Thanks for previewing!

#1 Best Seller on TPT!

Food Label Scavenger Hunt

★Grades 6–12th

MAIN MEALS: Original Food Labels by: https://www.nutritionix.com/ Edited to match U.S.D.A. food labels

Costco Pizza:

Costco Hot Dog:

Nutrition Facts

1 serving per container

Serving Size	1 Slice
Amount per serving	
Calories	**760**
	% Daily Value*
Total Fat 30g	46%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 1740mg	72%
Total Carbohydrates 80g	27%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 40g	

Nutrition Facts

Costco Hot Dog

1 serving per container

Serving Size	1 Hot Dog (120 g)
Amount per serving	
Calories	**316**
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 6.7g	
Cholesterol 28mg	9%
Sodium 871mg	36%
Potassium 228mg	7%

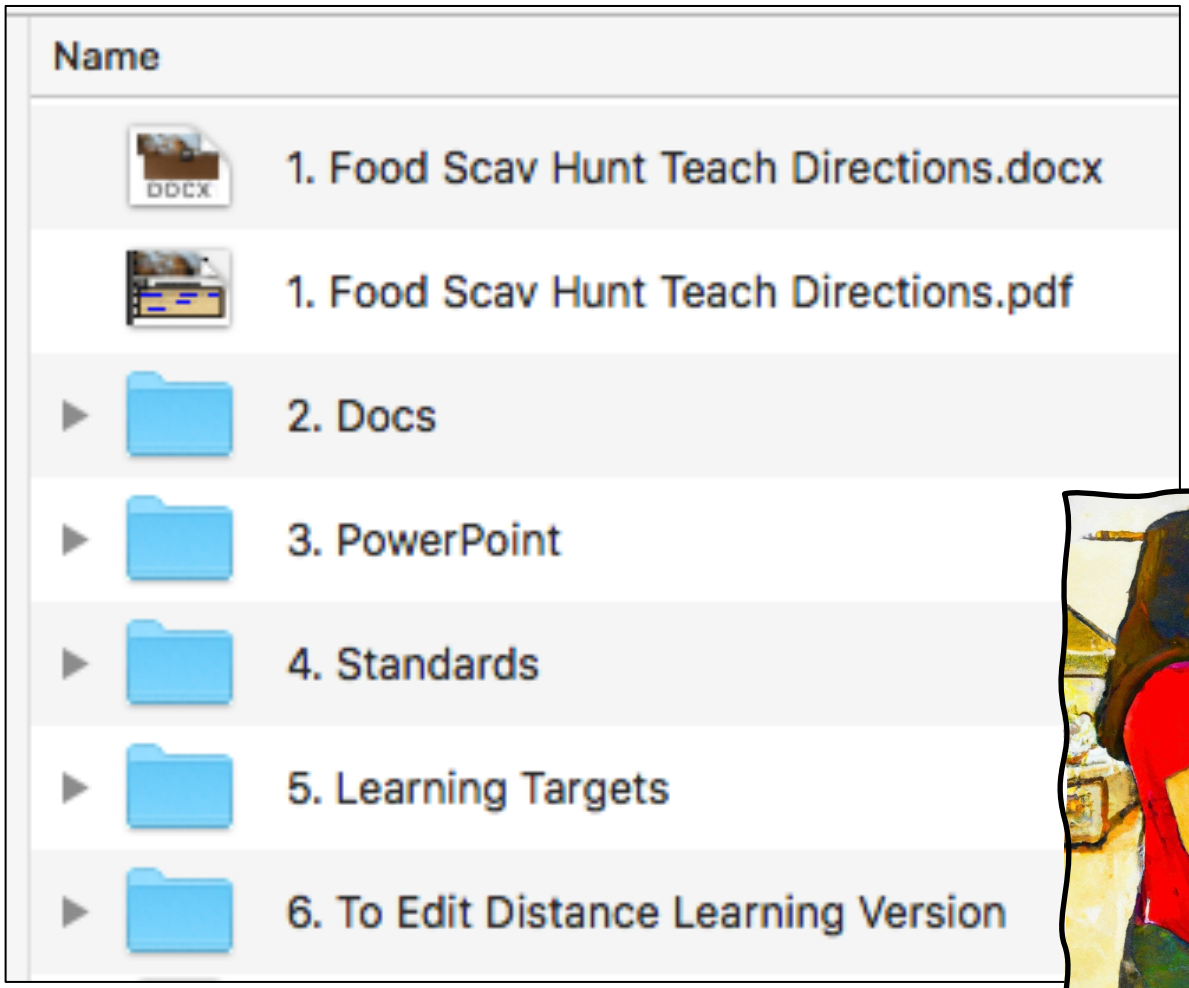
Name: _____

Food Label Scavenger Hunt Worksheet

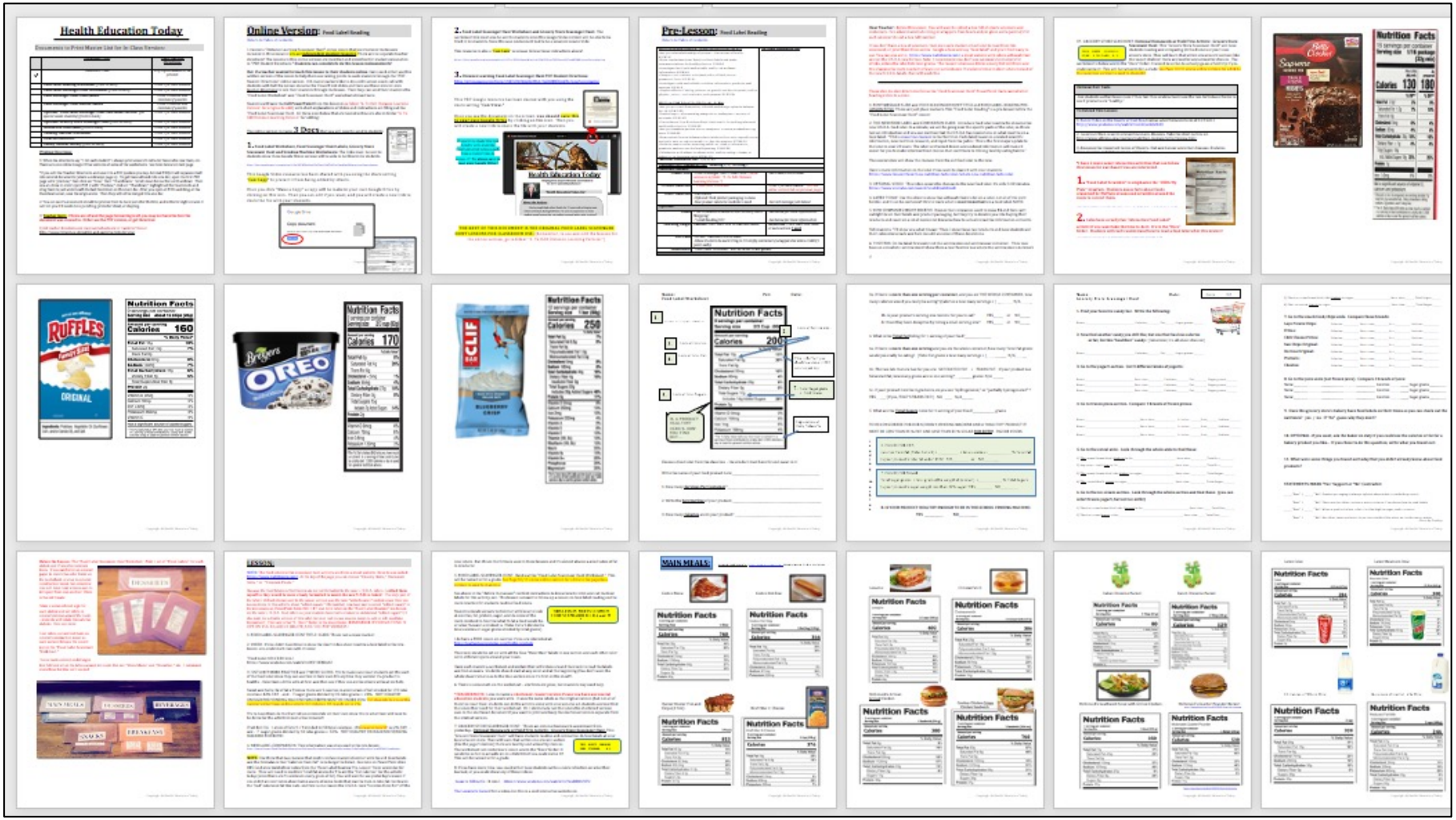
BLUE – FAST FOOD	
Questions:	
Which one has fewer **Calories**? Costco Pizza, or a Costco Hot Dog ?	1. _____
People with high blood pressure should watch their sodium. The maximum per day is 2400 mg. Compare the **Sodium** in these 2 foods:	2. DQ Chicken St Basket:_____
What % fat are Lasagna and Croissan'wich? Is this "healthy?" ***HINT:** Put **Calories from Fat** into your calculator and divide by **Calories*** *** HINT "Healthy?":** *No more than 35% of total daily calories should come from fat*	4. Lasagna:_____ 6. Healthy? Circle: yes or no
