

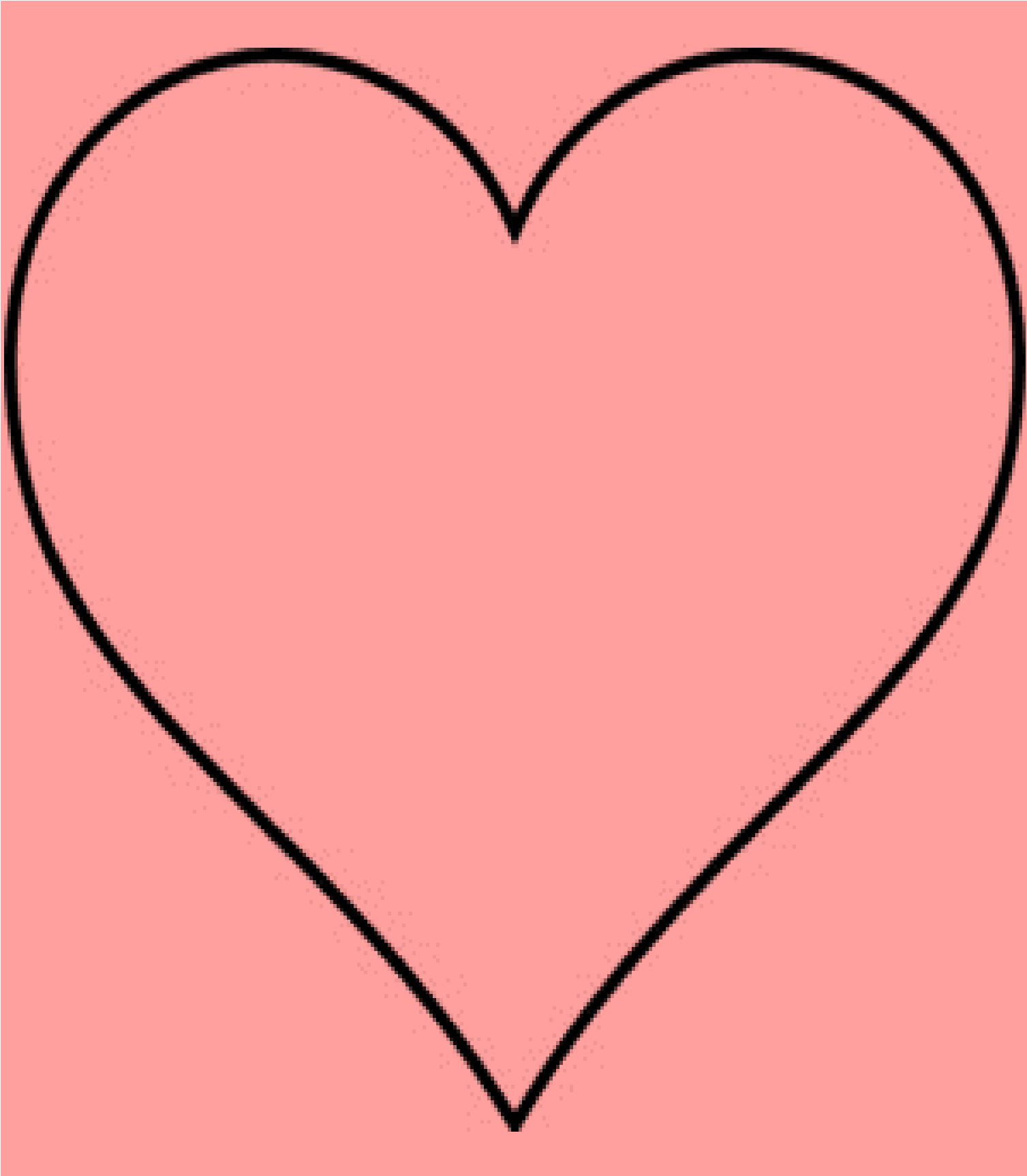
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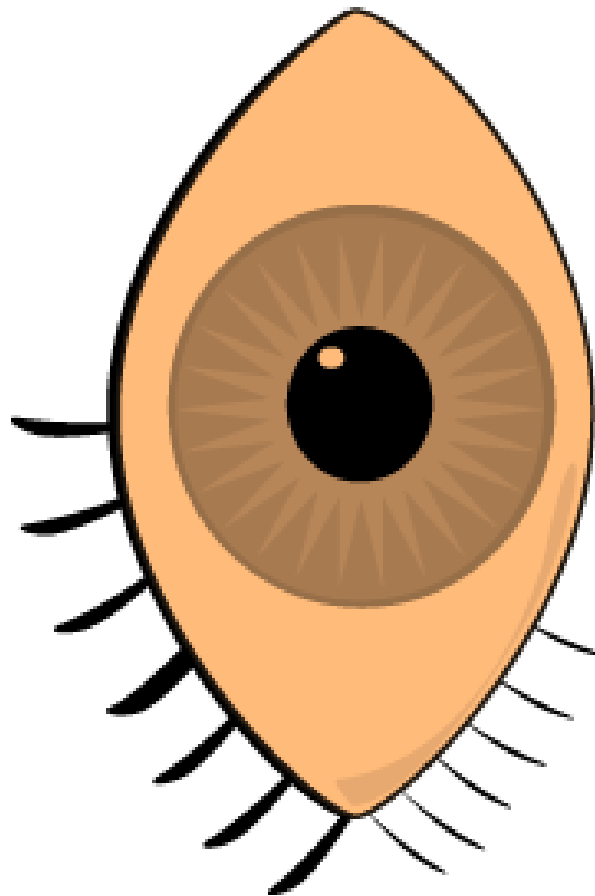
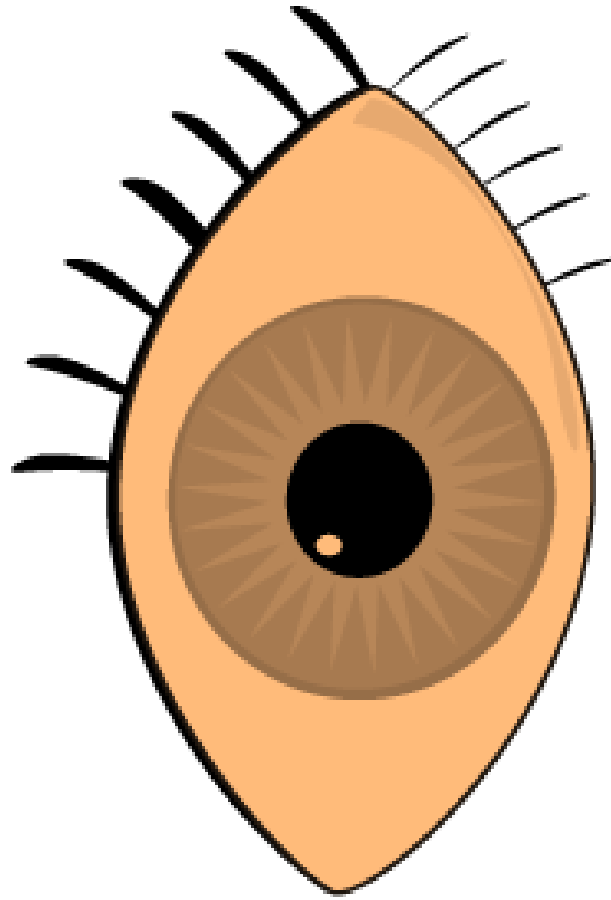
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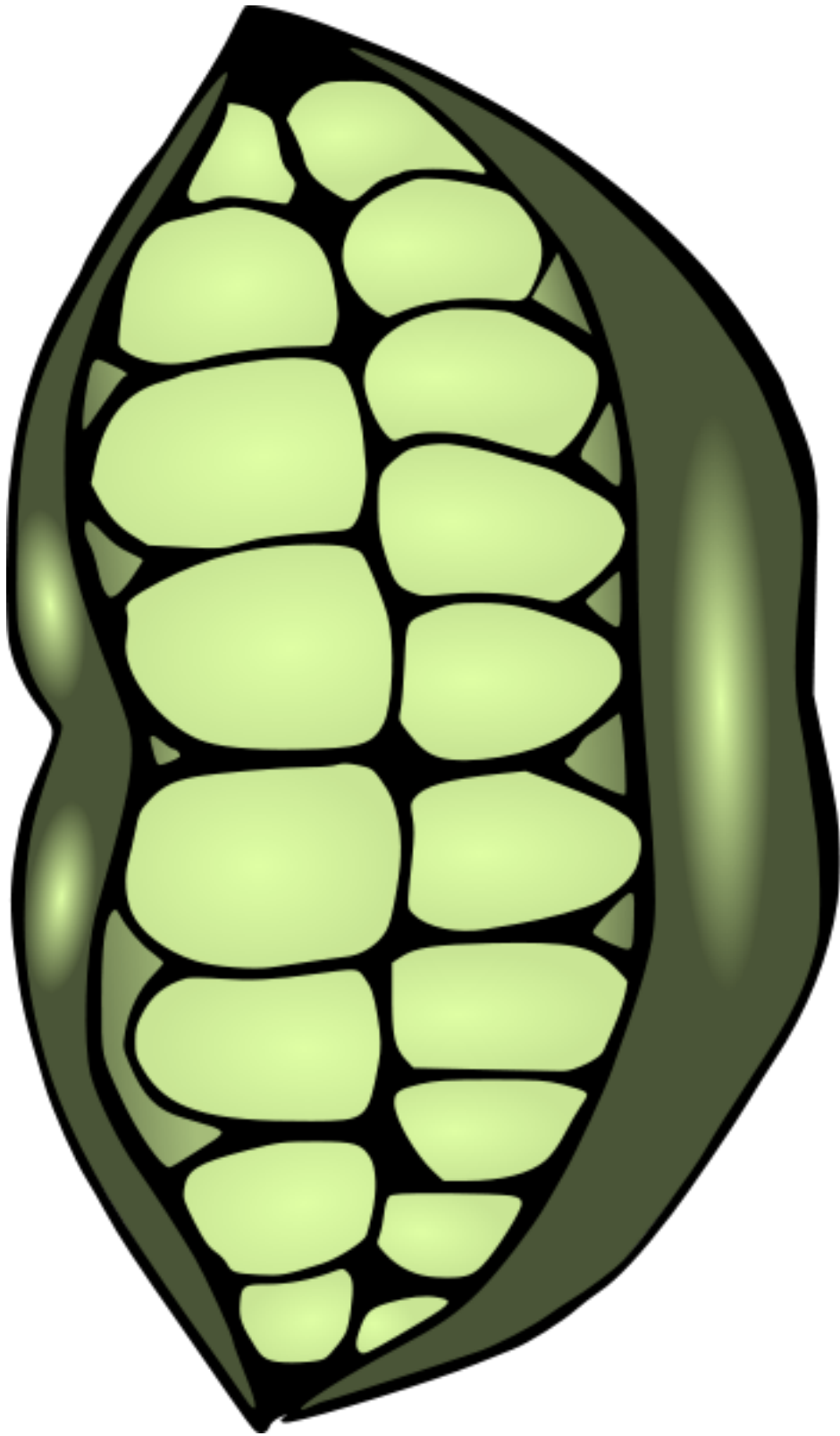
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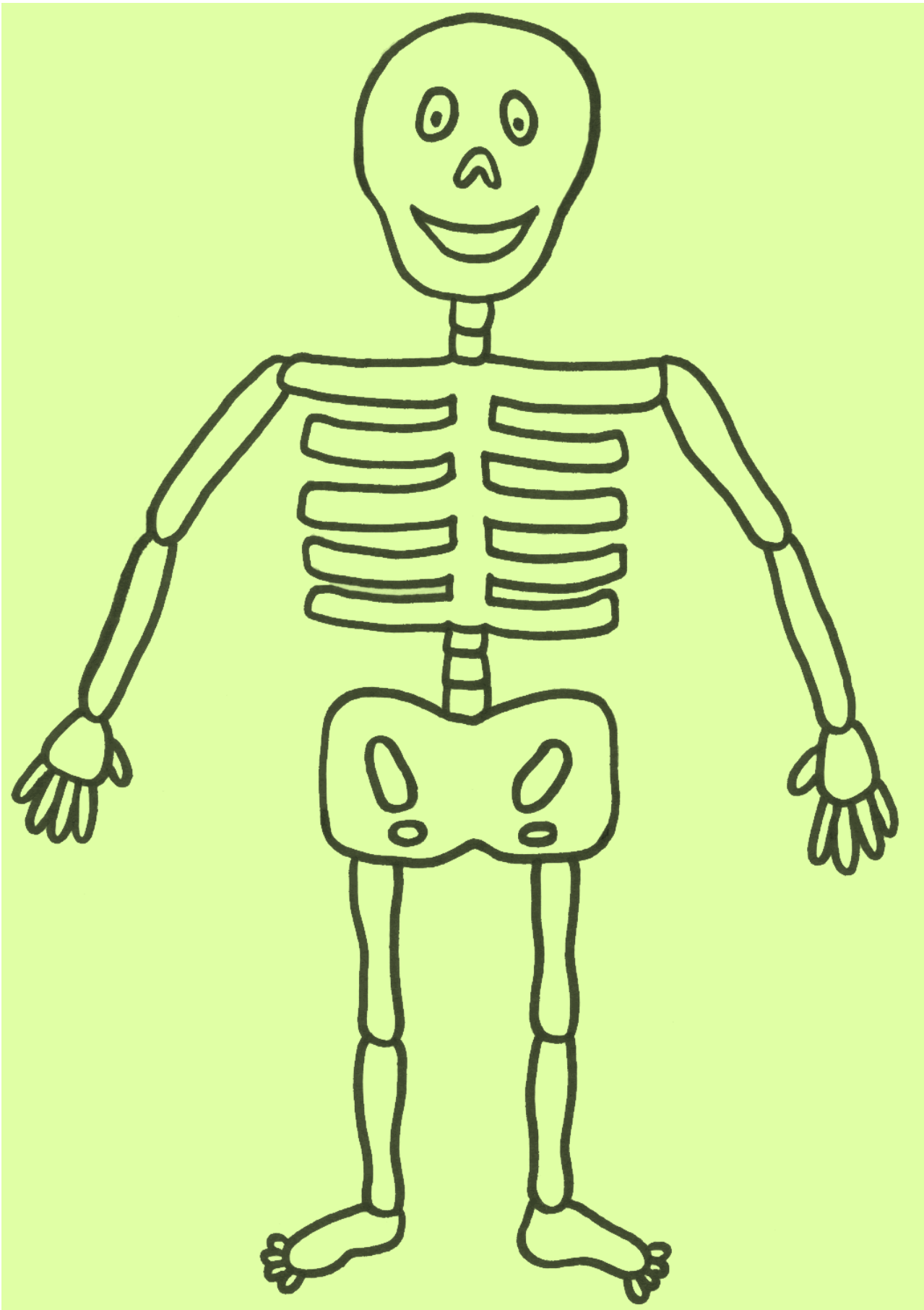
Eat a Rainbow



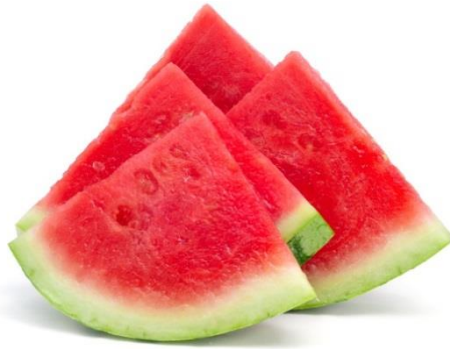


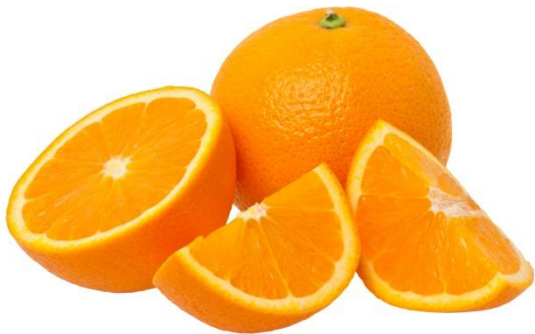






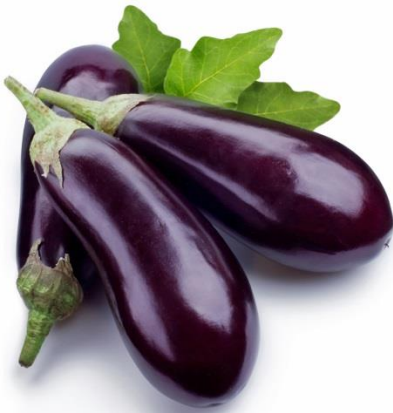












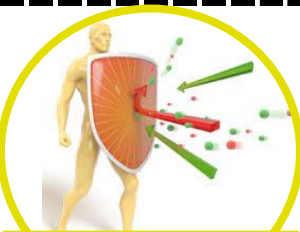
Eat a Rainbow of Fruits & Vegetables!



