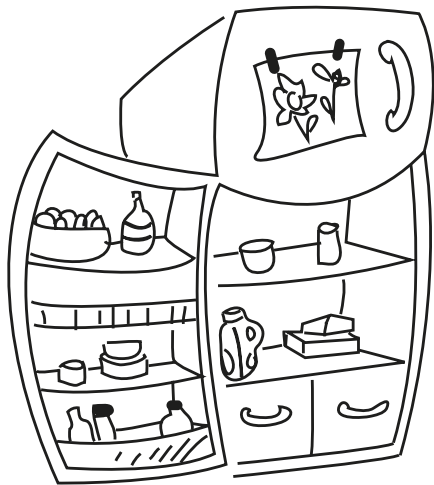
Some foods need to be stored in the refrigerator. Refrigeration helps prevent certain types of bacteria. It can also help food last longer.

Unscramble the words below to reveal a few foods that require refrigeration.

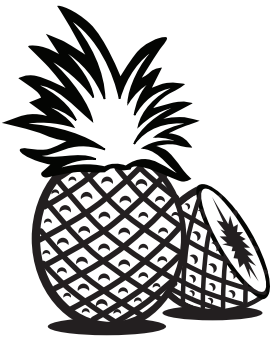
G E G A A S D L

N E K I H C C

I K M L



Answers to multiple choice: e
Answers to word scramble: egg, salad,
chicken, milk