Which has less total fat – Chicken McGrill or Crispy Chicken?	8. _____
I want to have salad dressing on my salad at McDonalds. Which one has the least amount of both **Calories** and **Total Fat:** Creamy Caesar or Ranch?	Creamy Caesar: Ranch 13. Which one ha

ON GOOGLE DRIVE!

Here's an example of what is in this unit:



FULL STEP-BY-STEP TEACHER DIRECTIONS



STUDENT DOCS FOR PRINT

& ONLINE on GOOGLE DRIVE!

On GOOGLE DOCS!

Name: X Per: X Date: X

Food Label Worksheet

1. Look at servings per container
2. Look at Serving size
3. Look at Calories
4. Look at Total Fat
5. Look at Total Sugars

Nutrition Facts

9 servings per container

Serving size 2/3 Cup (90g)

Amount per serving

Calories 200

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	

*The % Daily Value 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.

6. Total Fat x 9 = ___ ÷ Calories

IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

Choose a food label from the class box - the product must have fat

Write the name of your food product here: X

1. How many **Servings Per Container**? X
2. Write the **Serving Size** of your product: X
3. How many **Calories** are in your product? X

Name: X Date: ___ Score: X /32

Grocery Store Scavenger Hunt

1. Find your favorite candy bar. Write the following:

Name: X Calories: X Fat: X Sugar grams: X

2. Now find another candy you still like, but one that has less calories or fat, list this "healthier" candy: (remember, it's all about choices!)