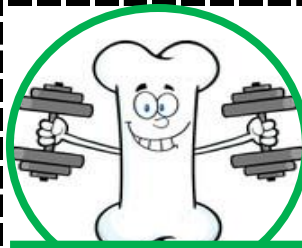
Healthy Heart



Healthy Eyes



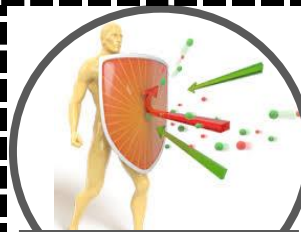
Healthy Immune System



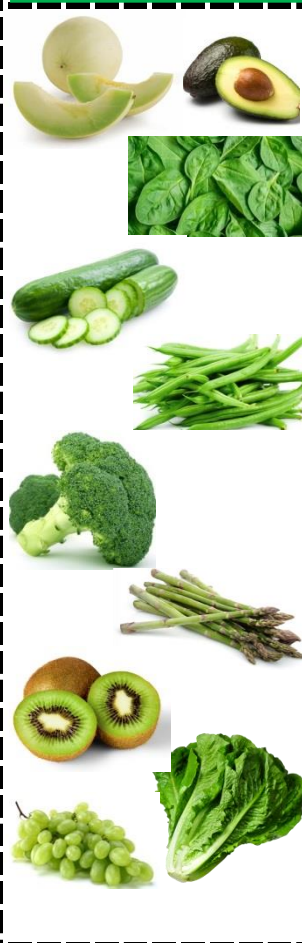
Strong Teeth & Bones



Strong Memory

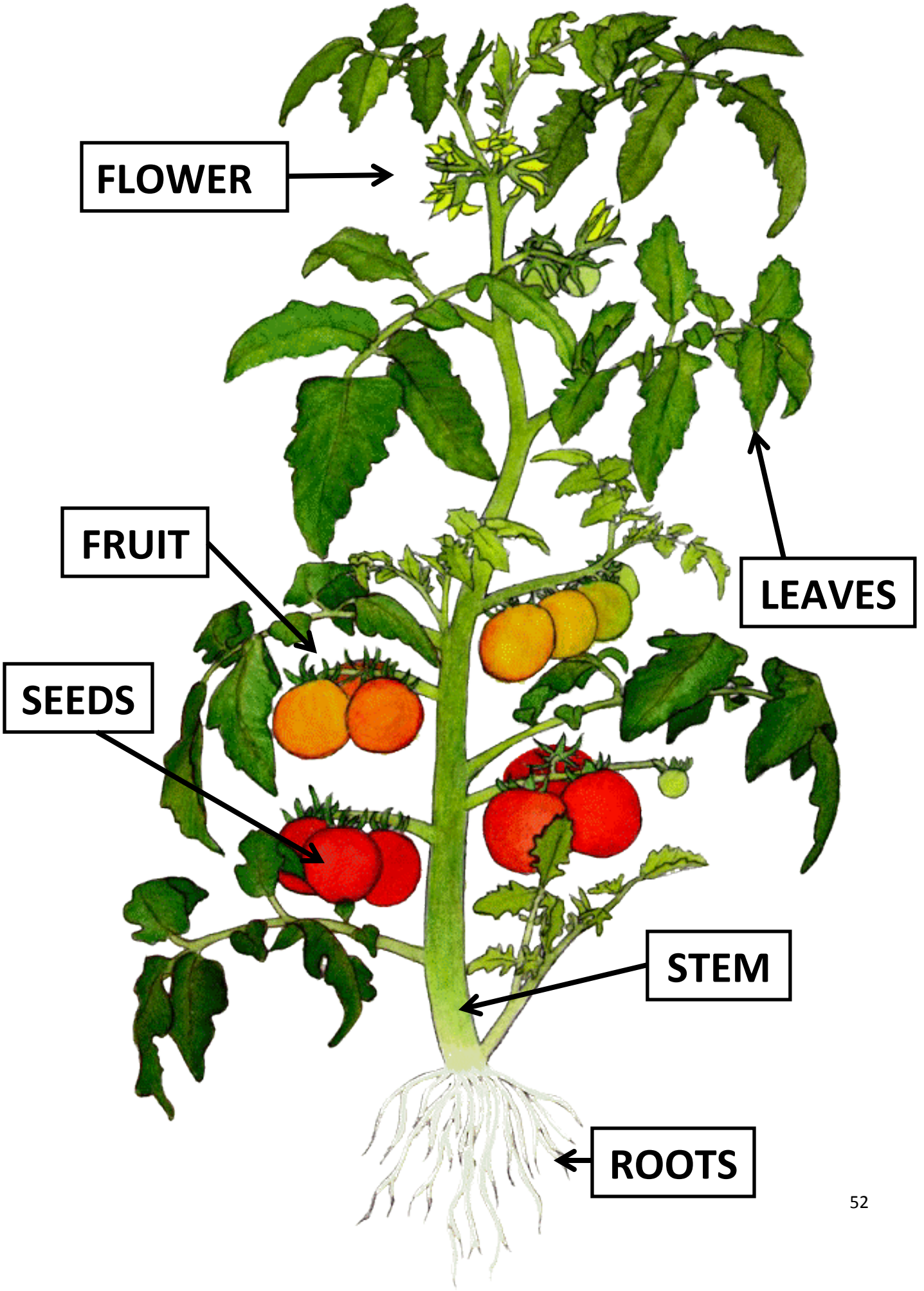


Healthy Immune System



Appendix 2:

