

NUTRITION AND HEALTH

My favorite foods to eat and enjoy

Materials: Worksheets, favorite foods templates, pencils, timer, computer with Internet access

Directions: Read the worksheet, complete the activity and discuss with the Group.

All of us have favorite foods we enjoy more and like to eat best. But what do you know about your favorite foods? Are they healthy? Or, are they unhealthy?

We can learn whether or not our favorite foods are healthy or unhealthy by finding out their nutritional values.

What is nutrition? It's all the components that make up our food, and provide our bodies with the necessary energy and vitamins to be healthy.

To find out our top favorite food's nutritional values, we'll use the Internet to determine whether it's a wise food selection or not.

If it is, great! You can keep eating it frequently. If it's not, then you should eat it in moderation. Or, maybe even select a healthier top favorite food.

Always remember: It's your job to take care of your body!



ACTIVITY INSTRUCTIONS

- 1 On your temp late, write down your favorite foods. Don't worry about spelling everything correctly. Just do your best. You have 3 minutes.

(Set the timer for 3 minutes.)
- 2 Now, select one of your favorite foods as your top favorite — the food you'd choose over all the others. Write it on the template.
- 3 Next, we'll take turns and look up the nutritional facts for our top favorite food on the Internet. As you discover your top favorite food's nutritional facts, fill in each line on your template under "Nutritional facts."
- 4 When everyone is finished filling in the nutritional facts, we'll discuss whether your top favorite food is a healthy choice.



My favorite foods:

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My top favorite food:

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Nutritional facts
for my top favorite food:

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Serving size

Calories

Total fat

Cholesterol

Sodium

Total carbohydrates

 Dietary fiber

 Sugars

Protein