Name: X Calories: X Fat: X Sugar grams: X

3. Go to the yogurt section. List 3 different kinds of yogurts:

Name: X Serv. size: X Calories: X Fat: X Sugar grams: X

Name: X Serv. size: X Calories: X Fat: X Sugar grams: X

Name: X Serv. size: X Calories: X Fat: X Sugar grams: X

Name: X

Per.: X Date: X

After you have researched your vending machine product and written your findings in the top row, ask your classmates about their product and record their data. Figure out if these vending machine items are less than BOTH 35% Fat and Sugar and circle if they SHOULD in in the machine.

	Student Name:	Vending Machine Product	% Total Fat *(Fat calories. ÷ total calories)*	Total Sugar Weight % *(Sugar gr. ÷ total gr.)*	Are **both** of these less than 35%? Circle one:
Yours					Yes / No
1.	X	X	X	X	Yes / No
2.	X	X	X	X	Yes / No
3.	X	X	X	X	Yes / No
4.	X	X	X	X	Yes / No
5.	X	X	X	X	Yes / No
6.	X	X	X	X	Yes / No
7.	X	X	X	X	Yes / No

STUDENT DOCS FOR PRINT & ONLINE on GOOGLE DRIVE!

Large Coke:

Nutrition Facts

Coke

1 serving per container

Serving Size	22 fl oz (675 g)
Amount per serving	
Calories	**284**
	% Daily Value*
Total Fat 1.7g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 34mg	1%
Total Carbohydrates 70g	23%
Dietary Fiber 0g	0%
Sugars 67g	
Protein 0g	

Large Mountain Dew:

Nutrition Facts

Mountain Dew

1 serving per container

Serving Size	22 fl oz (660 g)
Amount per serving	
Calories	**308**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 116.6mg	5%
Potassium 13mg	0%
Total Carbohydrates 83.6g	28%
Dietary Fiber 0g	0%
Sugars 83.6g	
Protein 0g	

16 Ounces of Whole Milk:

Nutrition Facts

4 servings per container

Serving Size	2 cups
Amount per serving	
Calories	**320**
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 250mg	10%
Total Carbohydrates 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 20g	

16 ounces of low fat - 2% Milk:

Nutrition Facts

Reduced Fat Milk

4 servings per container

Serving Size	2 cups (488 g)
Amount per serving	
Calories	**244**
	% Daily Value*
Total Fat 9.7g	15%
Saturated Fat 6.1g	31%
Trans Fat 0.4g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2.7g	
Cholesterol 39mg	13%
Sodium 229mg	10%
Potassium 683mg	20%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 16g	

PowerPoints Lead You Through the Lessons…

55. FOOD LABEL SCAVENGER HUNT LESSON TITLE SLIDE: This is just a place marker.

56. HOW TO READ TITLE: This is a place marker.

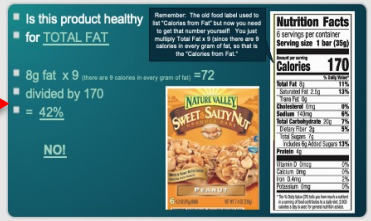
57 thru 64. JUST A BIT MORE PRACTICE and 7 MORE SLIDES: Try to make sure your students get this part of the food label since they can use this in their own life anytime they wonder if a product is healthy…Help them a little with at first, and then see if they can do the others without my help.

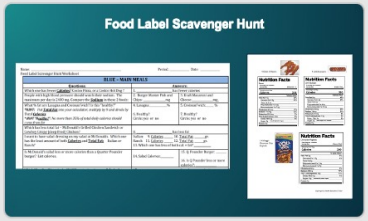
Sweet and Salty: 8g of fat x 9 (since there are 9 calories in every gram of fat) divided by 170 total calories= 42% FAT -and - 7 sugar grams divided by 35 total grams = 20% NOT HEALTHY ENOUGH FOR VENDING MACHINE SINCE BOTH MUST BE UNDER 35%! Tell students to round the number rather than adding points; for instance .18 rounds up to 2%.

Try to have them do the fruit roll up completely on their own since this is what they will need to be doing for the activity in just a few minutes!!