Edible Plant Parts



FLOWER

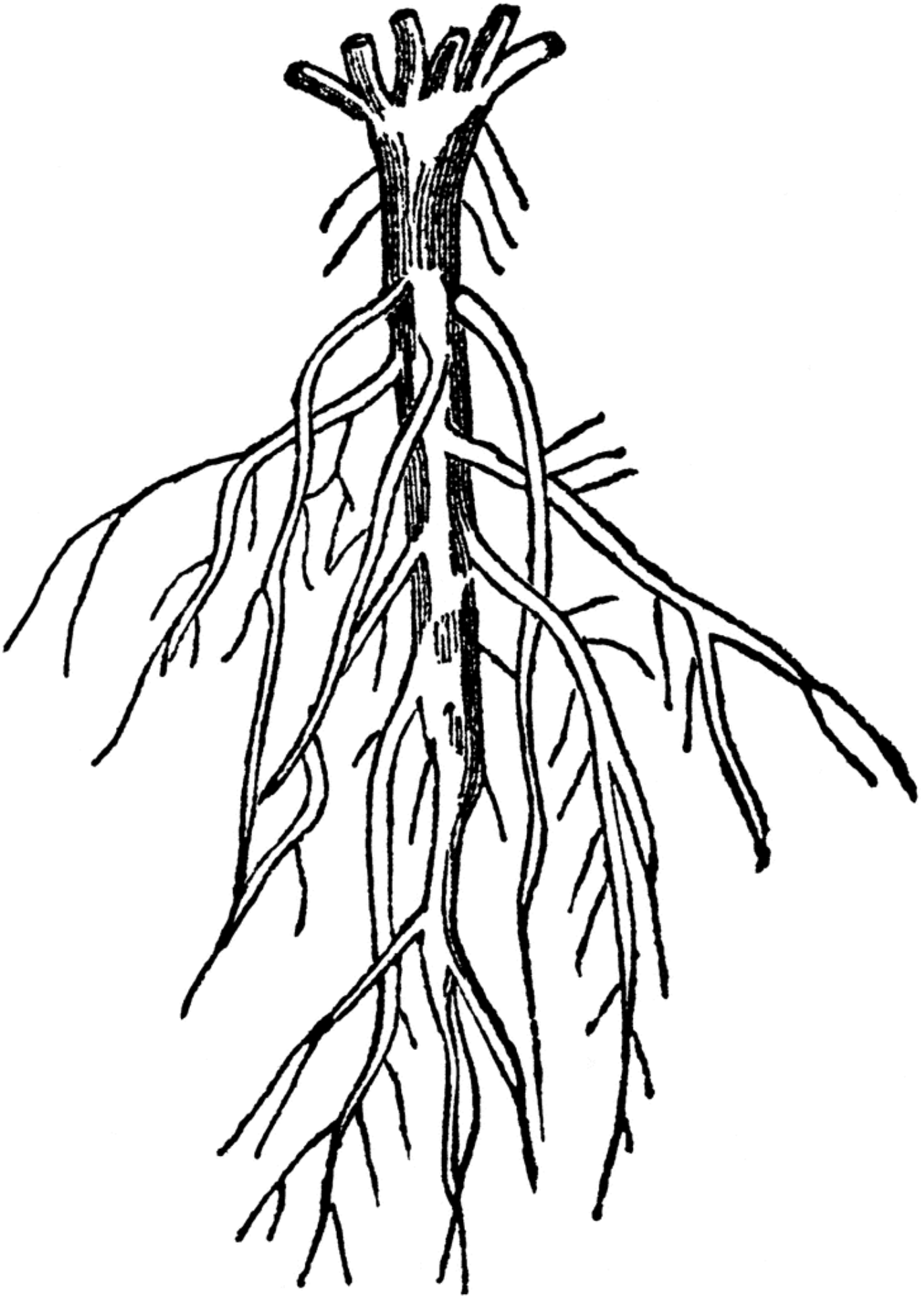
FRUIT

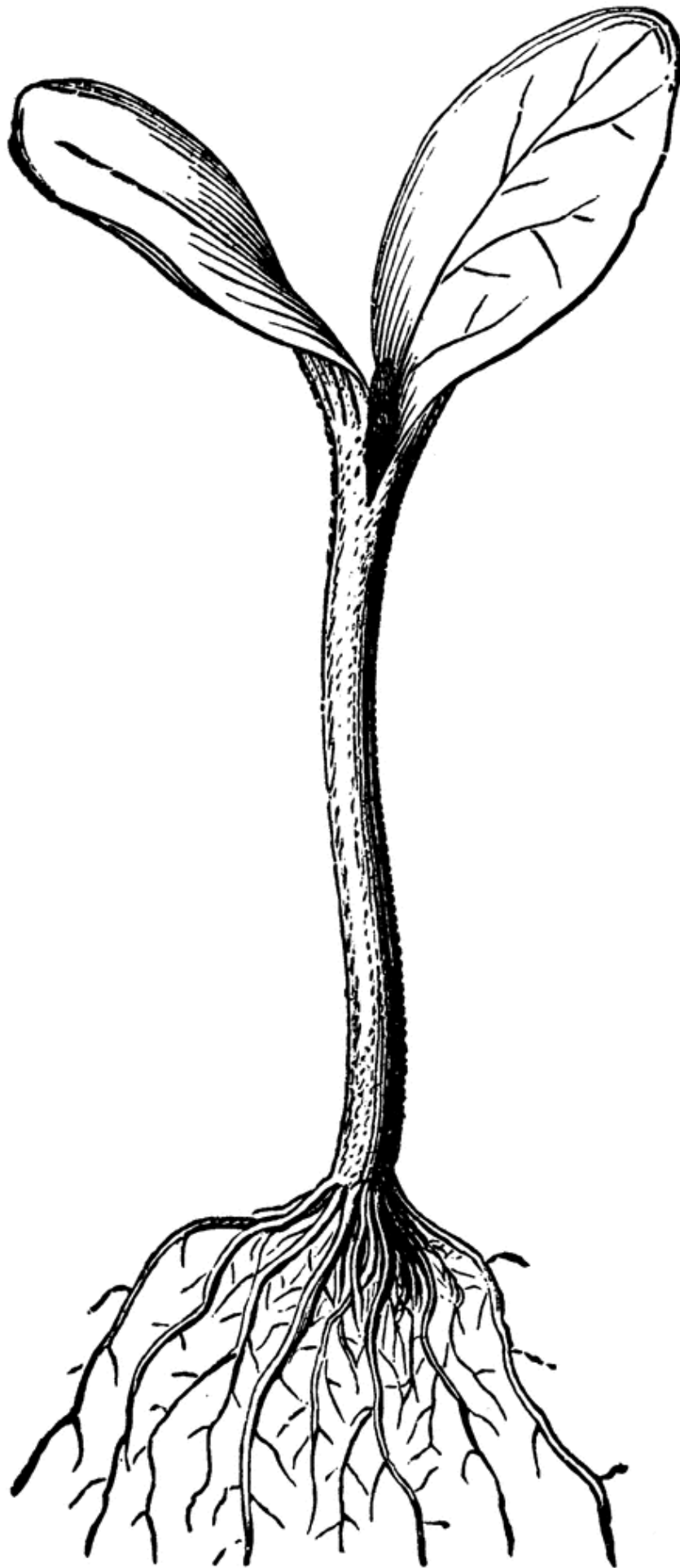
SEEDS

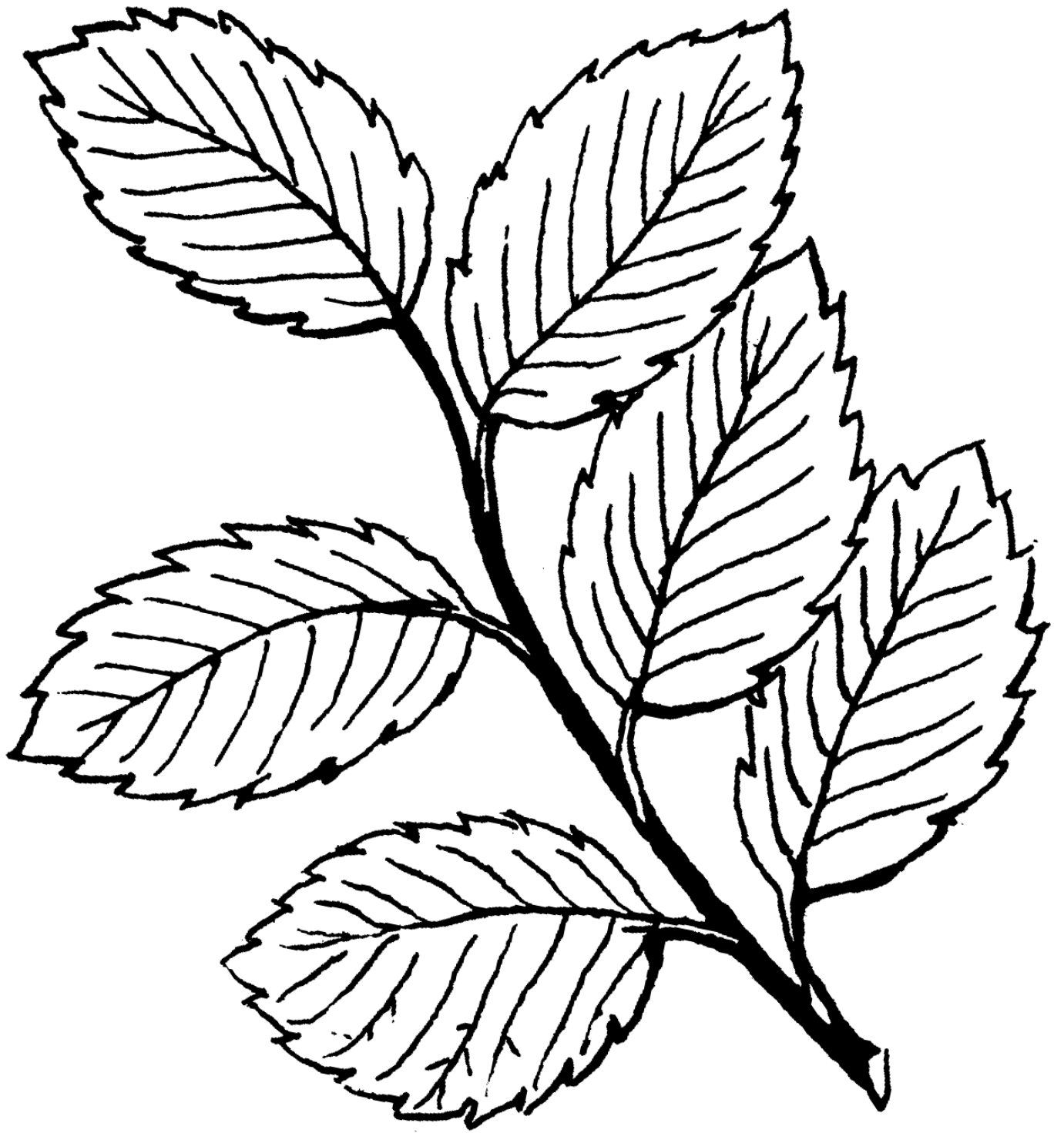
LEAVES

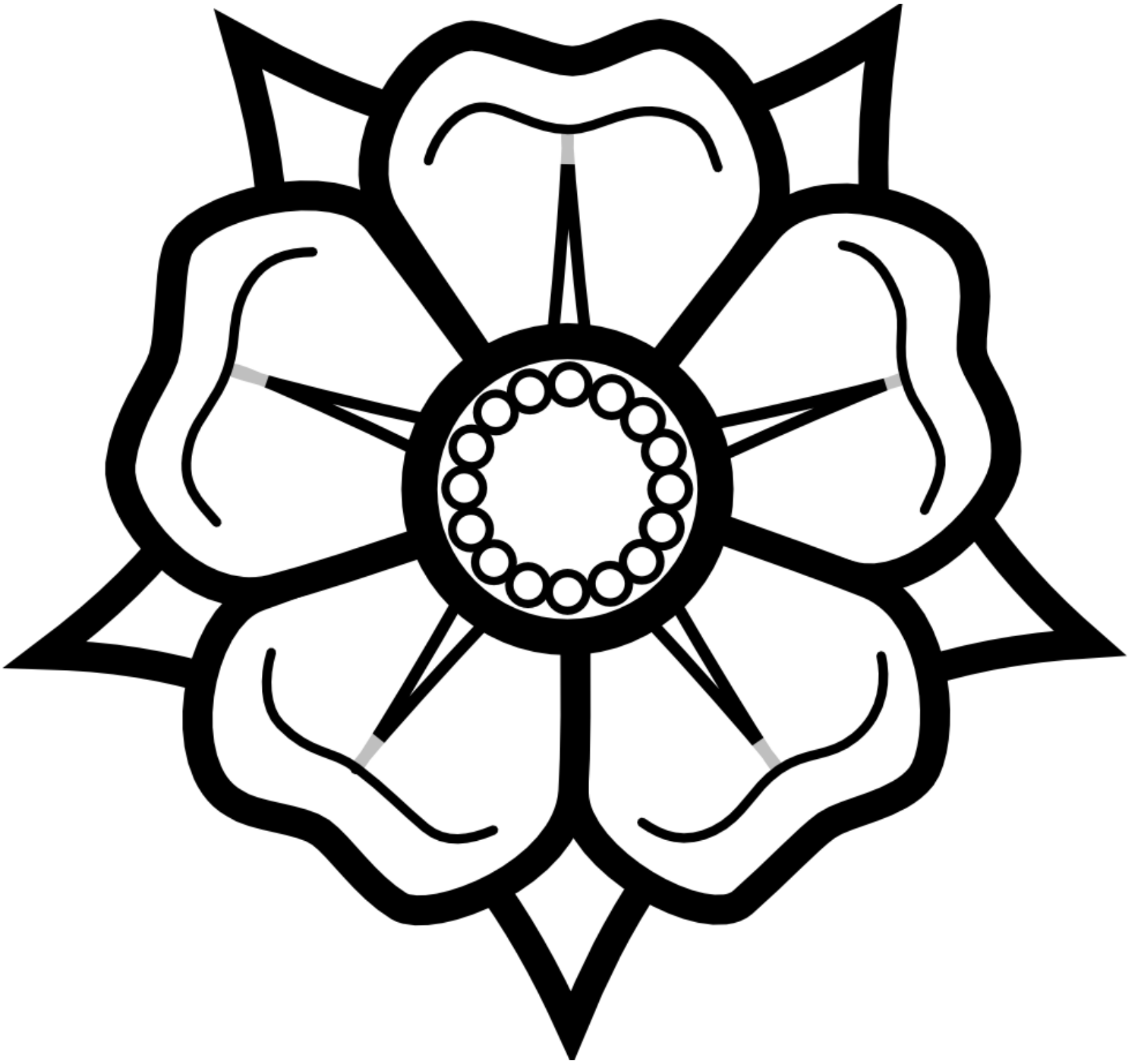
STEM

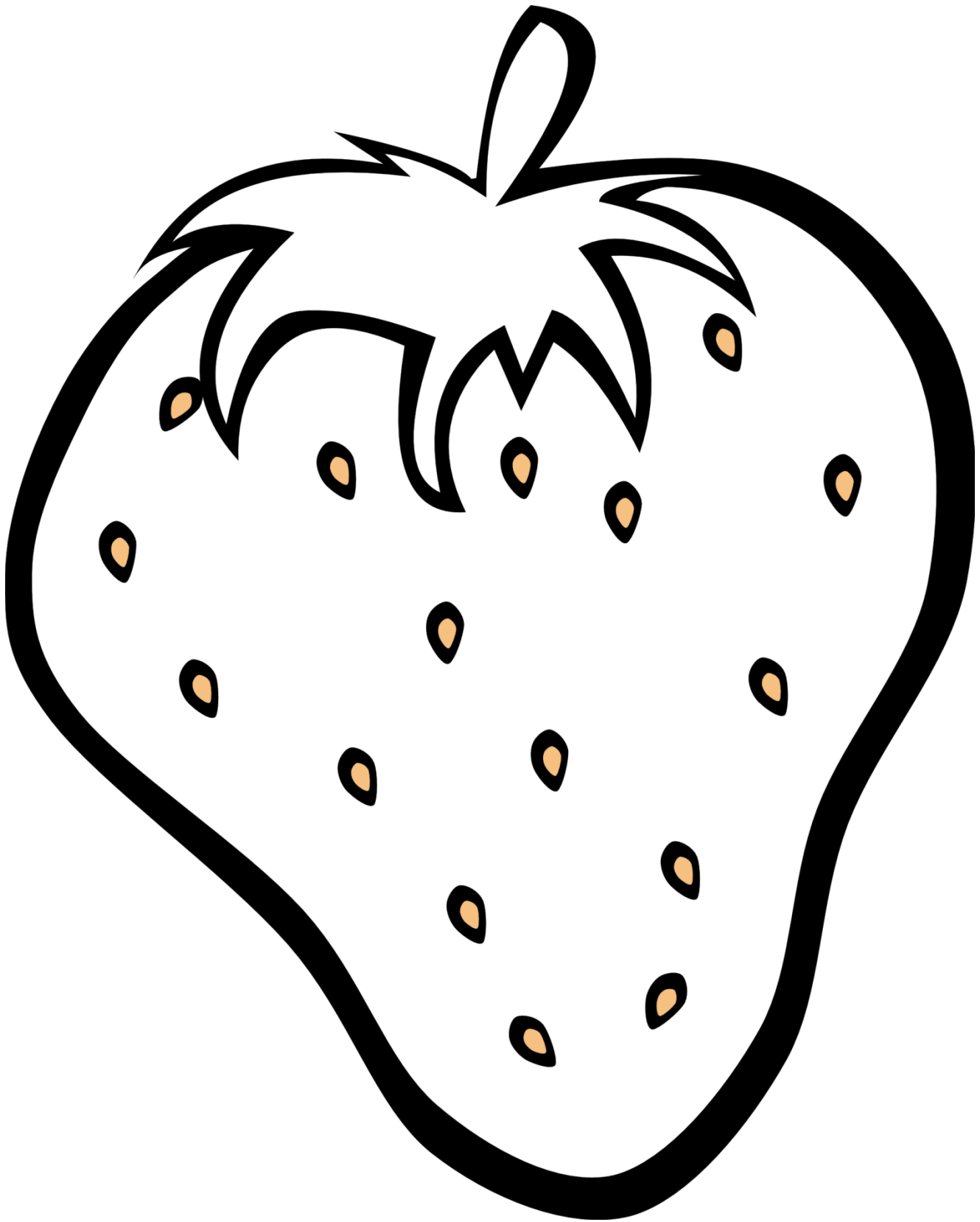
ROOTS

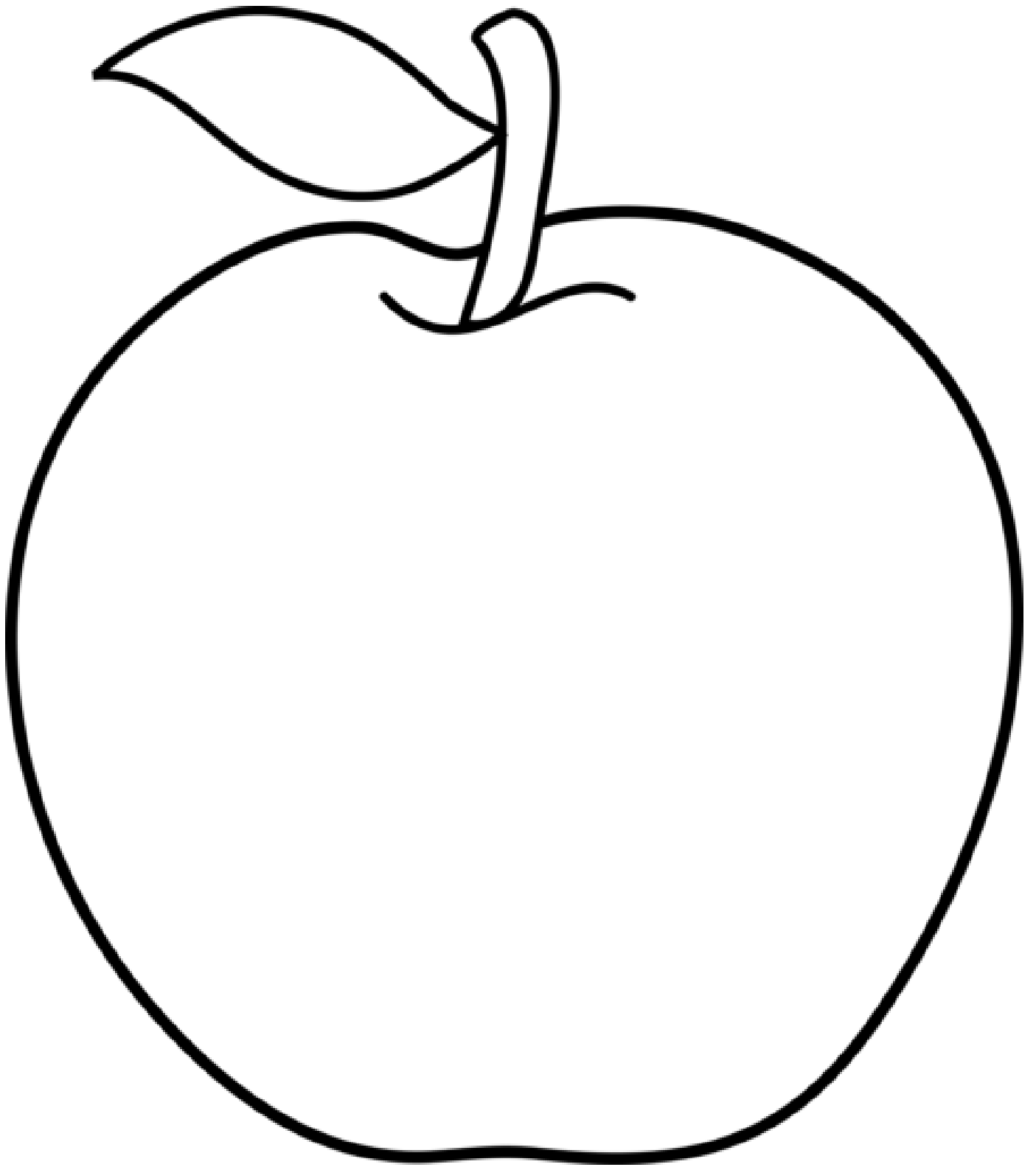


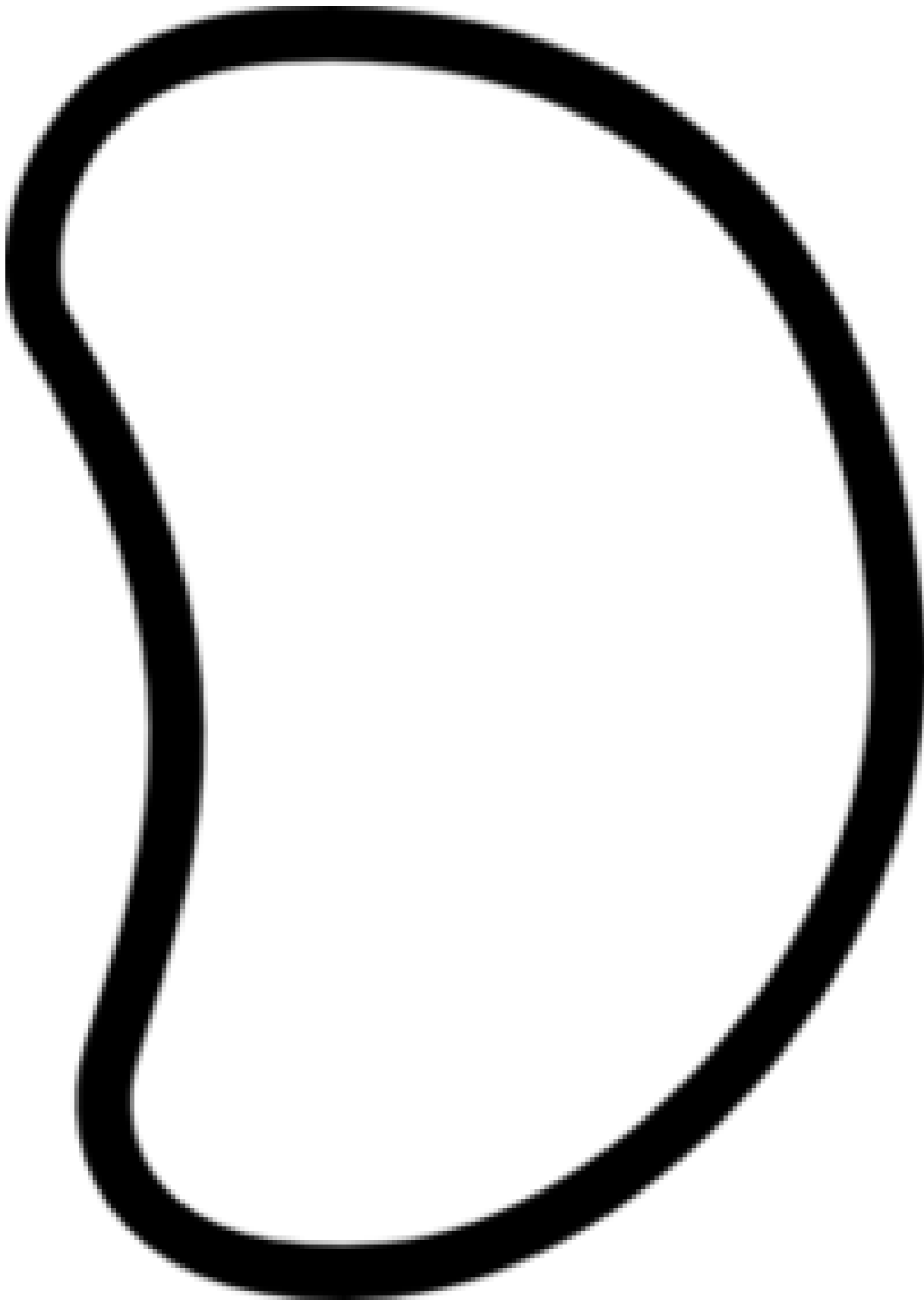


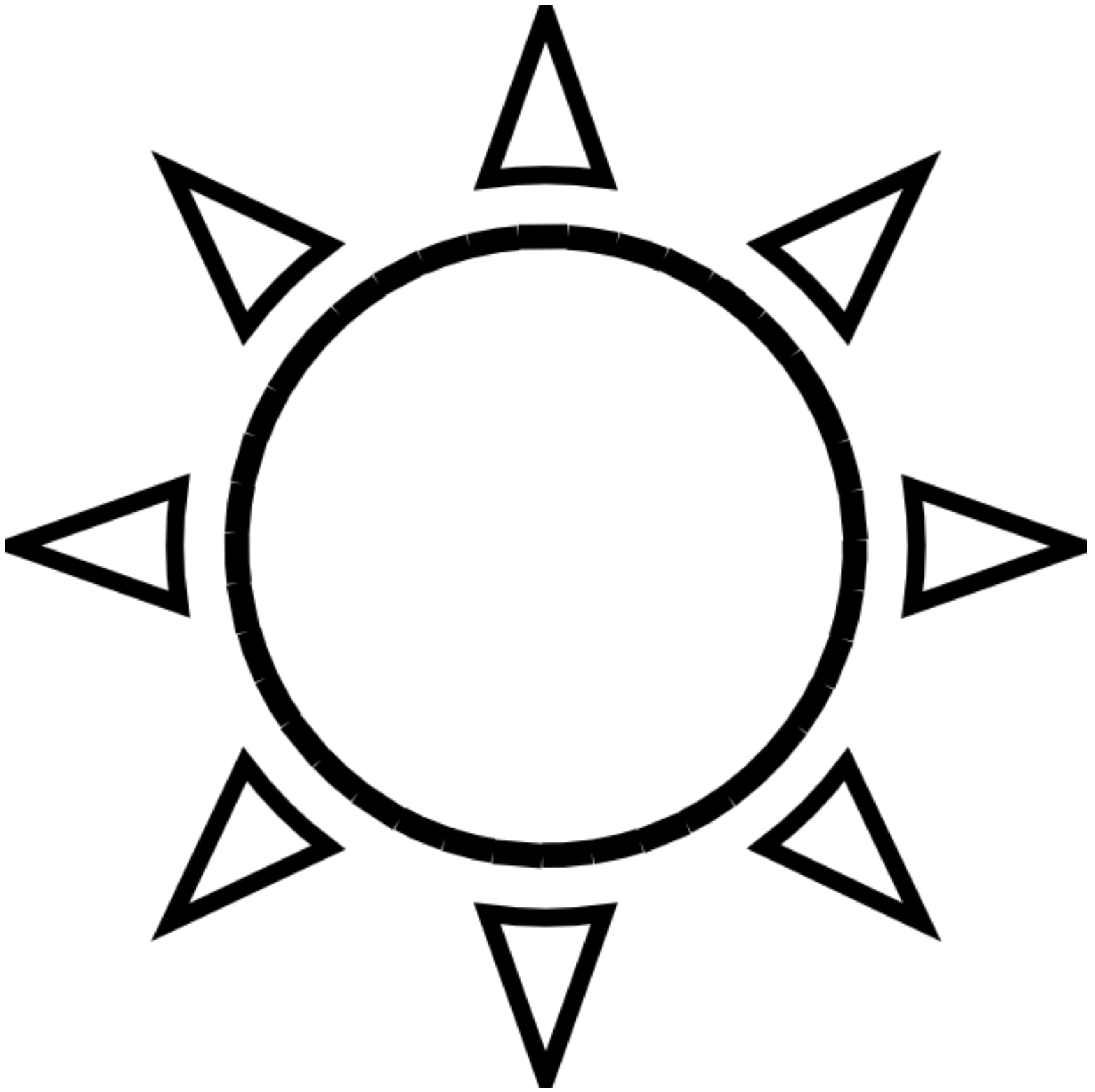














Plant Part Song Lyrics:



By the Banana Slug String Band

CHORUS:

Roots, stems, leaves, flowers, fruits, and seeds

Roots, stems, leaves, flowers, fruits, and seeds

That's six parts, six parts

Six plant parts that plants and people need!

KEY for Edible Plant Parts Posters:					
ROOTS	STEMS	LEAVES	FLOWERS	FRUIT	SEEDS
Beets	Celery	Spinach	Broccoli	Mangos	Corn
Radishes	Asparagus	Lettuce	Cauliflower	Apples	Sunflower Seeds
Carrots	Green onions	Cabbage	Artichoke	Oranges	Pumpkin Seeds
Turnips		Parsley		Grapes	Chickpeas
Sweet potatoes		Kale		Tomatoes	Green Peas
Onion				Cucumbers	
				Watermelon	
				Peppers	



































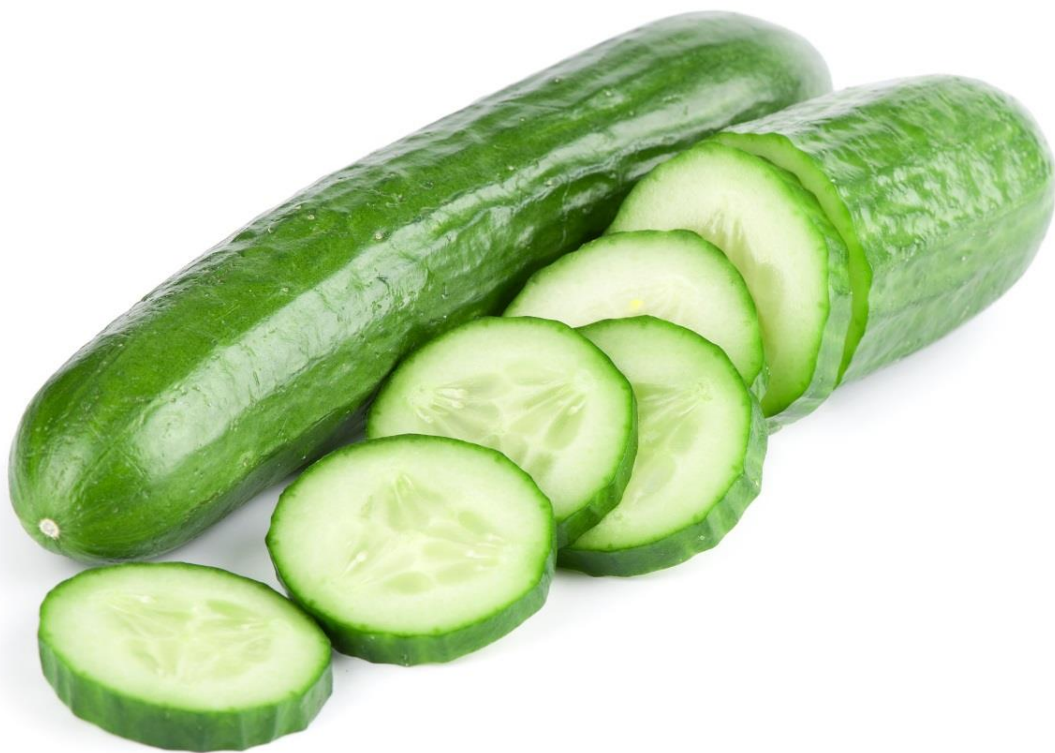


























ROOTS

- Hold the plant in the ground
- Get water and nutrients from the soil

STEM

- Supports the plant
- Moves water and nutrients throughout the plant

LEAVES

- Make food from sunlight

FLOWERS

- Make seeds
- Attract pollinators such as bees and birds

FRUIT

- Protects the seeds
- Helps the seeds disperse

SEEDS

- Make new plants
- Reproduce themselves

Appendix 3:

Go, Grow Glow

GO



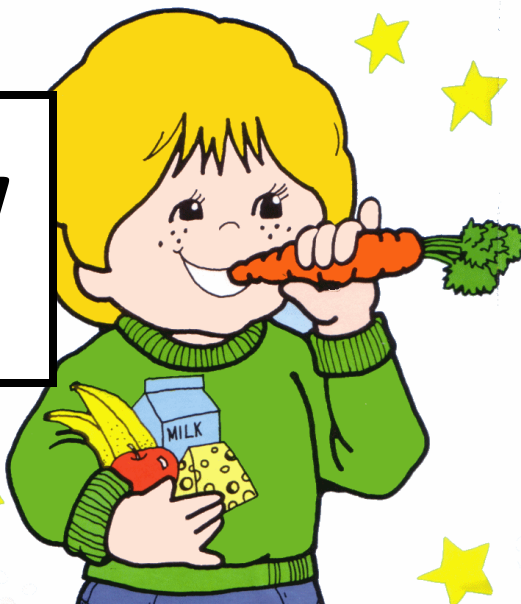
Thank you,
CARBOHYDRATES!