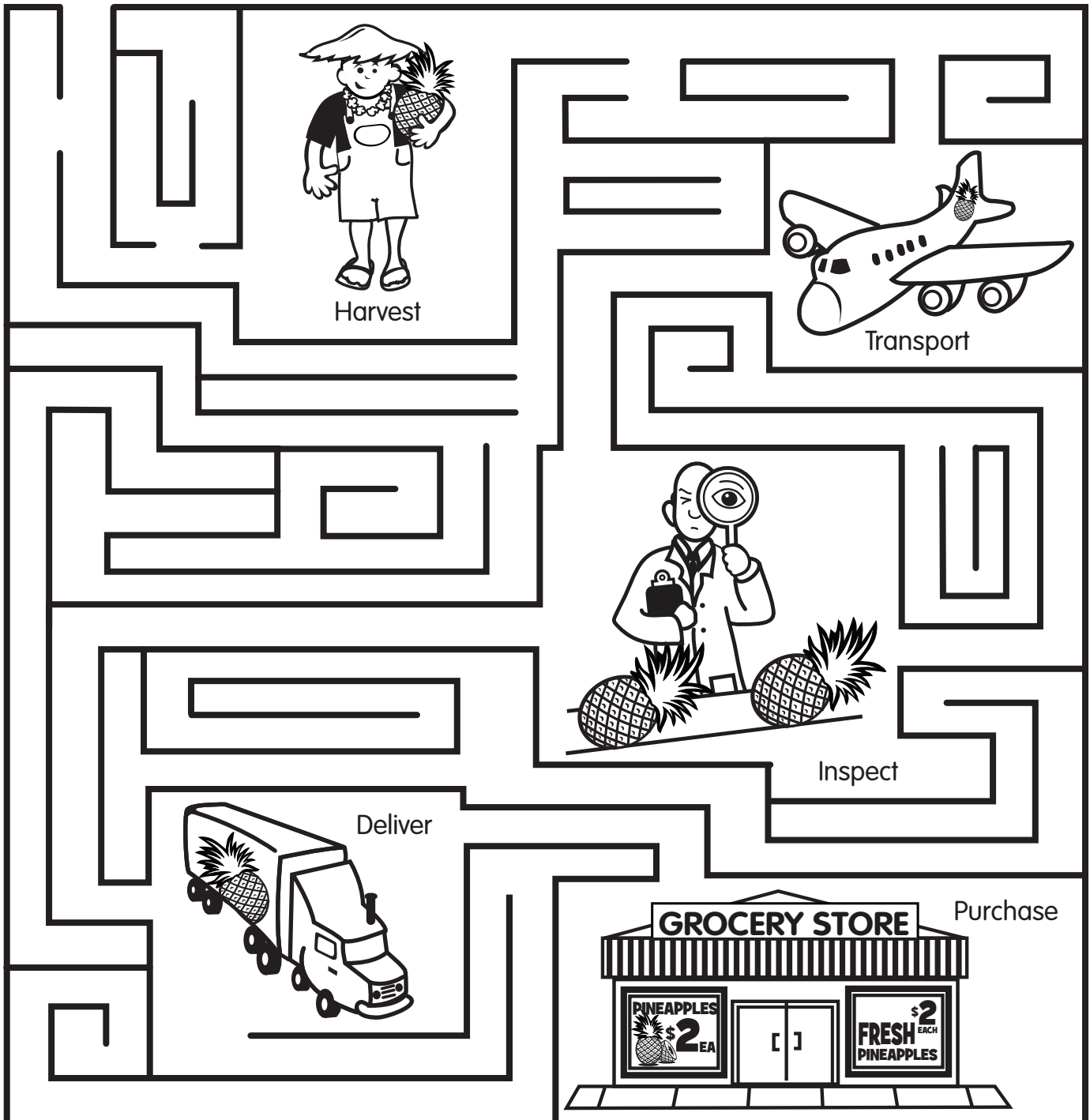


From Farm to Store!

Primary
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Technology
learning standards



Help the pineapple get from the farm
in Hawaii to your local grocery store.
Find out what happens along the way!



Get Heart Smart!



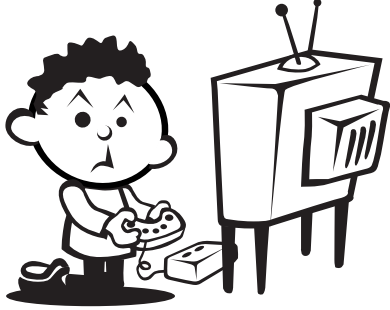
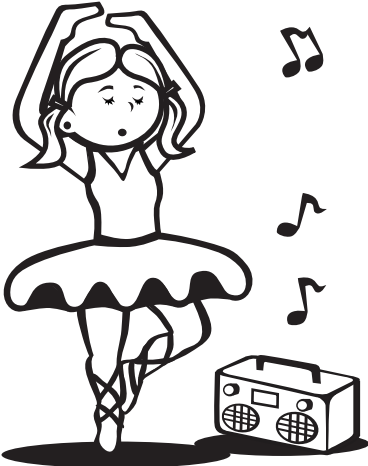

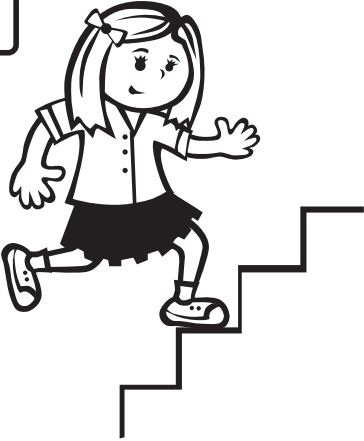



Primary
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Science
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Who here is heart smart?

Color all the pictures, then put a check in the box next to the pictures of the kids doing activities that are good for their hearts.

Hint: Physical activity exercises muscles, strengthen bones and gets your heart pumping to keep it healthy.



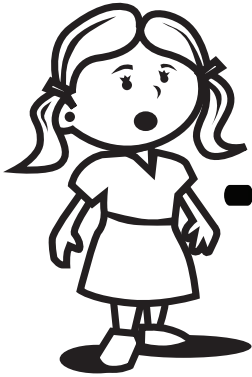
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

Shop the Healthy Maze!