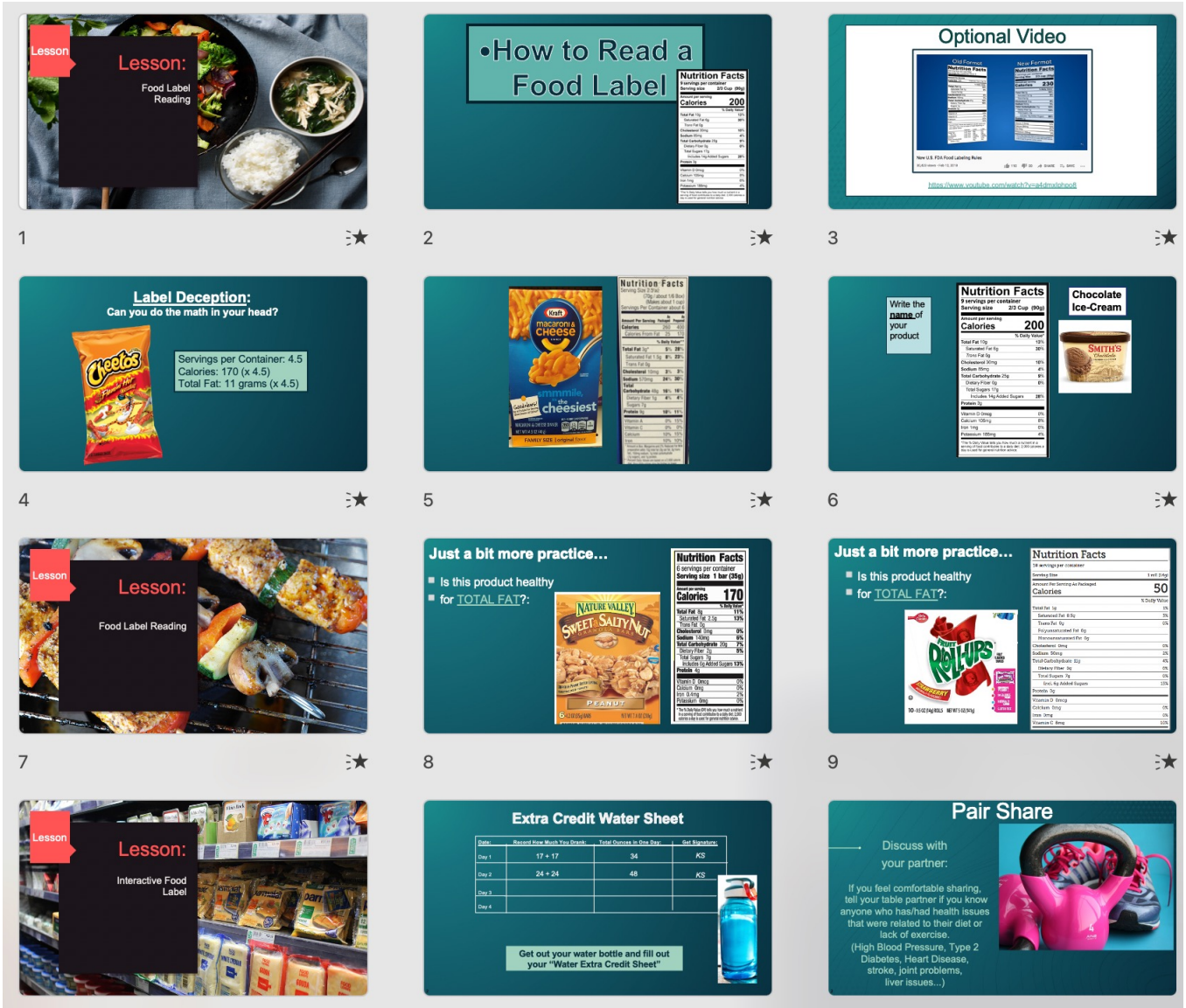
Fruit Roll Up: 1 gram of fat x 9 = 9 divided by 50 total calories= .18 (always round it) so 2% FAT -and - 7 sugar grams divided by 14 total grams = 50% NOT HEALTHY ENOUGH FOR VENDING MACHINE FOR BOTH!

65. WORKSHEET. Hand out the Food Label Worksheet.





Here are some slides from the presentation:



“Independent Student” Directions” PowerPoint:

For Student to Read:

Use this “Oreo Cookie Sandwich as your product to use with the “Food Label Reading” worksheet. Serving size is 3 cookies.

Nutrition Facts

15 servings per container
Serving Size 3 Cookies (34 g)

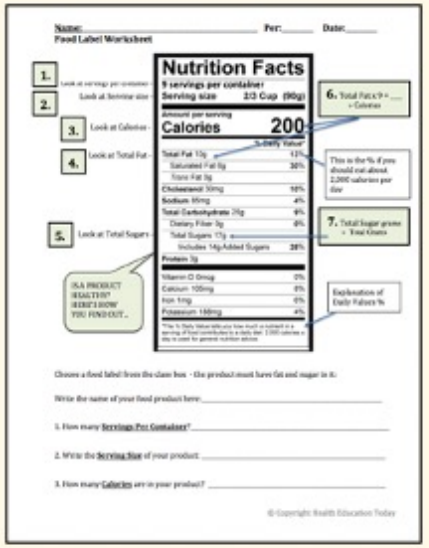
Amount per serving
Calories 160

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 55mg	2%
Total Carbohydrates 25g	8%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	

Use the “3 Oreo Cookies” label as your product to use with this “Food Label Reading” worksheet.

Your teacher will need to send this Google Slides Worksheet link to you where you are able to fill in the worksheet.

The next slides will walk you through as you keep coming back to this worksheet and fill it out.



Directions teach concepts and walk students through the activity!

Day 1: How to Read a Food Label:

NEW USDA Labels!

#2 Write the **Serving Size** of your product

Nutrition Facts
9 servings per container
Serving size 2/3 Cup (90g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

Ice-Cream

Watch a video on "Grocery Store Savvy"[12]

Trans Fat Example:

Ingredients:

Confection Coating [Sugar, **Partially Hydrogenated Palm Kernel Oil**, Calcium Carbonate, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk, Yogurt Culture), Titanium Dioxide (Artificial Color), Soy Lecithin (An Emulsifier), Vanilla], Pretzels [Soft Red Wheat Flour, **Partially Hydrogenated Soybean Oil**, Salt, Corn Syrup, Sodium Bicarbonate, Yeast]. Contains Milk, Soybeans, Wheat.