GROW



Thank you,
PROTEIN!

GLOW



Thank you,
**VITAMINS &
MINERALS!**

KEY for Go, Grow, Glow Food Posters:		
GO (whole grains)	GROW (protein)	GLOW (fruits & veggies)
Whole Grain Bread	Chicken	Apples
Whole Grain Rice	Cheese	Oranges
Corn Tortillas	Beans	Cucumbers
Oatmeal	Fish	Broccoli
Whole Grain Pasta	Nuts & Seeds	Tomatoes
Whole Grain Crackers	Yogurt	Pineapple
	Milk	Carrots
		Bell Peppers
		Strawberries
		Kiwis
		Bananas



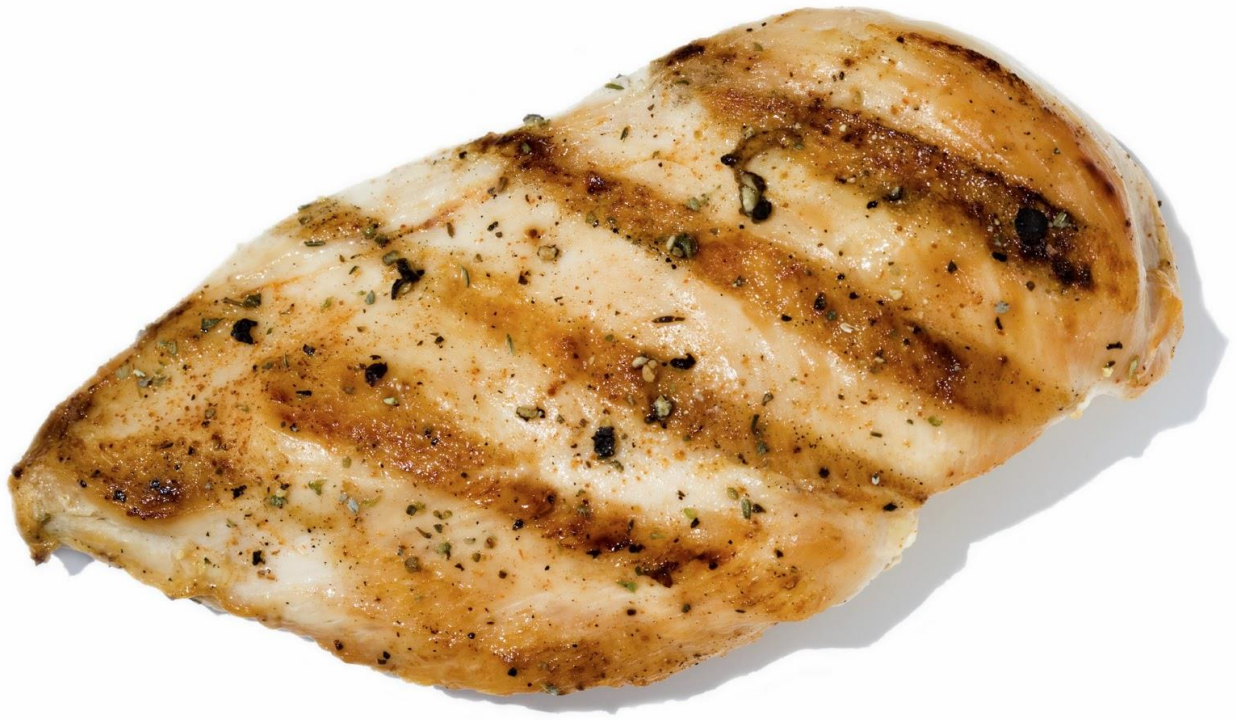














Shutterstock





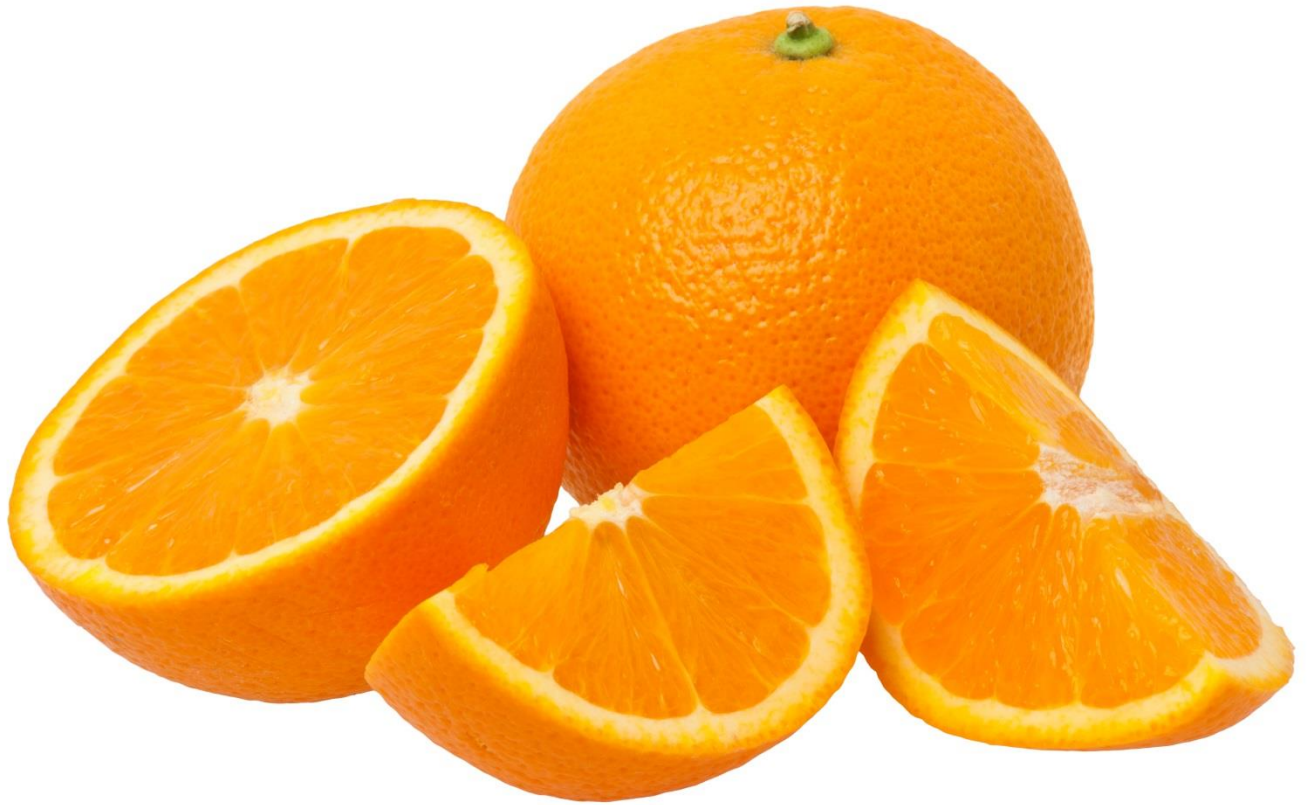


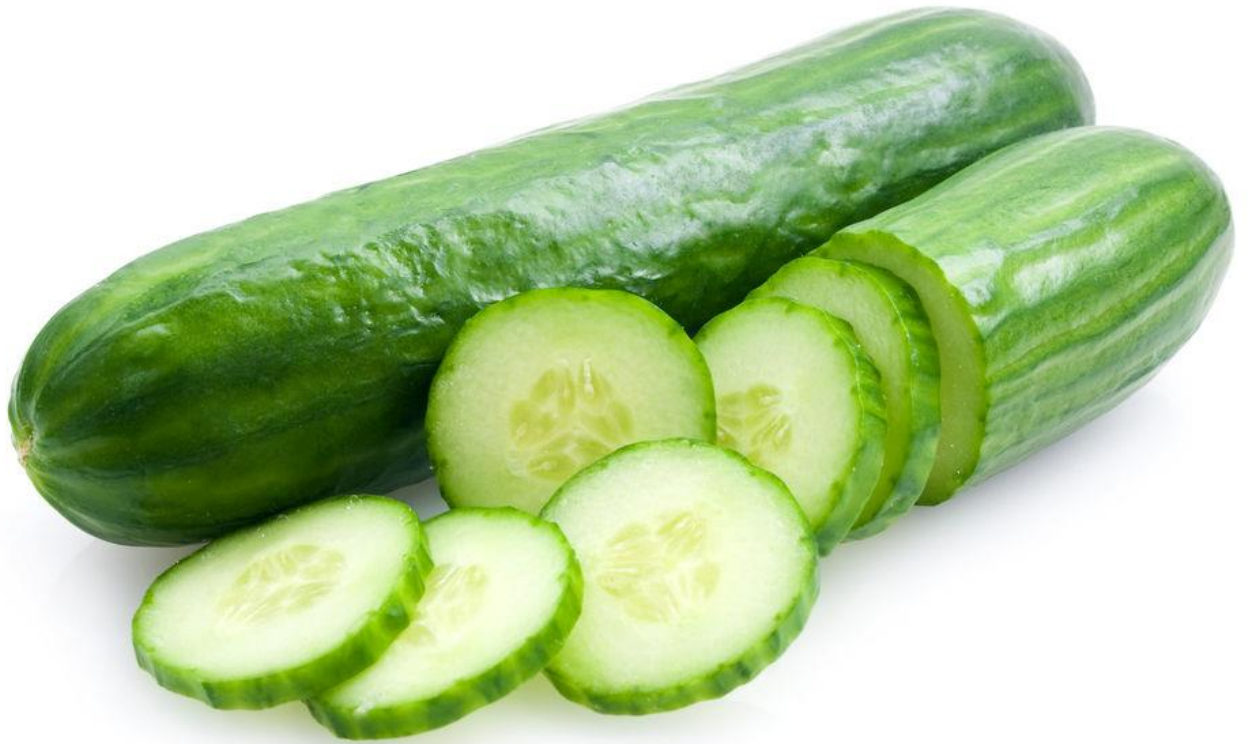














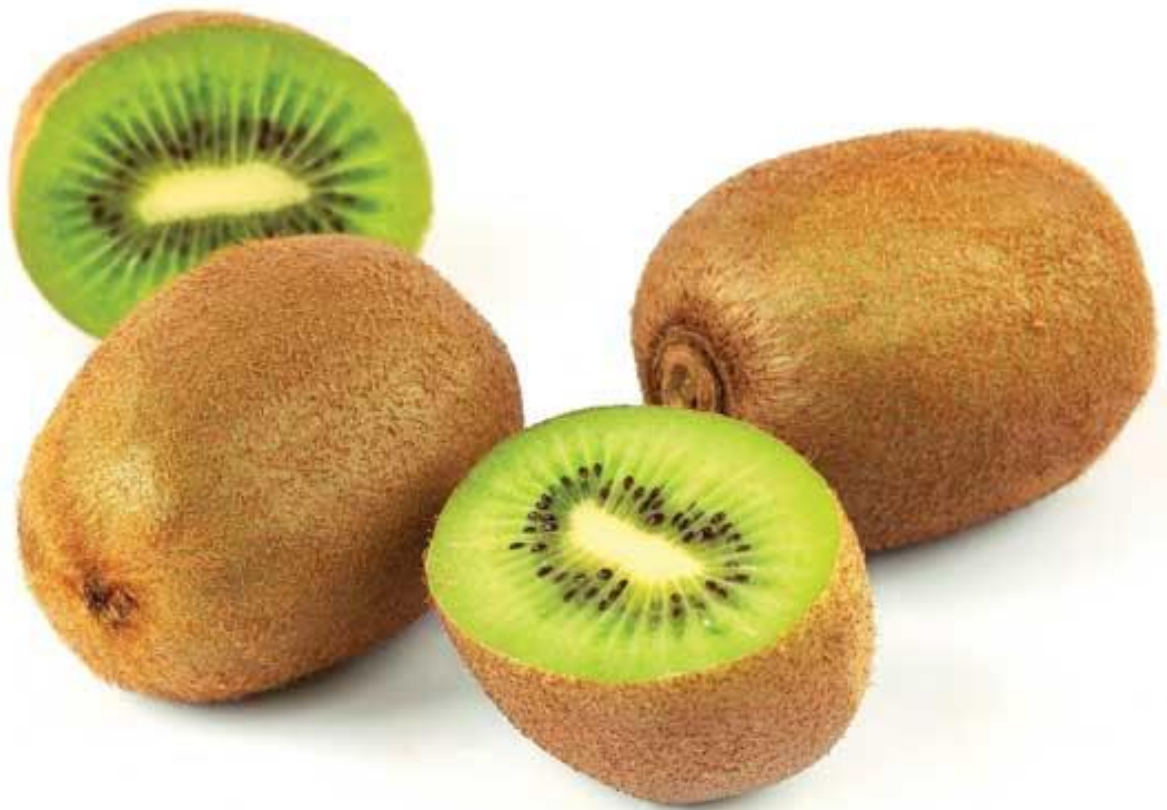














<p>GO (whole grains)</p>	<p>GROW (protein)</p>	<p>GLOW (fruits & veggies)</p>
<p>Bread</p> 	<p>Chicken</p> 	<p>Broccoli</p> 
<p>Crackers</p> 	<p>Fish</p> 	<p>Cucumbers</p> 
<p>Corn tortillas</p> 	<p>Yogurt</p> 	<p>Tomatoes</p> 
<p>Whole wheat tortillas</p> 	<p>Cheese</p> 	<p>Apples</p> 
<p>Oatmeal</p> 	<p>Milk</p> 	<p>Oranges</p> 
<p>Cereal</p> 	<p>Beans</p> 	<p>Bananas</p> 
<p>Pasta</p> 	<p>Nuts</p> 	<p>Strawberries</p> 
<p>Brown Rice</p> 	<p>Edamame</p> 	<p>Pineapple</p> 

Appendix 4:

U.S. Food System

Farmer

Truck Driver I

Factory

Worker

Truck Driver 2

Grocery

Store

Worker

Consumer

Apple Seed

Apple

Tree

Apple I

Apple 2

U.S. Food System: Life of an Apple SCRIPT

Once upon a time, Farmer (student's name) owned a beautiful apple farm in San Diego called (ask the class, "What should our farm be called?") .

One day, Farmer plants an apple seed on the farm.

Farmer waters the seed often, and slowly the apple seed grows into an enormous, strong, leafy apple tree.

Apple blossoms begin to bloom on the apple tree.

The flowers turn into apples! Delicious apples hang from one of the tree's many branches.

Then one day, Farmer comes along and picks the apples from the tree, putting them in barrels.

Truck Driver (1) loads the barrels of apples onto his/her huge truck.

Truck Driver (1) drives the apples to a factory where they can get processed.

At the factory, Factory Worker throws away the apples he/she doesn't like, washes all of the dirt off of the apples, puts stickers on them, and packages them.

Then Truck Driver __ (2) __ loads the apples onto his/her truck and drives them to the grocery store.

Grocery Store Worker ____ takes the boxes of apples and puts them on display inside the store.

Now Consumer ____ is at home and she starts feeling hungry. He/she suddenly craves an apple, and knows that he/she must have one immediately!

So Consumer ____ gets in the car and drives to the grocery store.

At the store, Consumer ____ examines the apples on display, looking for the juiciest, crunchiest one.

Consumer ____ finally chooses an apple, and takes it to the cash register in order to buy it from Grocery Store Worker ____.

After waving goodbye to the Grocery Store Worker, Consumer ____ takes his/her prized apple home, slices it up, and eats it!

The End.





