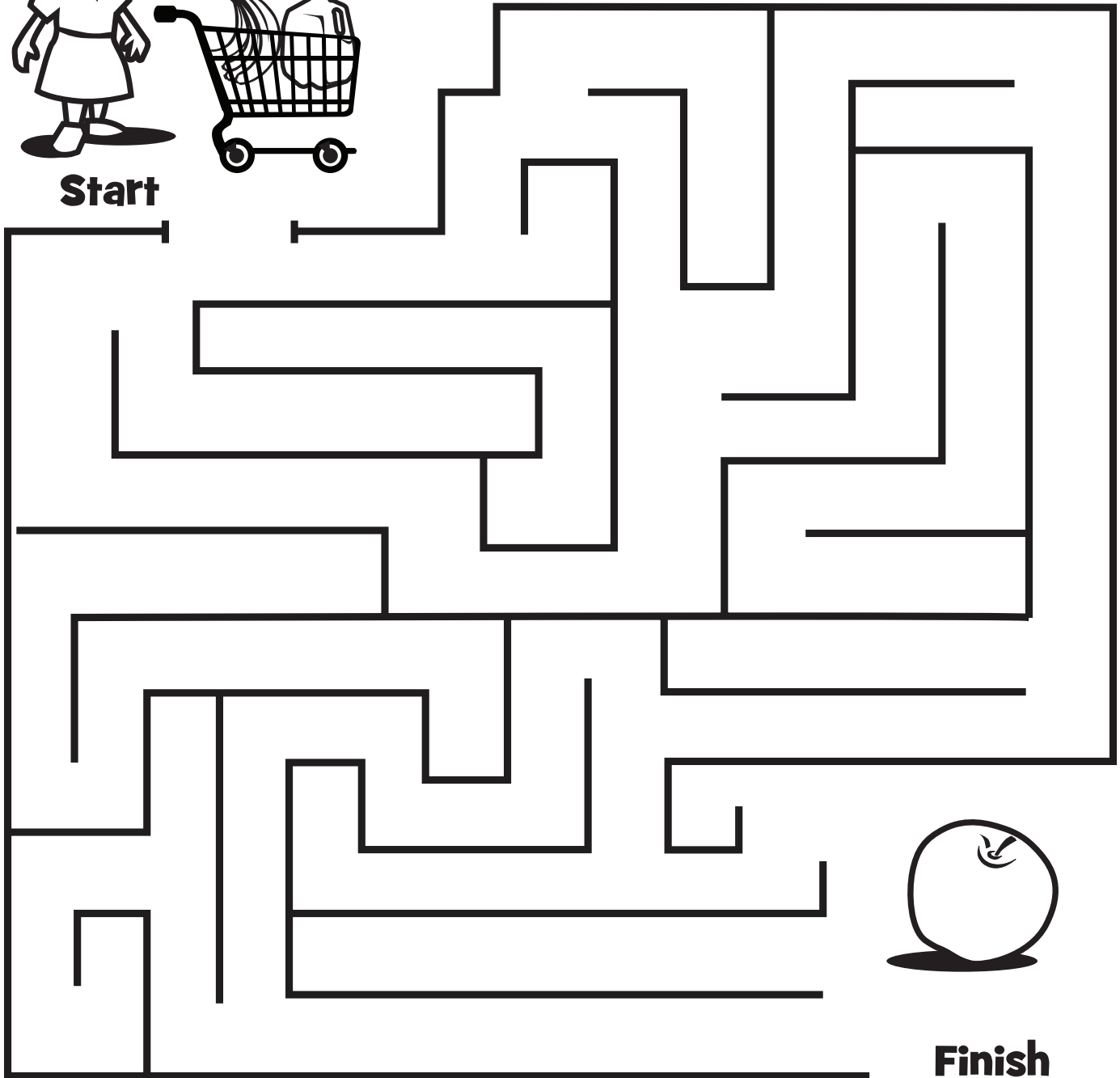
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Mirabelle needs one more item in her cart in order to complete her shopping list.
Can you help her find her way to the apple?



Start



Finish