Name: X Per: X Date: X

Food Label Worksheet

1. Look at servings per container
2. Look at Serving size
3. Look at Calories
4. Look at Total Fat
5. Look at Total Sugars

Nutrition Facts
9 servings per container
Serving size 2/3 Cup (90g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

6. Total Fat x 9 = ___ ÷ Calories

This is the % if you should eat about 2,000 calories per day

7. Total Sugar grams ÷ Total Grams

Explanation of Daily Values %

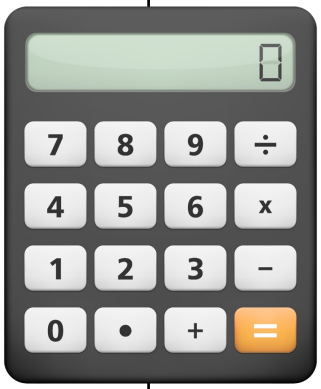
IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

Choose a food label from the class box - the product must have fat and sugar in it:

Write the name of your food product here: X

1. How many **Servings Per Container**? X

- How to read a food label
- Media Literacy: Deceptive packaging, unrealistic serving sizes and servings per container...
- Real food container examples!
- Grocery Store Savvy and product manipulation
- "How to Read a Food Label Activity"
- Healthy Schools Information
- How to tell if a product is "healthy"
- Food label reading video
- "How to Read a Food Label Worksheet"



Day 2: Food Label Scavenger Hunt:

42 Labels!

MAIN MEALS: Original Food Labels by: https://www.nutritionix.com/ Edited to match U.S.D.A. food labels

Costco Pizza:

Costco Hot Dog:

Nutrition Facts
1 serving per container
Serving Size 1 Slice
Amount per serving
Calories 760

	% Daily Value*
Total Fat 30g	46%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 1740mg	72%
Total Carbohydrates 80g	27%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 40g	

Nutrition Facts
Costco Hot Dog
1 serving per container
Serving Size 1 Hot Dog (120 g)
Amount per serving
Calories 316

	% Daily Value
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 6.7g	
Cholesterol 28mg	9%
Sodium 871mg	36%
Potassium 228mg	7%

Burger Master Fish and Chips (2 fish):

Kraft Mac n' Cheese:

Nutrition Facts
1 serving per container
Serving Size 2 Pieces
Amount per serving
Calories 813

	% Daily Value*
Total Fat 49.3g	76%
Saturated Fat 8.7g	43%
Trans Fat 2g	
Cholesterol 83.3mg	28%
Sodium 633.3mg	26%
Total Carbohydrates 41.3g	14%
Dietary Fiber 4.7g	
Sugars 5.3g	
Protein 30.7g	

Nutrition Facts
Kraft Mac N Cheese
3 servings per container
Serving Size 1 Cup (198 g)
Calories 376

Total Fat 16g	
Saturated Fat 3.6g	
Trans Fat 2.5g	
Polyunsaturated Fat 3.7g	
Monounsaturated Fat 7.3g	
Cholesterol 5.9mg	

Just a bit more practice…

- Is this product healthy
- for TOTAL FAT?:

Nutrition Facts
6 servings per container
Serving size 1 bar (35g)
Amount per serving
Calories 170

	% Daily Value*
Total Fat 8g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	5%
Total Sugars 7g	
Includes 6g Added Sugars	13%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

NEW USDA Labels on PowerPoint!

-For the "Food Label Scavenger Hunt" students will review food label reading, then walk around the room reading food labels from these 5 categories:

MAIN MEALS
BEVERAGES
BREAKFAST
DESSERTS
SNACKS

Day 2 Continued:

42 food labels and

-Edited to match NEW USDA Labels!

How many packets of Instant Oatmeal could I eat + still have fewer calories than the Cinnabon?: ***HINT:** Put Cinnabon **Calories** into your calculator and divide by **Calories** in 1 packet of Oatmeal)*	27. How many oa
Let's compare bacon and sausage.	28. If you ate a se 29. If you ate 4 sa
We should get some **Carbohydrates** for energy in the morning-would a PopTart be a good source? ***Hint for #30:** put **Sugars** into your calculator and divide by **Total Carbs**):_____ %*	**30.** What % of th 31. Are PopTarts ***Hint:** no more tha*
PURPLE – DESSERTS	
How many **Calories** less is Ben & Jerry's Frozen Yogurt compared to B & J's Peanut Butter Cup?	32. _____ 33. Is a ½ cup of i Circle: yes or
How much **Total Fat** do the Cherry Twizzlers have? People often think food with no fat is automatically good for them, but if I love Twizzlers and I eat 20 of them, how many **Calories** will I eat?	34. Total fat in Tw 35. 20 Twizzlers i
When I start eating Oreos, I can't stop!. If I eat 12 cookies, how many **Calories and Total Fat** will I eat? ***HINT**: 3 cookies is one serving, so multiply by 4...*	36. _____ 37. _____
I'm deciding between a Snickers and piece of Cheese Cake. Which one has fewer calories?	38