Farm

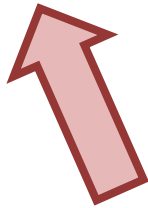
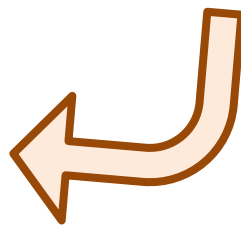
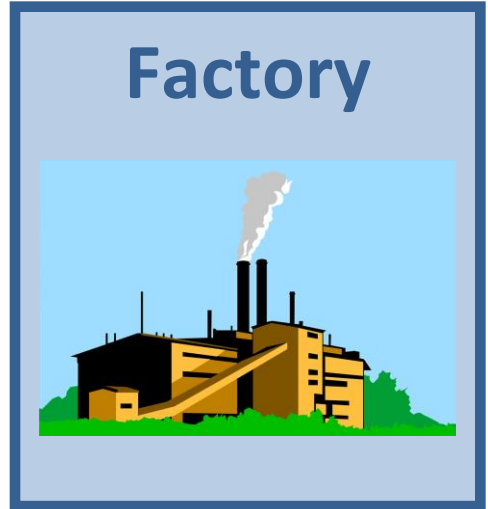
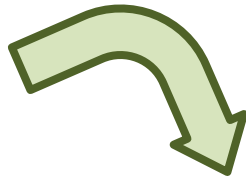


Farmers Market



Consumer





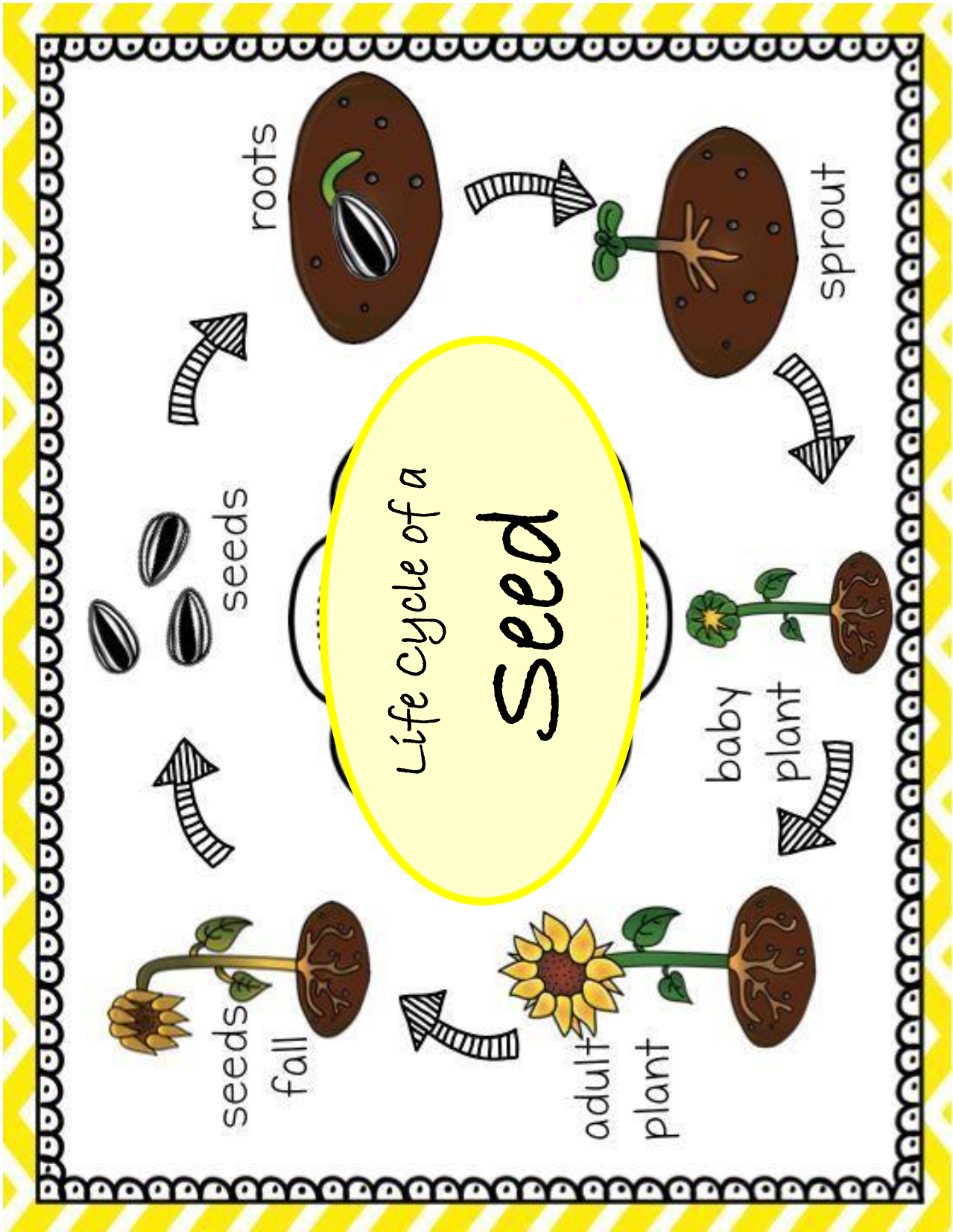






Appendix 5:

Seeds & Healthy Cooking



GRAINS are the SEEDS of GRASSES



Wheat



Rice



Corn



Oats

BEANS are the SEEDS of LEGUMES



Peas



Lentils



Beans (black beans, garbanzo beans, kidney beans, soybeans, etc.)

NUTS are the SEEDS of TREES



Almonds



Cashews



Pecans



Walnuts

SEEDS are the SEEDS of PLANTS



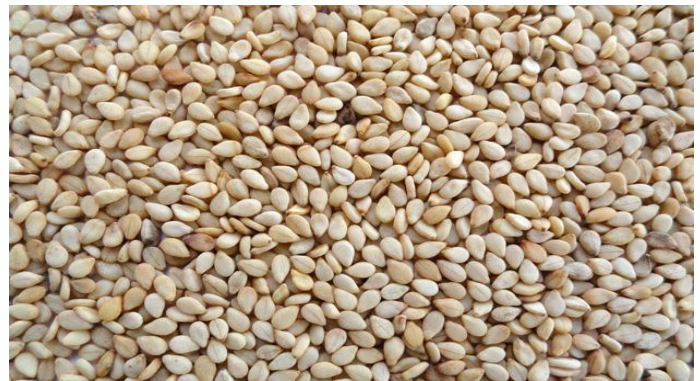
Sunflower Seeds



Poppy Seeds



Pumpkin Seeds



Sesame Seeds

Plant:

Seeds:

**Food made from
the Seeds:**



Plant:	Seeds:	Food made from the Seeds:
		
		
		
		
		

Recipe: Honey Seed Snacks

A healthy sweet treat made from seeds & honey!

Measure ½ cup of each into a large mixing bowl:

- Sesame seeds
- Sunflower seeds
- Rolled oats
- Nut or seed butter (e.g. sunflower butter or peanut butter)
- Carob Powder
- Honey

Mix well. Shape batter into bite-sized balls about 1-inch in diameter. Enjoy!

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- Sesame seeds
- Sunflower seeds
- Rolled oats
- Nut or seed butter (e.g. sunflower butter or peanut butter)
- Carob Powder
- Honey

Mix well. Shape batter into bite-sized balls about 1-inch in diameter. Enjoy!

Appendix 6:

Fruit, Sugar, & Healthy Cooking

SUGAR JEOPARDY!

Names for Sugar 	Natural Sugars 	Added Sugars 	Healthy Treats 	Rethink Your Drink 
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500
600	600	600	600	600

Names
for Sugar



100

Which is a name for sugar?

(A) Honey



(B) Sodium



(A) Honey has an extremely high sugar content, and the pasteurization process strips away some of its health benefits.

Sodium is a mineral, an essential nutrient. We consume sodium by eating foods with salt. Many foods contain sodium naturally, and it is commonly added to foods during preparation or processing or as a flavoring agent. Most Americans consume far more sodium than their bodies need. Sodium intake is one of the factors known to affect high blood pressure.

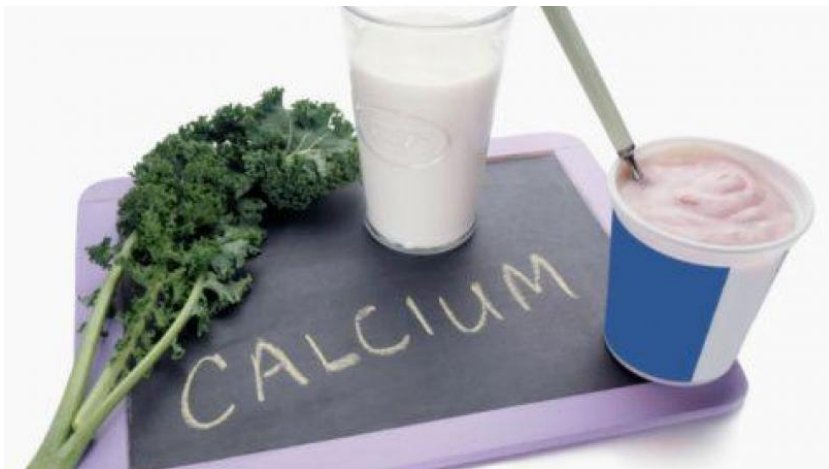
Names for Sugar



200

Which is a name for sugar?

(A) Calcium



(B) Maple Syrup



(B) Maple Syrup is less processed than other sugars, but is composed of mostly sucrose (aka table sugar) and contains minimal nutrients. It is made from the sap of maple trees.

Calcium is vital for building strong bones and teeth. The time to build strong bones is during childhood and the teen years, so it is very important to get enough calcium now to fight against bone loss later in life. Weak bones are susceptible to a condition called osteoporosis, which causes bones to break easily. Calcium is found in milk, yogurt, cheese, broccoli, dark green leafy vegetables.

Names
for Sugar



300

Which is a name for sugar?

(A) Protein



(B) Caramel



(B) Caramel is made by simply heating up various sugars through the process of caramelization, and it is high in both carbohydrates and calories (calorie = the amount of energy that foods will produce in the human body).

Protein-rich foods include meat, fish, cheese, eggs, beans, nuts, and seeds. Protein helps you build muscle and grow strong.

Names
for Sugar



400

Which is a name for sugar?

(A) High Fructose
Corn Syrup

(B) Vitamins



vitamins



(A) High Fructose Corn Syrup is found in lots of junk foods; your body metabolizes fructose in a way that encourages body fat storage.

Vitamins are essential nutrients that are found in many fruits and vegetables; when we eat foods with vitamins, it helps our body glow and be very healthy!

Names for Sugar



500

Which is a name for sugar?

(A) Agave Nectar



(B) Fiber



(A) Agave nectar (aka agave syrup) is very sweet (so you will use less); but its sugar is more concentrated than even high-fructose corn syrup, meaning there will be no difference health-wise. It is made from the agave plant.

Fiber is found in foods like fruits, vegetables, grains, and legumes. Foods with fiber make us feel full. Fiber is very healthy for us because it helps lower blood cholesterol and prevent diabetes and heart disease. Fiber helps move food through the digestive system.

About how many different names for sugar are there?

**Names
for Sugar**



600

(A) 10

(B) 30

(C) 60

(C) 60 — By any other name, sugar is just as sweet. Gone are the days when you see straight *sugar* listed on every sweet-tasting ingredient label. Instead, you should look for the nearly 60 other hidden names for sugar. Sugar is often a hidden ingredient in processed foods that enhances flavor, masked by an alternate name. The empty calories in sugar do not provide any nutritional benefit to the body, which is why it is important to know other names for sugar on food labels. Other names include: honey, maple syrup, high fructose corn syrup, agave nectar, brown rice syrup, barley malt, sucrose, fructose, glucose, date sugar, evaporated cane juice, carob syrup, fruit juice concentrate, molasses, etc.

**Which food has added sugar
and which food has only
natural sugar?**



(A) Fruit



(B) Chocolate Milk



Natural Sugar: Fruit (fructose) – the fructose in fruit has a natural advantage over table sugar and other added sugars because fruit contains so many vitamins, minerals, and nutrients. According to the USDA, the nutrients in fruit (vitamins, minerals, fiber) can help reduce the risk of heart attack, stroke, cancer, diabetes, obesity, high blood pressure, and other diseases.

Added Sugar: Chocolate Milk – milk that has been flavored with cocoa and sweetened with sugar.

Which food has added sugar and which food has only natural sugar?

Natural
Sugars



200

(A) Milk



(B) Fruit Yogurt



Natural Sugar: Milk (lactose) – milk, plain yogurt, and other unsweetened dairy products contain the naturally-occurring sugar lactose. Unlike added sugars, which contribute plenty of calories but zero nutritional value, the natural sugars in dairy and fruit are part of a nutrient-dense package, so they are not something you need to worry about limiting in your diet. Milk and yogurt are among the richest sources of calcium, and they also provide protein, potassium, and other micronutrients.

Added Sugar: Fruit Yogurt – Regular milk and plain yogurt do not contain any added sugar, but many flavored yogurts and milks do, which is why their sugar counts are higher on the nutrition label.

Which food has added sugar and which food has only natural sugar?

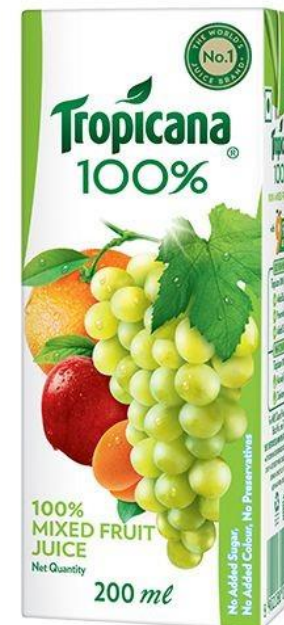
Natural Sugars



300

(A) Breakfast Cereal

(B) 100% Fruit Juice



Added Sugar: Breakfast Cereal

Natural Sugar: 100% Fruit Juice

Which food has added sugar and which food has only natural sugar?

Natural
Sugars



400

(A) Apple



(B) Candy, cookies, donuts, cake, soda



Natural Sugar: Apple

**Added Sugar: Candy, cookies, donuts, cake,
soda**

TRUE or FALSE: *Our love for sugar is biological! In times when humans were hunters and gatherers, bitter foods were associated with poison so most sweet foods were safe to eat.*



(A) True

(B) False

(A) True – Sugar-sweetened foods trigger brain chemicals and hormones to be released, part of what is known as the Food Reward Pathway. Food Reward is crucial to feeling satisfied after eating and shares brain circuitry with addictive behaviors, including drugs. While artificial sweeteners provide sweet taste, many researchers believe that the lack of calories prevents complete activation of the food reward pathway. This may be the reason artificial sweeteners are linked with increased appetite and cravings for sugary food in some studies.

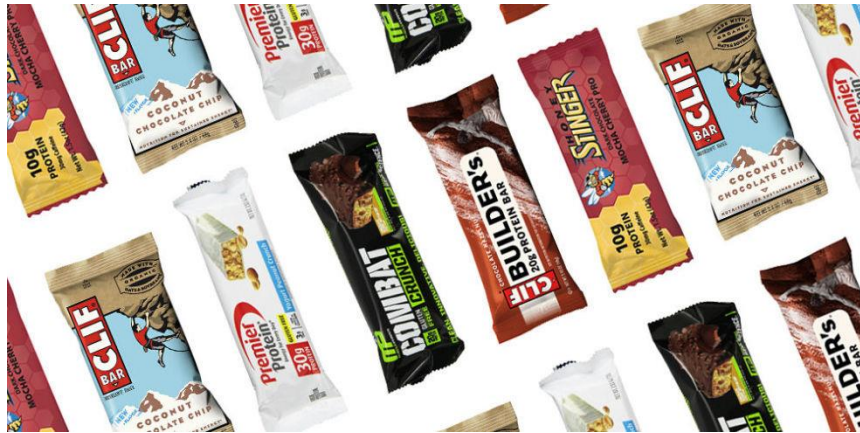
Which food has added sugar and which food has only natural sugar?

Natural
Sugars



600

(A) Protein Bars



(B) Sweet Potatoes



Added Sugars: Protein Bars

Natural Sugars: Sweet Potatoes

Added
Sugars



100

Added Sugars are...

(A) healthy

(B) unhealthy



(B) unhealthy...are digested very quickly by our bodies and can lead to spikes in blood sugar – high blood sugar levels can lead to heart disease, diabetes, high blood pressure, weight gain, tooth decay, etc.

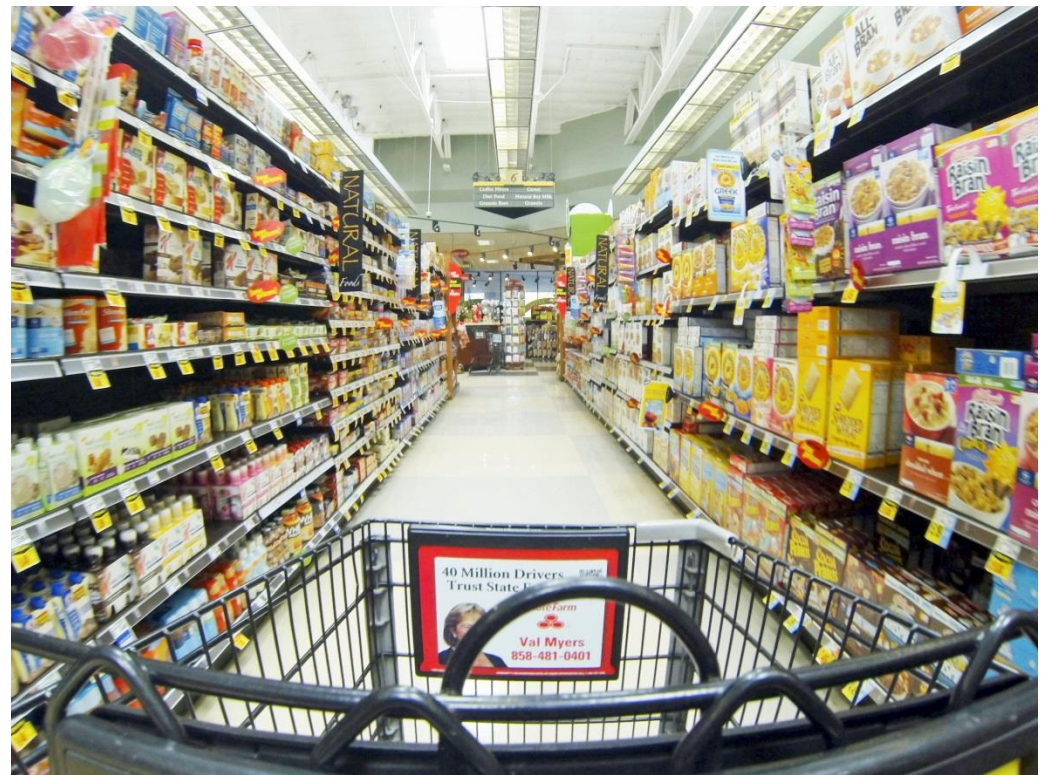
How many items at the supermarket contain added sugars?