BLACK – BEVERAGES				
	18. Which has more **Calories**: X	19. Which has: more **Sugar**? X	20. Which has more: **Sodium**? X	
es is **SUGAR**! How many colate Shake? *divide by 4*	21. X_____ tsp.			
of the following foods?: closest whole number)	22. Caramel Frappuccino: X	23. Orange Juice: X	24. Coca Cola: X	25. Orange Soda: X
ORANGE – BREAKFAST				
: put **Calories from Fat** into	26. Circle: Blueberry Muffin or Glazed Doughnut			

Lasagna:

Nutrition Facts
Lasagna
4 servings per container
Serving Size 1.5 cups (385 g)
Amount per serving
Calories 602
% Daily Value
Total Fat 32g 49%
Saturated Fat 15g 75%
Trans Fat 0.3g
Polyunsaturated Fat 2.6g
Monounsaturated Fat 11g
Cholesterol 166mg 55%
Sodium 1576mg 66%
Potassium 1041mg 30%
Total Carbohydrates 35g 12%
Dietary Fiber 3.9g 16%
Sugars 11g
Protein 44g

Croissan'wich

Nutrition Facts
Croissanwich
1 serving per container
Serving Size 1 Croissan'wich (127 g)
Amount per serving
Calories 386
% Daily Value
Total Fat 25g 38%
Saturated Fat 14g 70%
Polyunsaturated Fat 1.4g
Monounsaturated Fat 7.5g
Cholesterol 216mg 72%
Sodium 551mg 23%
Potassium 174mg 5%
Total Carbohydrates 29g 10%
Protein 13g

McDonald's Artisan Grilled Chicken

Nutrition Facts
1 serving per container
Serving Size 1 Sandwich (204 g)
Amount per serving
Calories 380
% Daily Value
Total Fat 6g 9%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 95mg 32%
Sodium 1120mg 47%

Cowboy Chicken Crispy Chicken Sandwich:

Nutrition Facts
1 serving per container
Serving Size 1 Sandwich (10.6 oz.)
Amount per serving
Calories 760
% Daily Value
Total Fat 37g 57%
Saturated Fat 8g 40%
Trans Fat 0g
Cholesterol 105mg 35%
Sodium 1370mg 57%

They will be able to read food labels with confidence!

FOOD LABELS ON GOOGLE DRIVE!

Large Coke:

Nutrition Facts
Coke
1 serving per container
Serving Size 22 fl oz (675 g)
Amount per serving
Calories 284
% Daily Value
Total Fat 1.7g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Potassium 34mg 1%
Total Carbohydrates 70g 23%
Dietary Fiber 0g 0%
Sugars 63.6g
Protein 0g

Large Mountain Dew:

Nutrition Facts
Mountain Dew
1 serving per container
Serving Size 22 fl oz (660 g)
Amount per serving
Calories 308
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 116.6mg 5%
Potassium 13mg 0%
Total Carbohydrates 83.6g 28%
Dietary Fiber 0g 0%
Sugars 83.6g
Protein 0g

16 Ounces of Whole Milk:

16 ounces of low fat - 2% Milk:

DESSERTS:

Ben and Jerry's Cherry Garcia Frozen Yogurt:

Ben and Jerry's Peanut Butter Cup Ice-Cream:

Nutrition Facts
4 servings per container
Serving Size ½ cup (108 g)
Amount per serving
Calories 170
% Daily Value
Total Fat 3g 5%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 55mg 2%
Total Carbohydrates 32g 11%
Dietary Fiber 0.5g 2%
Sugars 24g
Protein 5g

Nutrition Facts
4 servings per container
Serving Size ½ cup (112 g)
Amount per serving
Calories 350
Total Fat 24g 37%
Saturated Fat 13g 65%
Trans Fat 0g
Cholesterol 60mg 20%
Sodium 130mg 5%
Total Carbohydrates 30g 10%
Dietary Fiber 1g 4%
Sugars 25g
Protein 7g

Hershey's Strawberry Twizzlers:

3 Nabisco Oreo Cookies:

Nutrition Facts
Serving Size: 40 servings per container
1 pieces (11.3g)
Amount Per Serving
Calories 40
% Daily Value*
Total Fat 0.2g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 23.3mg 1%
Total Carbohydrates 9g 3%
Dietary Fiber 0g 0%
Sugars 5.3g
Includes 5.3g Added Sugars 11%

Nutrition Facts
15 servings per container
Serving Size 3 Cookies (34 g)
Amount per serving
Calories 160
% Daily Value*
Total Fat 7g 11%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 135mg 6%
Potassium 95mg 2%
Total Carbohydrates 25g 8%
Dietary Fiber 1g 4%
Sugars 14g
Protein 1g

Optional:

There is an shortened version for special needs students too, if you want to use it.