Added
Sugars



200

- (A) Almost none
- (B) About half
- (C) Almost all



(C) Almost All – at least 70% - The best way to avoid hidden sugars in your meals is to make them at home so you know exactly what is in them. However, if you need to buy prepackaged food, make sure you check the label to identify any hidden added sugars.

Surprising foods with added sugar: BBQ sauce, granola, ketchup, fruit flavored yogurt, spaghetti sauce, fruit juice, sports drinks, chocolate milk, Vitaminwater, pre-made soup, cereal bars, canned fruit, bottled smoothies, breakfast cereal, instant oatmeal, sweetened dried fruit,

Added sugars are added to _____ foods during preparation or production to make it taste better.

**Added
Sugars**



300

(A) unprocessed



(B) processed



(B) processed – added sugars are added to processed foods during preparation or production to make it taste better. They have little nutritional value other than giving you extra calories.

What is added sugar made from?

Added
Sugars



400

(A) Sugar Cane



(B) Sugar Beets



(C) All of the Above

(C) All of the Above — the sugar cane grass plant is harvested, processed in a factory, and turned into sugar; same goes for the sugar beet plant; maple tree sap is turned into maple syrup, another name for sugar.

Foods containing added sugars are:

(A) Sometimes foods

(B) Always foods

Added
Sugars



500



(A) Sometimes foods – try to limit your consumption of these foods, and only have them once in a while as a treat. It is okay to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Too much added sugar can contribute to:

Added
Sugars



600

- (A) Diabetes
- (B) Heart Disease
- (C) Weight Gain
- (D) Tooth Decay & Cavities
- (E) All of the Above

(E) All of the Above – Diabetes is a group of diseases that result in too much sugar in the blood (high blood glucose). Type 1 – pancreas produces little or no insulin (insulin is a hormone made by the pancreas that allows your body to use sugar (glucose) from carbohydrates in the food that you eat for energy or to store glucose for future use; insulin helps keep your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia)). Type 2 – affects the way the body processes blood sugar (glucose).

Healthy
Sweet Treats



100

Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) Smoothie



(B) Milkshake



Smoothie

Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) Starburst



(B) Frozen Grapes



Frozen Grapes

Healthy
Sweet Treats



300

Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) 100% fruit
popsicles



(B) Ice Cream



100% fruit popsicles



Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) Soda



(B) 100% Fruit Juice



100% Fruit Juice (with sparkling water)

Healthy
Sweet Treats



500

Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) Jell-O



(B) Applesauce



Applesauce (make sure it says – no sugar added!)

Healthy
Sweet Treats



600

Which is the healthier sweet option?

(meaning natural sugar instead of added sugar):

(A) Fruit Salad



(B) Froot Loops



Fruit Salad

Rethink Your
Drink



100

Which drink has the most
added sugar?

(A) Soda

(B) Apple Juice



(A) Soda –

Sugary drinks – including soda, energy drinks, and sports drinks – are the largest source of added sugar in the diet. Drinks with added sugar often provide extra calories, but few nutrients or fiber. Besides increased tooth decay, experts believe they add to obesity, which increases the risk for type 2 diabetes and heart disease. Milk, 100% fruit juice, and water are better options if you are thirsty.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That is how much sugar is in a 20 oz. soda! Instead, try mixing 100% fruit juice with sparkling water.

TRUE/FALSE: The average American drinks about 46 gallons of sugar sweetened drinks each year.

Rethink Your Drink



200

- (A) True
- (B) False



(A) TRUE: 46 gallons (that is 40 lbs. of sugar!)

Water, Plain Milk, Unsweetened Tea:

Rethink Your
Drink



300

(A) Drink Freely

(B) Drink Never



(A) Drink Freely

100% Juice, Chocolate Milk, Strawberry Milk:

Rethink Your
Drink



400

(A) Drink Sometimes

(B) Drink Never



(A) Drink Sometimes

Sodas, Sports Drinks, Energy Drinks, Sweetened Tea, Fruit Drinks with added sugar:

Rethink Your Drink



500

(A) Drink Freely

(B) Drink once in a while, if at all



(B) Drink once in a while, if at all

Rethink Your
Drink



600

What does *Rethink Your Drink* mean?

(A) Choose drinks like water that have no added sugar

(B) Choose drinks like soda that have lots of added sugar

(A) Choose drinks like water, plain milk, 100% fruit juice, unsweetened tea, etc. that have no added sugar, INSTEAD of drinks like soda, sports drinks, energy drinks, sweetened fruit drinks, etc. that have lots of added sugar

Names
for Sugar



100

**All of the following are
names for sugar EXCEPT:**

(A) Honey

(B) Sodium

(C) Maple Syrup

(D) High Fructose Corn Syrup

(B) Sodium – sodium is a mineral, an essential nutrient. We consume sodium by eating foods with salt. Many foods contain sodium naturally, and it is commonly added to foods during preparation or processing or as a flavoring agent. Most Americans consume far more sodium than their bodies need. Sodium intake is one of the factors known to affect high blood pressure. **Honey** has extremely high sugar content, and the pasteurization process strips away some of its health benefits. **Maple Syrup** is less processed than other sugars, but it is composed of mostly sucrose (aka table sugar) and contains minimal nutrients. **High fructose corn syrup** is found in lots of junk foods; your body metabolizes fructose in a way that encourages body fat storage.

Names
for Sugar



200

**All of the following are
names for sugar EXCEPT:**

- (A) Date Sugar
- (B) Fructose
- (C) Sucrose
- (D) Calcium

(D) Calcium – calcium is vital for building strong bones and teeth. The time to build strong bones is during childhood and the teen years, so it is very important to get enough calcium now to fight against bone loss later in life. Weak bones are susceptible to a condition called osteoporosis, which causes bones to break easily. Calcium is found in milk, yogurt, cheese, broccoli, dark green leafy vegetables. **Date sugar** is made from chopped-up dates, making it less processed than other types; however it remains extremely high in sugar content. **Fructose** consumption has been strongly tied to rising obesity rates in the past several decades; it is often added to baked goods and soft drinks, and is found naturally in fruits and honey. **Sucrose** aka table sugar; found in cookies, cakes, biscuits, ice cream.

Names
for Sugar



300

**All of the following are
names for sugar EXCEPT:**

- (A) Magnesium
- (B) Caramel
- (C) Evaporated Cane Juice
- (D) Carob Syrup

(A) Magnesium – magnesium helps muscles and nerves function, steadies the heart rhythm, and keeps bones strong. It also helps the body create energy and make proteins. A good source of magnesium is whole grains. **Caramel** is made by simply heating up various sugars through the process of caramelization, and it is high in both carbohydrates and calories (calorie = the amount of energy that foods will produce in the human body). **Evaporated cane juice** is actually not a juice but a sweetener derived from sugar cane syrup; that means it is much more concentrated (less water?) than a juice and has trace amounts of nutrients. **Carob syrup** is from carob fruit; when processed into carob syrup, the beneficial proteins and nutrients found in carob fruit are stripped away, and what you are left with is mostly empty calories.

Names
for Sugar



400

**All of the following are
names for sugar EXCEPT:**

- (A) Fruit Juice Concentrate
- (B) Molasses
- (C) Potassium
- (D) Glucose

(C) Potassium – potassium helps with heart, muscle, and nervous system function. It also helps the body maintain the balance of water in the blood and body tissues. It is found in broccoli, green leafy vegetables, citrus fruits, bananas, dried fruits, and legumes. **Fruit juice concentrate** is made by removing water from fruit juice, leaving out pulp and nutrients that would otherwise be found in naturally squeezed juice; it is found in fruit juices and fruit-flavored yogurts. **Molasses** is a good source of iron and calcium, but has laxative properties and can trigger allergies and asthma attacks due to its high sulfur content; it is a thick, dark brown syrup obtained from raw sugar during the refining process. **Glucose** has the ability to raise the acidity of your blood, and has been linked with high cholesterol, heart disease, and obesity. Glucose is the simple sugar that is the chief source of energy; it is found in the blood and is the main sugar that the body manufactures.

Names
for Sugar



500

**All of the following are
names for sugar EXCEPT:**

- (A) Agave Nectar
- (B) Brown Rice Syrup
- (C) Barley Malt
- (D) Iron

(D) Iron — iron helps red blood cells carry oxygen to all parts of the body. Symptoms of iron-deficiency anemia include weakness and fatigue, lightheadedness, and shortness of breath. Iron-rich foods include red meat, pork, fish, poultry, lentils, beans and soy foods, green leafy vegetables, and raisins. **Agave nectar** (aka agave syrup) is very sweet (so you will use less); but its sugar is more concentrated than even high-fructose corn syrup, meaning there will not be any difference health-wise. **Brown rice syrup** (aka rice syrup or rice malt) is a sweetener made by breaking down the starch in cooked brown rice, turning it into easily digestible sugars and stripping it of nutrients); it has been found to contain significant levels of arsenic, which is toxic to humans. **Barley malt** is a grain-based sugar that is half as sweet as white sugar, but just as high on the glycemic index (a measure of how much a food spikes your blood sugar).

About how many different names for sugar are there?

**Names
for Sugar**



600

(A) 10

(B) 30

(C) 60

(D) 100

(C) 60 — By any other name, sugar is just as sweet. Gone are the days when you see straight *sugar* listed on every sweet-tasting ingredient label. Instead, you should look for the nearly 60 other hidden names for sugar. Sugar is often a hidden ingredient in processed foods that enhances flavor, masked by an alternate name. The empty calories in sugar do not provide any nutritional benefit to the body, which is why it is important to know other names for sugar on food labels.

Natural sugars are the only sugars found in which food or drink:

Natural
Sugars



100

- (A) BBQ Sauce
- (B) Fruit
- (C) Granola
- (D) Chocolate Milk

(B) Fruit (fructose) — the fructose in fruit has a natural advantage over table sugar and other added sugars because fruit contains so many vitamins, minerals, and nutrients. According to the USDA, the nutrients in fruit (vitamins, minerals, fiber) can help reduce the risk of heart attack, stroke, cancer, diabetes, obesity, high blood pressure, and other diseases.

(Chocolate milk is milk that has been flavored with cocoa and sweetened with sugar.)

Natural sugars are the only sugars found in which food or drink:

Natural
Sugars



200

- (A) Milk
- (B) Fruit Yogurt
- (C) Ketchup
- (D) Protein Bar

(A) Milk (lactose) – milk, plain yogurt, and other unsweetened dairy products contain the naturally-occurring sugar lactose. Unlike added sugars, which contribute plenty of calories but zero nutritional value, the natural sugars in dairy and fruit are part of a nutrient-dense package, so they are not something you need to worry about limiting in your diet. Milk and yogurt are among the richest sources of calcium, and they also provide protein, potassium, and other micronutrients. Regular milk and plain yogurt do not contain any added sugar, but many flavored yogurts and milks do, which is why their sugar counts are higher on the nutrition label. An 8-oz. glass of chocolate milk comes with an extra 2 teaspoons of added sugar.

Natural sugars are the only sugars found in which food or drink:



- (A) Canned fruit
- (B) Breakfast Cereal
- (C) Vitaminwater
- (D) 100% Fruit Juice

(D) 100% Fruit Juice –

Some **canned fruit** is peeled and preserved in sugary syrup. This processing strips the fruit of its fiber and adds a lot of unnecessary sugar to what should be a healthy snack. Whole, fresh fruit is best. If you want to eat canned fruit, look for canned fruit that has been preserved in juice rather than syrup, which has a slightly lower sugar content. **Vitaminwater** is marketed as a healthy drink containing added vitamins and minerals. However, like many other so-called health drinks, Vitaminwater comes with a large amount of added sugar. The sugar-free version is sweetened with artificial sweeteners (made with chemicals and containing 0 calories) instead. Plain water or sparkling water are much healthier choices if you are thirsty.

Natural Sugars



400

Natural sugars...

(A) ...take longer to digest so our blood sugar rises and falls more slowly

(B) ...are digested very quickly by our bodies and can lead to spikes in blood sugar

(A)...take longer to digest so our blood sugar rises and falls more slowly

TRUE or FALSE: *Our love for sugar is biological! In times when humans were hunters and gatherers, bitter foods were associated with poison so most sweet foods were safe to eat.*



(A) True

(B) False

(A) True – Sugar-sweetened foods trigger brain chemicals and hormones to be released, part of what is known as the Food Reward Pathway. Food Reward is crucial to feeling satisfied after eating and shares brain circuitry with addictive behaviors, including drugs. While artificial sweeteners provide sweet taste, many researchers believe that the lack of calories prevents complete activation of the food reward pathway. This may be the reason artificial sweeteners are linked with increased appetite and cravings for sugary food in some studies.

Natural
Sugars



600

**Does your body need
natural sugar?**

(A) Yes

(B) No

(A)Yes — in a sense. Your body does need carbohydrates, which are broken down into sugar in your body. This sugar is essential for your body to create energy to survive. However, it is not necessary to include sugary foods or added sugars in the diet in order for your body to make energy. A diet with adequate complex carbohydrates (from foods such as whole grains and legumes) as well as foods containing natural sugar (such as fruit and milk) will fulfill this role.

Added
Sugars



100

Added Sugars...

(A) ...take longer to digest so our blood sugar rises and falls more slowly

(B) ...are digested very quickly by our bodies and can lead to spikes in blood sugar

**(B) ...are digested very quickly by our bodies
and can lead to spikes in blood sugar –**

high blood sugar levels can lead to heart disease, diabetes, high blood pressure, weight gain, tooth decay, etc.

At least ____% of items at the supermarket contain added sugars.



- (A) 2%
- (B) 10%
- (C) 50%
- (D) 70%

(D) 70% - The best way to avoid hidden sugars in your meals is to make them at home so you know exactly what is in them. However, if you need to buy prepackaged food, make sure you check the label to identify any hidden added sugars.

Added sugars are added to _____ foods during preparation or production to make it taste better.



- (A) all
- (B) unprocessed
- (C) processed

(C) processed – added sugars are added to processed foods during preparation or production to make it taste better. They have little nutritional value other than giving you extra calories.

What is added sugar made from?

Added
Sugars



400

- (A) Sugar Cane
- (B) Sugar Beets
- (C) Maple Tree Sap
- (D) All of the Above

(D) All of the Above – the sugar cane grass plant is harvested, processed in a factory, and turned into sugar; same goes for the sugar beet plant; maple tree sap is turned into maple syrup, another name for sugar.

Added
Sugars



500

**Foods containing added
sugars are:**

(A) Sometimes foods

(B) Always foods

(C) Never foods

(A) Sometimes foods – try to limit your consumption of these foods, and only have them once in a while as a treat. It is okay to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Too much added sugar can contribute to:

Added
Sugars



600

- (A) Diabetes
- (B) Heart Disease
- (C) Weight Gain
- (D) Tooth Decay & Cavities
- (E) All of the Above

(E) All of the Above – Diabetes is a group of diseases that result in too much sugar in the blood (high blood glucose). Type 1 – pancreas produces little or no insulin (insulin is a hormone made by the pancreas that allows your body to use sugar (glucose) from carbohydrates in the food that you eat for energy or to store glucose for future use; insulin helps keep your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia)). Type 2 – affects the way the body processes blood sugar (glucose).



For each question, name the healthier sweet option

(meaning natural sugar instead of added sugar):

(1) Smoothie OR Milkshake

(2) Plain yogurt with fresh strawberries OR
Strawberry yogurt

(1) Smoothie

(2) Plain yogurt with fresh strawberries



For each question, name the healthier sweet option

(meaning natural sugar instead of added sugar):

(1) Gumballs OR Frozen grapes

(2) 100% fruit juice (with sparkling water) OR
Soda

(1) Frozen Grapes

(2) 100% fruit juice (with sparkling water)

For each question, name the healthier sweet option

(meaning natural sugar instead of added sugar):

(1) 100% fruit popsicles OR Ice cream
sandwiches

(2) Ice Cream OR Yogurt parfait



(1) 100% fruit popsicles

(2) Yogurt parfait



For each question, name the healthier sweet option

(meaning natural sugar instead of added sugar):

(1) Brownies OR Honey Seed Snacks

(2) Unsweetened dried fruit OR Sweetened
dried fruit

(1) Honey Seed Snacks

(2) Unsweetened dried fruit

**For each question, name
the healthier sweet option**

(meaning natural sugar instead of added sugar):

(1) Applesauce OR Jell-O

(2) Whole fruit OR Canned fruit



(1) Applesauce (make sure it says – no sugar added!)

(2) Whole fruit

**For each question, name
the healthier sweet option**

(meaning natural sugar instead of added sugar):

(1) Dates OR Starburst

(2) Froot Loops OR Fruit salad



(1) Dates (you can explain that they kind of look like giant raisins!)

(2) Fruit Salad

Which of the following drinks has the highest sugar content?



- (A) 1% Milk
- (B) Soda
- (C) Apple Juice
- (D) Chocolate Milk

(B) Soda –

Sugary drinks – including soda, energy drinks, and sports drinks – are the largest source of added sugar in the diet. Drinks with added sugar often provide extra calories, but few nutrients or fiber. Besides increased tooth decay, experts believe they add to obesity, which increases the risk for type 2 diabetes and heart disease. Milk, 100% fruit juice, and water are better options if you are thirsty.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That is how much sugar is in a 20 oz. soda! Instead, try mixing 100% fruit juice with sparkling water.

On average, how many sugar sweetened drinks does each person in the U.S. drink/year?



- (A) 46 gallons
- (B) 33 gallons
- (C) 28 gallons
- (D) 19 gallons

(A) 46 gallons (that is 40 lbs. of sugar!)

Rethink Your
Drink



300

**Water, Seltzer Water, Skim or
1% Milk, Unsweetened Tea:**

- (A) Drink Freely
- (B) Drink Sometimes
- (C) Drink Rarely, if at all

(A) Drink Freely

Rethink Your
Drink



400

100% Juice, Chocolate Milk, Strawberry Milk, Low Sugar Drinks:

- (A) Drink Freely
- (B) Drink Sometimes
- (C) Drink Rarely, if at all

(B) Drink Sometimes

Sodas, Sports Drinks, Energy Drinks, Sweetened Tea, Fruit & Juice Drinks with added sugar:



- (A) Drink Freely
- (B) Drink Sometimes
- (C) Drink Rarely, if at all

(C) Drink Rarely, if at all

What is the maximum amount of added sugar you should eat or drink in a day?



(A) 25 grams aka 6 teaspoons aka 6 sugar packets

(B) 50 grams aka 12 teaspoons aka 12 sugar packets

(A) 25 grams aka 6 teaspoons aka 6 sugar

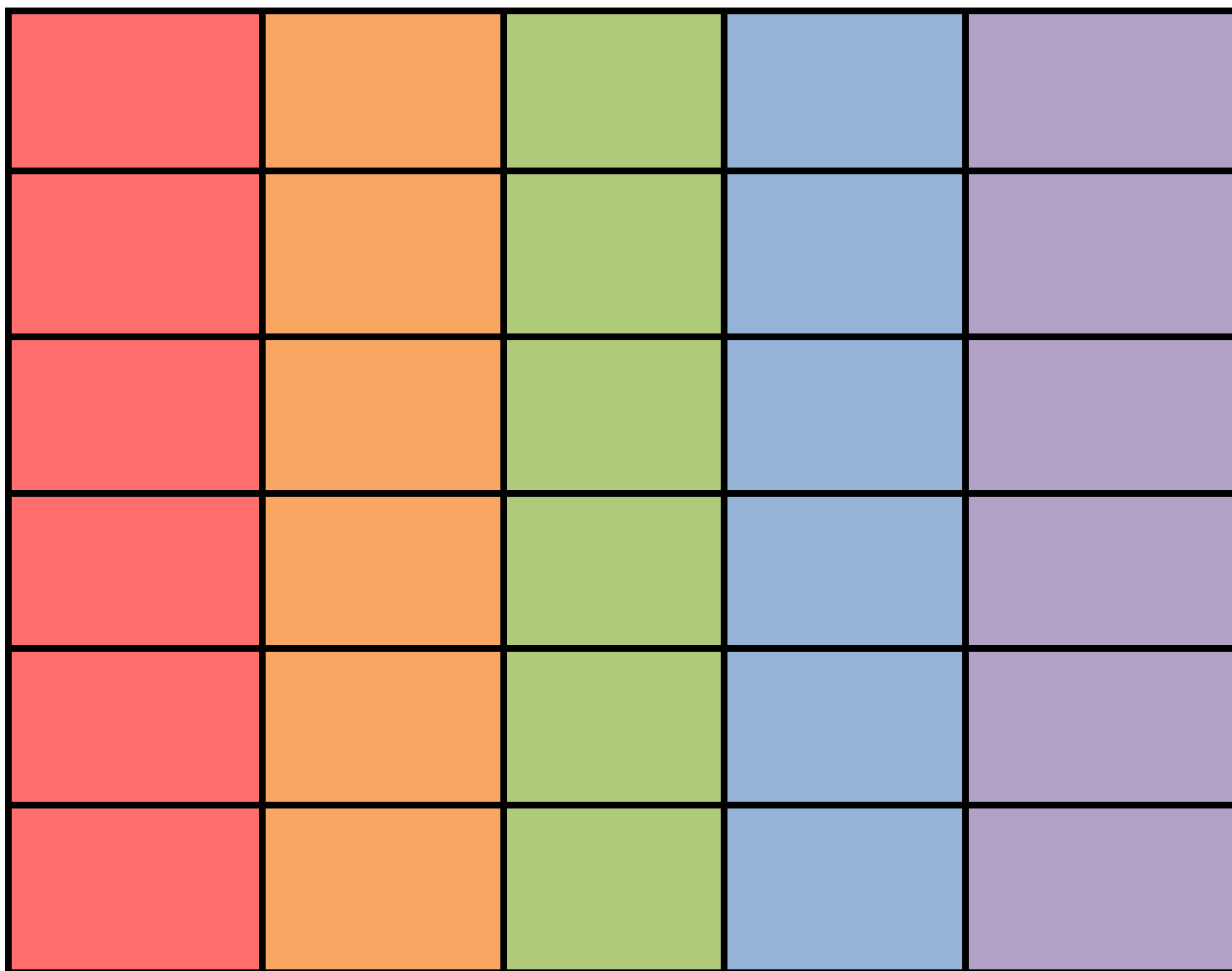
packets – (for adult women) (1 teaspoon = 4 grams sugar = 1

sugar cube) – so if you divide the grams of sugar from a nutrition label by 4, you can find how many sugar packets would be in that food item.

The American Heart Association recommends a cap of 6 to 9 teaspoons of sugar per day; this applies only to added sugar, because that is the type that has been linked to weight gain and other health problems when consumed in excess. Likewise, the Dietary Guidelines Advisory Committee proposal calls for limiting added sugar – not all sugar – to 10% of total calories.

Question Covers for Sugar Jeopardy Board:

Directions: Cut these out into 30 rectangles. After a student selects a question on the Sugar Jeopardy Board, cover it up with one of these covers so that you can keep track of which questions have already been asked/answered, and which ones have not.



Recipe: Fruit Smoothie

A healthy, refreshing, & creamy fruit drink!

Measure 1 cup of each into a blender:

- Frozen Strawberries
- Frozen Blueberries
- Fresh ripe banana
- Orange Juice

Blend until smooth and creamy.

Pour into cups. Enjoy with the whole family!



Recipe: Fruit Smoothie

A healthy, refreshing, & creamy fruit drink!

Measure 1 cup of each into a blender:

- Frozen Strawberries
- Frozen Blueberries
- Fresh ripe banana
- Orange Juice

Blend until smooth and creamy.

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- Frozen Blueberries
- Fresh ripe banana
- Orange Juice

Blend until smooth and creamy.

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Recipe: Fruit Smoothie

A healthy, refreshing, & creamy fruit drink!

Measure 1 cup of each into a blender:

- Frozen Strawberries
- Frozen Blueberries
- Fresh ripe banana
- Orange Juice

Blend until smooth and creamy.

Pour into cups. Enjoy with the whole family!



Appendix 7:

Vegetables & Healthy Cooking



What are Vegetables?

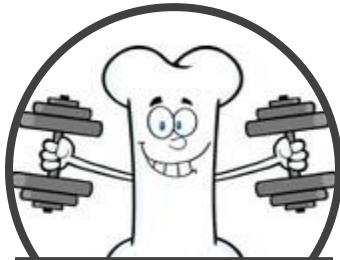




Healthy Eyes



Healthy Heart



Strong Bones



Strong Teeth



Healthy Weight

Why are Vegetables Healthy?



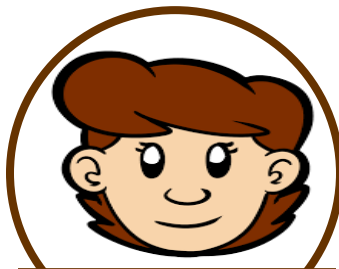
Reduce Cancer Risk



Healthy Skin



Healthy Immune System



Healthy Hair



Antioxidants



Vitamins

**How many
Vegetables
should you
eat each
day?**

At least 5 Servings

At least 2½ Cups



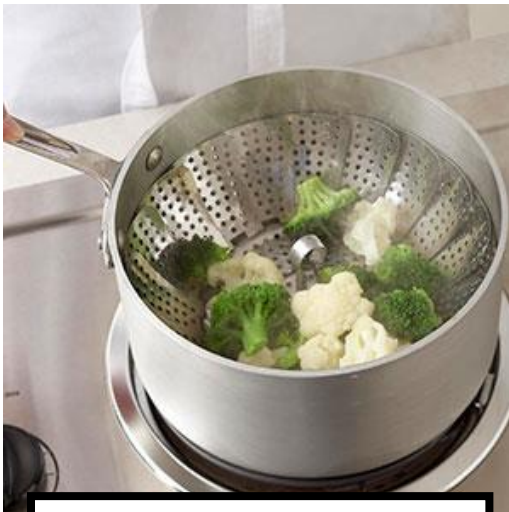
How can you prepare Vegetables?



Stir Fry on the Stove



Microwave



Steam on the Stove



Raw



Roast in the Oven



Grill

How do you eat your vegetables?



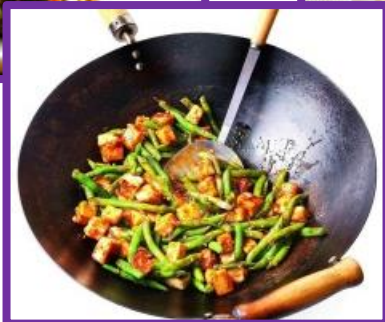
Breakfast



Lunch



Snack



Dinner



Carrie Carrot



Orange



I am...
Orange. Healthy for your **eyes.**
Yummy with a **dip.** The **root** of a plant.

Sarah Celery



Green



I am...
Green. Healthy for your **bones & teeth.**
Yummy with a **dip.** The **stem** of a plant.

Katie Kale



Green



I am...
Green. Healthy for your **bones & teeth.**
Yummy in a **salad.** The **leaves** of a plant.

Brody Broccoli

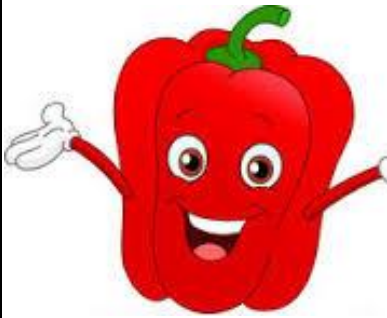


Green



I am...
Green. Healthy for your **bones & teeth.**
Yummy with a **dip.** The **flowers** of a plant.

Peter Pepper



Red



I am...
Red. Healthy for your **heart**.
Yummy in a **stir fry**. The **fruit** of a plant.

Aaron Arugula

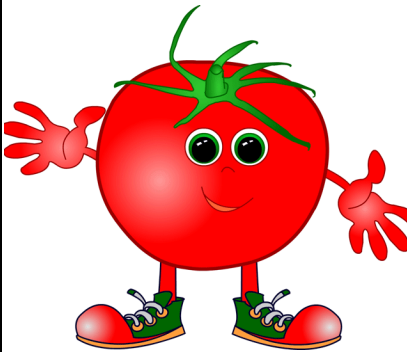


Green



I am...
Green. Healthy for your **bones & teeth**.
Yummy in a **salad**. The **leaves** of a plant.

Tommy Tomato



Red



I am...
Red. Healthy for your **heart**.
Yummy on **pizza**. The **fruit** of a plant.

Rachel Radish



Red



I am...
Red. Healthy for your **heart**.
Yummy in a **salad**. The **root** of a plant.

Bianca Brussels Sprout



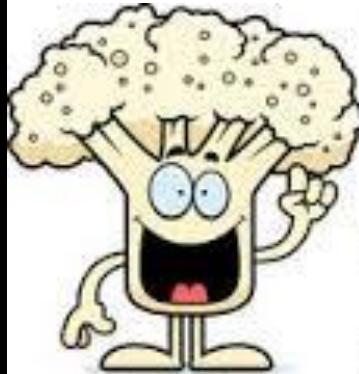
Green



I am...

Green. Healthy for your **bones & teeth.**
Yummy in a **salad.** The **leaves** of a plant.

Cara Cauliflower



White



I am...

White. Healthy for **fighting off disease.**
Yummy with a **dip.** The **flowers** of a plant.

Gary Green Bean



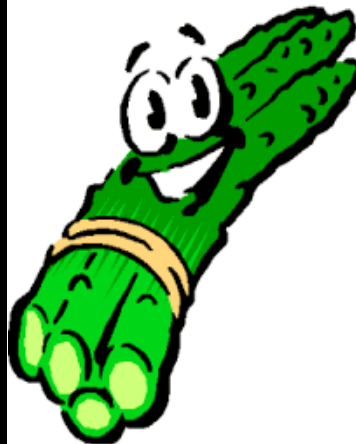
Green



I am...

Green. Healthy for your **bones & teeth.**
Yummy in a **stir fry.** The **fruit** of a plant.

Ava Asparagus



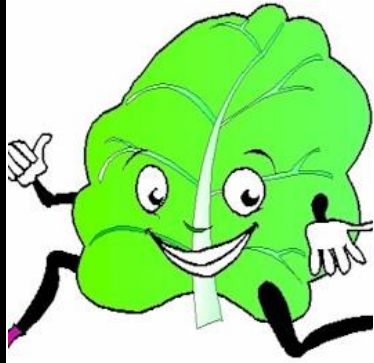
Green



I am...

Green. Healthy for your **bones & teeth.**
Yummy in a **stir fry.** The **stem** of a plant.

Sam Spinach



Green



I am...

Green. Healthy for your **bones & teeth.**
Yummy in a **salad.** The **leaves** of a plant.

Olivia Onion



White



I am...

White. Healthy for **fighting off disease.**
Yummy on **pizza.** The **root** of a plant.

Benny Beet



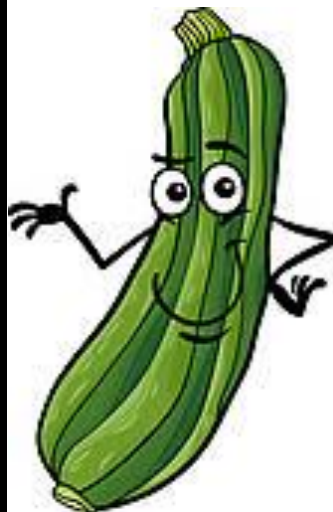
Red



I am...

Red. Healthy for your **heart.**
Yummy in a **salad.** The **root** of a plant.

Zach Zucchini



Green



I am...

Green. Healthy for your **bones & teeth.**
Yummy in **lasagna.** The **fruit** of a plant.

Ella Eggplant



Purple



I am...
Purple. Healthy for your **memory**.
Yummy in **lasagna**. The **fruit** of a plant.

Cora Corn



Yellow



I am...
Yellow. Healthy for **fighting off disease**.
Yummy in **salad**. The **seeds** of a plant.

Steve Snap Pea



Green



I am...
Green. Healthy for your **bones & teeth**.
Yummy with a **dip**. The **fruit** of a plant.

Kevin Cucumber

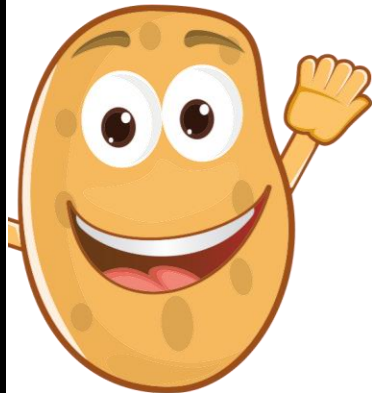


Green



I am...
Green. Healthy for your **bones & teeth**.
Yummy in a **sandwich**. The **fruit** of a plant.

Suzy Sweet Potato



Orange



I am...

Orange. Healthy for your **eyes**.
Yummy in a **soup**. The **root** of a plant.

Leo Lettuce



Green



I am...

Green. Healthy for your **bones & teeth**.
Yummy in a **sandwich**. The **leaves** of a plant.

Polly Purple Cabbage



Purple



I am...

Purple. Healthy for your **memory**.
Yummy in **salad**. The **leaves** of a plant.

Chris Cabbage



Green



I am...

Green. Healthy for your **bones & teeth**.
Yummy in a **salad**. The **leaves** of a plant.

Al Artichoke



Green



I am...

Green. Healthy for your **bones & teeth**.
Yummy on **pizza**. The **flower** of a plant.

Tara Turnip



Purple



I am...

Purple. Healthy for your **memory**.
Yummy in a **soup**. The **root** of a plant.

Sofia Squash



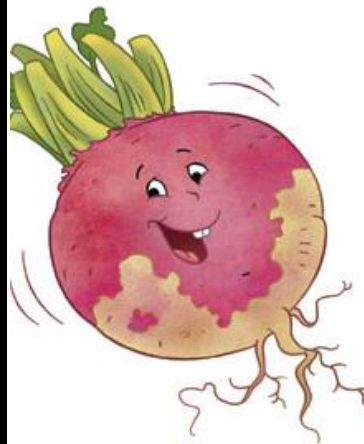
Yellow



I am...

Yellow. Healthy for **fighting off disease**.
Yummy in a **soup**. The **fruit** of a plant.

Raul Rutabaga



Purple









I am...


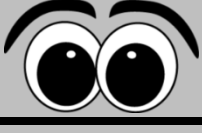



Purple. Healthy for your **memory**.
Yummy in a **soup**. The **root** of a plant.








COLOR:	
Red	
Orange	
Yellow	
Green	
Purple	
White	

KEY:

Vegetable Cards

THE ___ OF A PLANT	
Root	
Stem	
Leaves	
Flower	
Fruit	
Seeds	

HEALTHY FOR...	
Heart	
Eyes	
Fighting disease	
Bones & Teeth	
Memory	

YUMMY IN...	
Salad	
Soup	
Stir Fry	
Sandwich	
Pizza	
Lasagna	
W/ a Dip	

I am...

Red



Peter Pepper, Tommy Tomato, Rachel Radish,
Benny Beet

I am...

Orange



Carrie Carrot, Suzy Sweet Potato

I am...

Yellow



Cora Corn, Sofia Squash

I am...

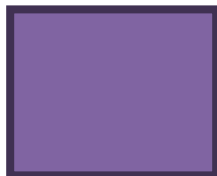
Green



Sarah Celery, Katie Kale, Brody Broccoli, Aaron
Arugula, Bianca Brussels Sprout, Gary Green
Bean, Al Artichoke, Ava Asparagus, Sam
Spinach, Zach Zucchini, Steve Snap Pea, Kevin
Cucumber, Leo Lettuce, Chris Cabbage

I am...

Purple



Ella Eggplant, Tara Turnip, Raul Rutabaga, Polly
Purple Cabbage

I am...

White



Cara Cauliflower, Olivia Onion

I am...

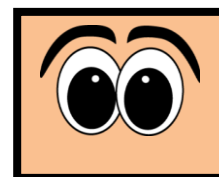
**Healthy for your
heart**



Peter Pepper, Tommy Tomato, Rachel Radish,
Benny Beet

I am...

**Healthy for your
eyes**



Carrie Carrot, Suzy Sweet Potato

I am...

Healthy for fighting off disease



Cora Corn, Sofia Squash, Cara Cauliflower, Olivia Onion

I am...

Healthy for your bones and teeth



Sarah Celery, Katie Kale, Brody Broccoli, Aaron Arugula, Bianca Brussels Sprout, Gary Green Bean, Al Artichoke, Ava Asparagus, Sam Spinach, Zach Zucchini, Steve Snap Pea, Kevin Cucumber, Leo Lettuce, Chris Cabbage

I am...

Healthy for your memory



Ella Eggplant, Tara Turnip, Raul Rutabaga, Polly Purple Cabbage

I am...

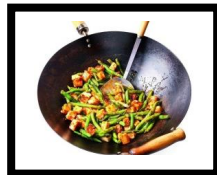
Yummy in a salad



Katie Kale, Aaron Arugula, Rachel Radish, Bianca Brussels Sprout, Sam Spinach, Benny Beet, Cora Corn, Polly Purple Cabbage, Chris Cabbage

I am...

Yummy in a stir fry



Peter Pepper, Gary Green Bean, Ava Asparagus

I am...

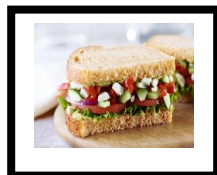
Yummy in a soup



Suzy Sweet Potato, Tara Turnip, Sofia Squash, Raul Rutabaga

I am...

Yummy in a sandwich



Kevin Cucumber, Leo Lettuce

I am...

Yummy in lasagna



Zach Zucchini, Ella Eggplant

I am...

Yummy on a
pizza



Tommy Tomato, Olivia Onion, Al Artichoke

I am...

Yummy with a
Dip



Carrie Carrot, Sarah Celery, Brody Broccoli, Cara Cauliflower, Steve Snap Pea

I am...

The **root** of a
plant



Carrie Carrot, Rachel Radish, Olivia Onion, Benny Beet, Suzy Sweet Potato, Tara Turnip, Raul Rutabaga

I am...

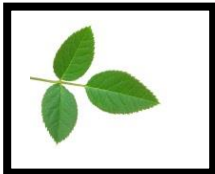
The **stem** of a
plant



Sarah Celery, Ava Asparagus

I am...

The **leaves** of a
plant



Katie Kale, Aaron Arugula, Bianca Brussels Sprout, Sam Spinach, Leo Lettuce, Polly Purple Cabbage, Chris Cabbage

I am...

The **flower** of a
plant



Brody Broccoli, Cara Cauliflower

I am...

The **fruit** of a
plant



Peter Pepper, Tommy Tomato, Gary Green Bean, Zach Zucchini, Ella Eggplant, Steve Snap Pea, Kevin Cucumber, Al Artichoke, Sofia Squash

I am...

The **seeds** of a
plant



Cora Corn



Vegetable Song-and-Dance Lyrics:



ALL: Veg-ta-ble, Veg-veg-ta-ble, Vegetable!

ALL: Veg-ta-ble, Veg-veg-ta-ble, Vegetable!



ME: Hey _____,



YOU: Hey What,

ME: Show Me How,



YOU: How to What,

ME: How to Eat,



YOU: Eat a What,

ME: Eat a _____!



YOU: Right on – my hands are high, my hands are low, and this is how I eat a _____.

ALL: Her/his hands are high, her/his hands are low, and this is how she/he eats a _____!



Recipe: Kale Salad

A healthy, crunchy, & tangy salad!

Measure each ingredient into a large bowl:

- 3 cups Kale (*wash, rip leaves off stems, + tear leaves into bite-sized pieces*)
- 2 tablespoons Olive Oil
- 1 tablespoon Apple Cider Vinegar
- ¼ cup Pumpkin Seeds
- ¼ cup Dried Cranberries

Massage everything together with your hands until kale is soft + dark green in color. Enjoy!

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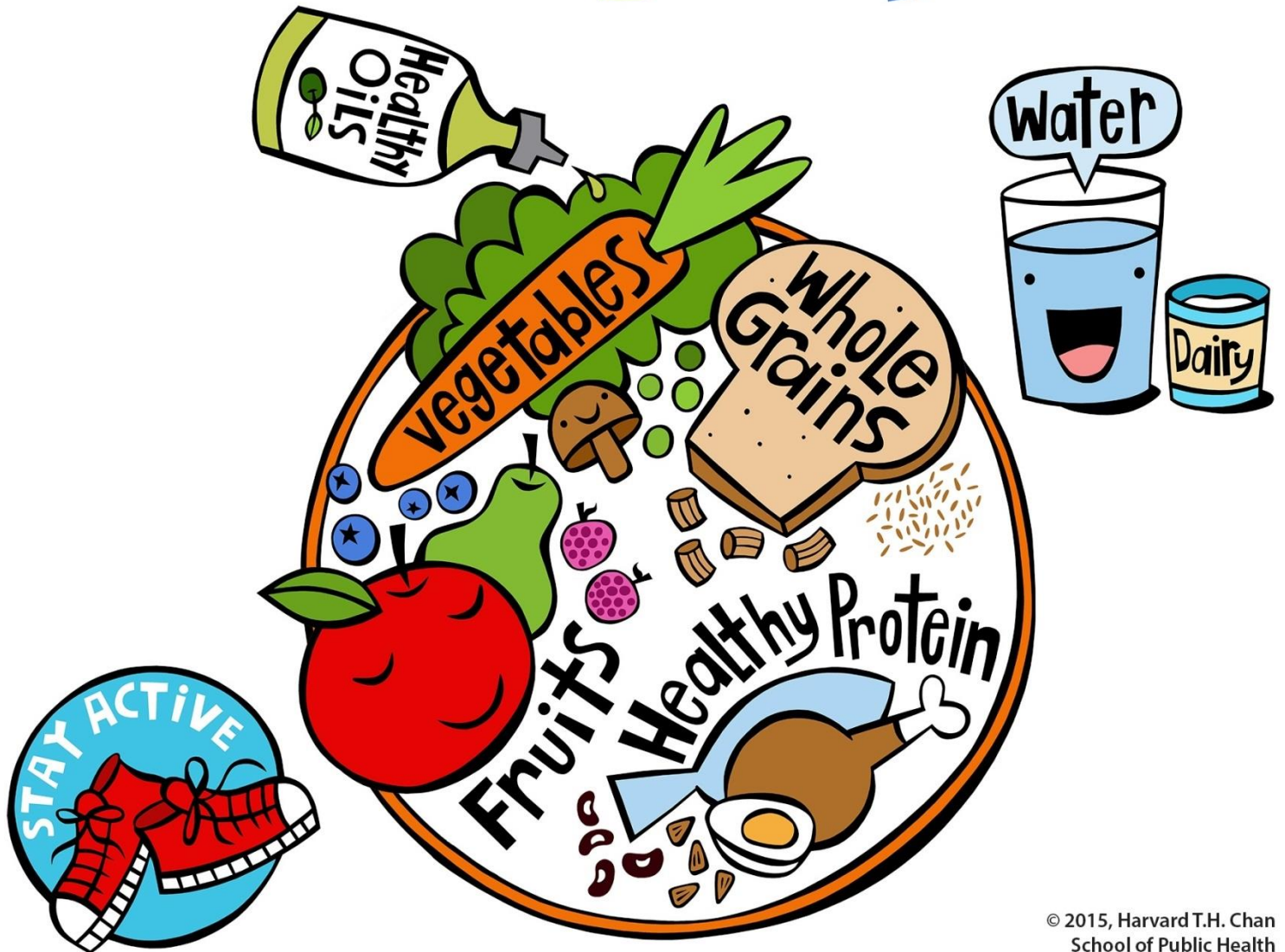
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Appendix 8:

Building Healthy Meals

(fruits/veggies/proteins/whole grains/fats)

Kid's Healthy Eating Plate



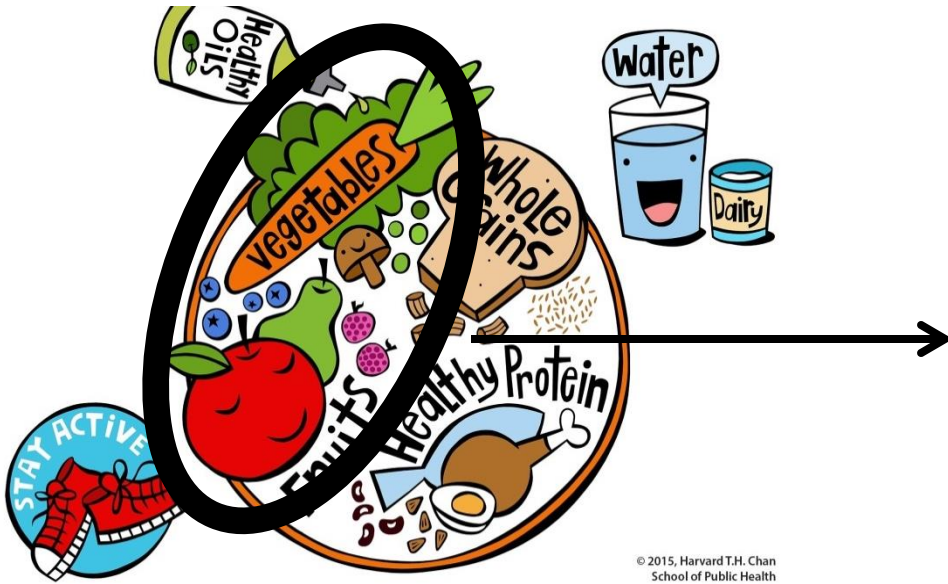
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Copyright © 2015 Harvard T.H. Chan School of Public Health. For more information about The Kid's Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate

FRUITS

&

VEGETABLES



About ½ of your plate

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Foods like...



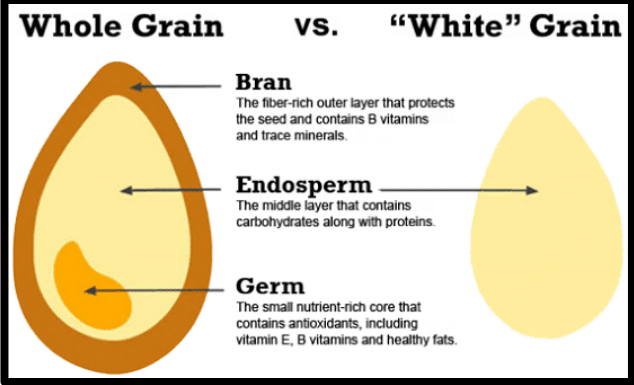
Foods like...



WHOLE GRAINS



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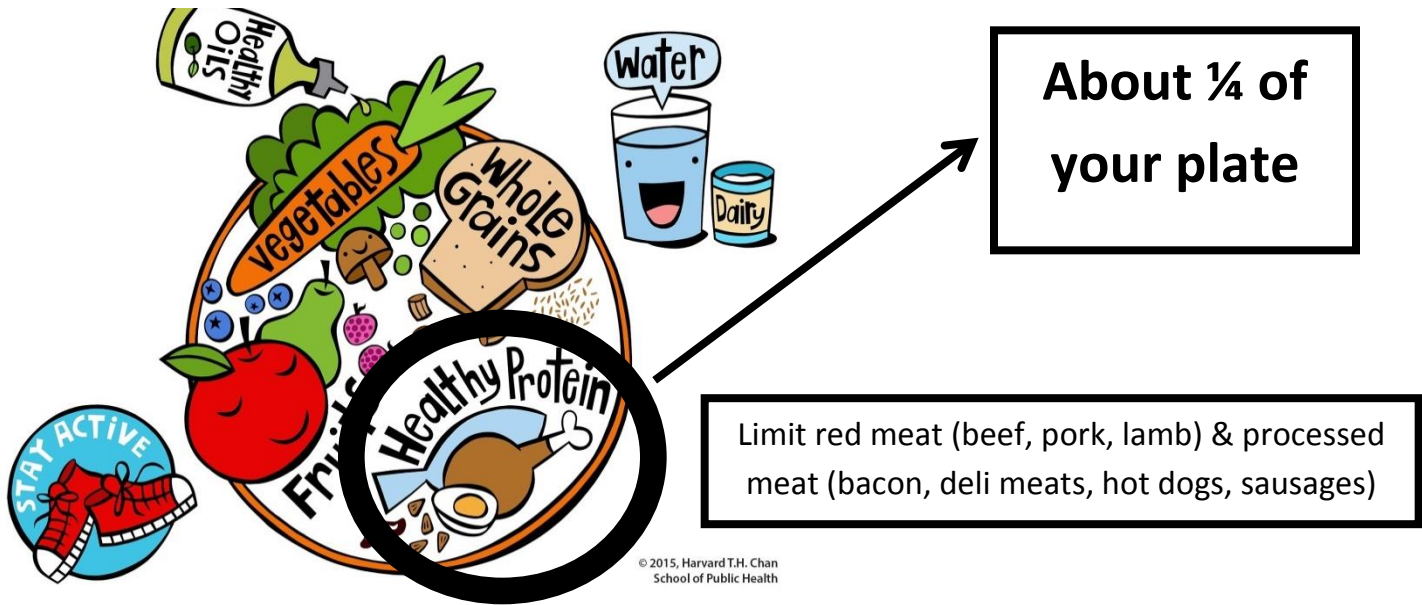


About 1/4 of your plate

Foods like...



HEALTHY PROTEIN



Foods like...



HEALTHY FATS



Use a little
bit with your
meal

“Good” Fats = unsaturated (fish, nuts, seeds, avocado, plant-based oils)

“Bad” Fats = saturated (red meat, butter, cheese, ice cream) & trans fats (processed junk food)

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Foods like...



HEALTHY DRINKS & DAIRY

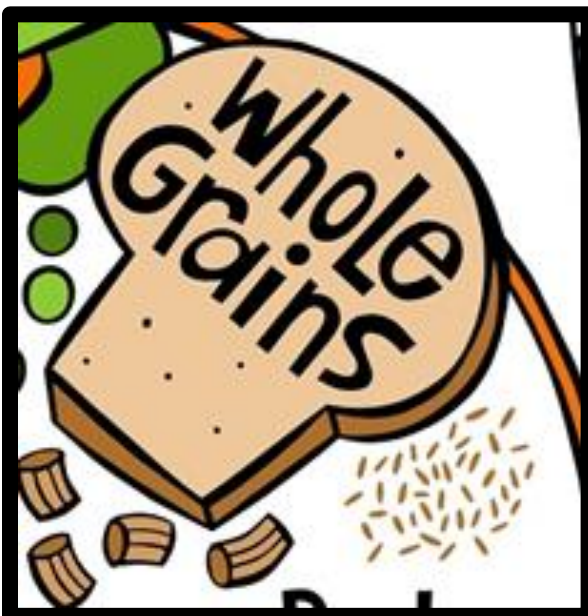
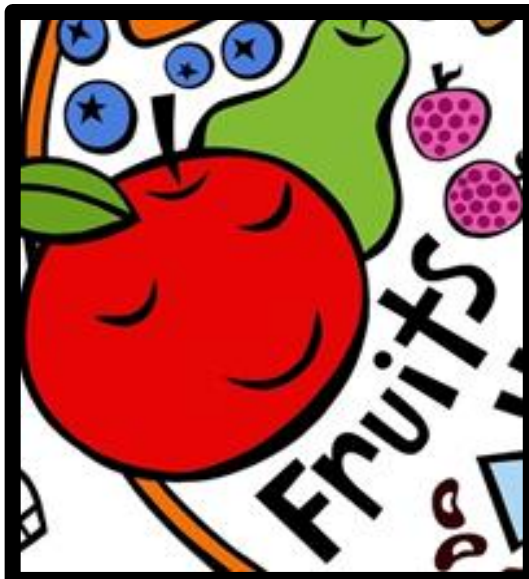


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Choose water often, & small amounts of dairy

Foods & Drinks like...





KEY:

Vegetables	
Fruits	
Whole Grains	
Healthy Proteins	
Healthy Fats	
Healthy Drinks	

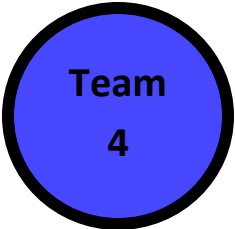
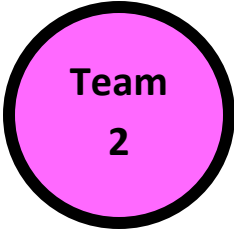
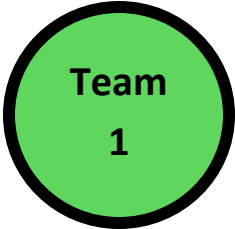
The Healthy Eating Board Game



How to Play: Roll the dice. Move ahead that many spaces. Based on the color of the space you land in, name a food that fits into that category. For example, if you land on a green space, name a vegetable. If you do it correctly, then you stay on the space. If not, then you go back to where you started. To move ahead 1 bonus space, build a complete meal around that food. For example, if you said broccoli, you could add brown rice, black beans, olive oil, water, and an apple. The first one to the finish line wins!



Cut out these Player Pieces. Split the class into 2 to 4 teams. Assign 1 player piece to each team, and place it on the “Start” shape on the game board.

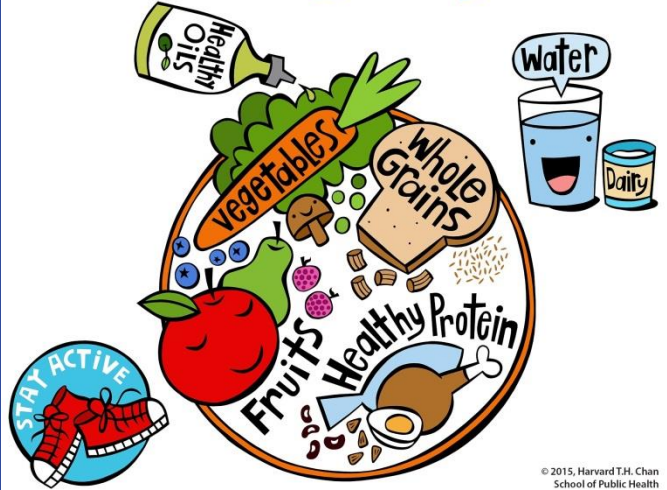


Kid's Healthy Eating Plate



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Recipe: Veggie Hummus Pinwheels

A healthy and fun snack full of protein, whole grains, and vegetables!

Spread the following ingredients onto a large whole wheat tortilla:*

- 3 tablespoons hummus
- ¼ cup spinach or lettuce, chopped
- 1 small carrot, shredded
- 1 small cucumber, sliced

Tightly roll the tortilla, and cut into about 8 pieces. Enjoy your pinwheel sandwiches!

*add sliced tomatoes, avocado, and/or bell peppers if desired

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