Name:_____ Per:_____

Food Label Scavenger Hunt:

❖ BLUE – MAIN MEALS**********

1. Which one has fewer **calories**? Costco pizza, or a Costco hot dog for lunch.

Costco pizza calories: _____

Costco hotdog calories: _____

Which is less? _____

2. People with high blood pressure should watch their sodium. Compare the **sodium** in:

Burger Master Fish and Chips:_____ Kraft Macaroni and Cheese:_____

Which one is less? _____

3. Which has less **total fat**?

Grilled Chicken Sandwich: _____

Cowboy Crispy Chicken: _____

Which is less? _____

Name: KEY Per:_____

Food Label Scavenger Hunt:

❖ BLUE – MAIN MEALS**********

1. Which one has fewer **calories**? Costco pizza, or a Costco hot dog for lunch.

Costco pizza calories: 760

Costco hotdog calories: 316

Which is less? Hot Dog

2. People with high blood pressure should watch their sodium. Compare the **sodium** in:

Burger Master Fish and Chips: 633 Kraft Macaroni and Cheese: 669

Which one is less? Fish and Chips

-This lesson also includes an adapted, shortened, easier version for your "Special Needs" students

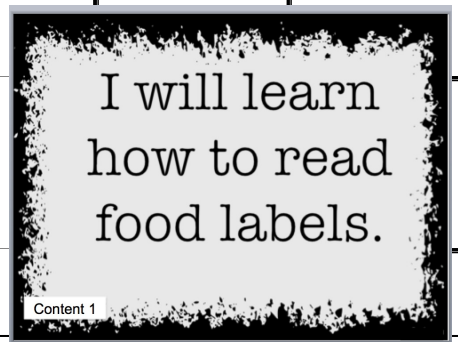
-Also learn more about the new U.S.D.A Food Label

Vending Machine Activity and Interactive Food Label:

Day 3 & 4:

Name:_____ Per.:_____ Week Of: ____/____/____

Content: Write the daily content learning target:	Content End of Class Rating- Circle One:	Behavioral: Write the daily exit success criteria:	Behavioral End of Class Rating- Circle One:
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help	In the future I will	Yes No Undecided
Tuesday: I will			Yes No Undecided
Wednesday: I will			Yes No

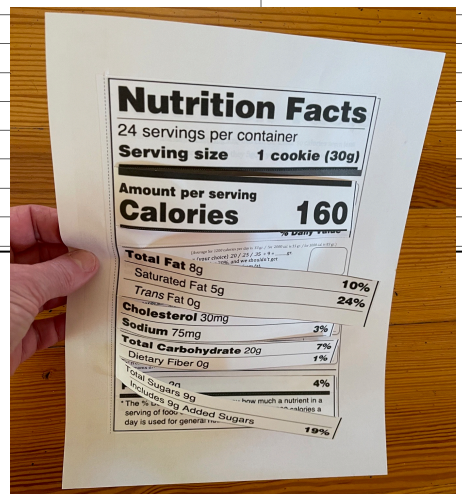


Learning Target posters and check off sheets are included

Name:_____ Per.:_____ Date: _____

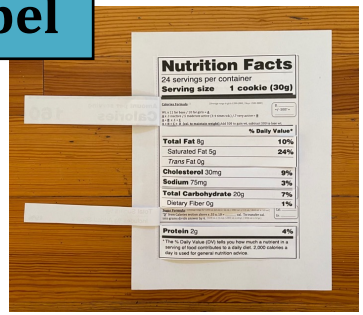
After you have researched your vending machine product and written your findings in the top row, ask your classmates about their product and record their data. Figure out if these vending machine items are less than BOTH 35% Fat and Sugar and circle if they SHOULD in in the machine.

	Student Name:	Vending Machine Product
Yours		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		



- -Funny Fast Food Versus Reality Video
- -"Interactive Food Label" activity
- -Vending Machine Activity: determine if foods are "healthy"
- -Vending Machine Worksheet – Collecting class data

NEW USDA Label

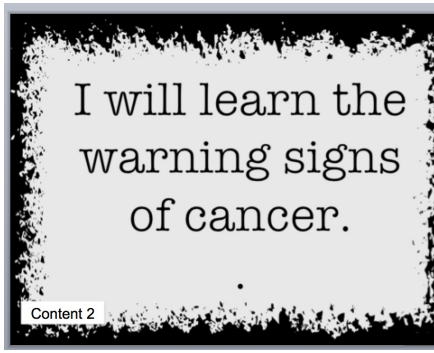


Cancer Information and "Family Medical History Homework" :

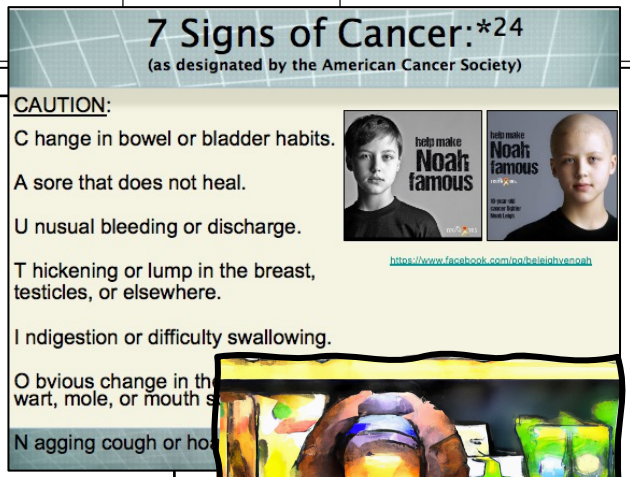
Day 5:

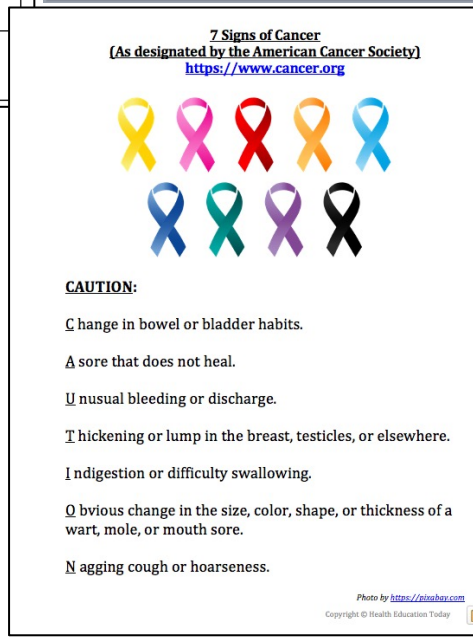
Also includes "Learning Target Posters":

Health Condition:	"x" if I have	Name of Family Member(s) Who Had or Have and Their Relationship to Me:	Age Family Member Was When they Got it /Age of Death if They are Deceased:	Research at least one health issue in your family. Use reliable websites such as .govs, .edus or .orgs. Try www.cdc.gov.
Alzheimer's Disease				
Arthritis				
Asthma/Allergies				

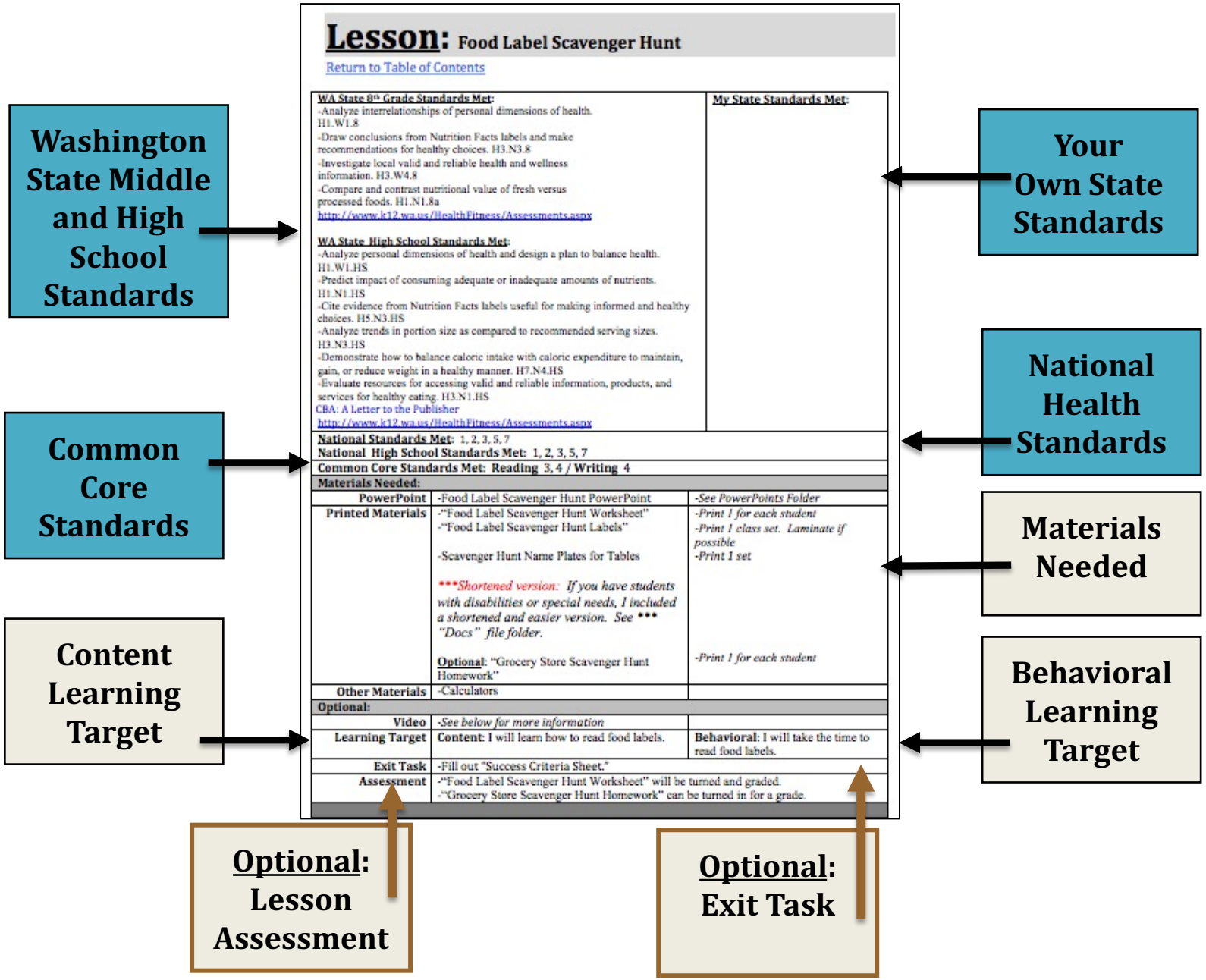


- -Nutrition-related illnesses
- -Research related articles
- -How diet affects CANCER
- -Cancer warning signs
- -"7 Signs of Cancer Handout"
- -"Dear Me" skin cancer video
- -"Family Medical History Homework"
- -"Cancer Quilt Project"
- -"Illness and Nutrition Quiz"
- -Longevity Game

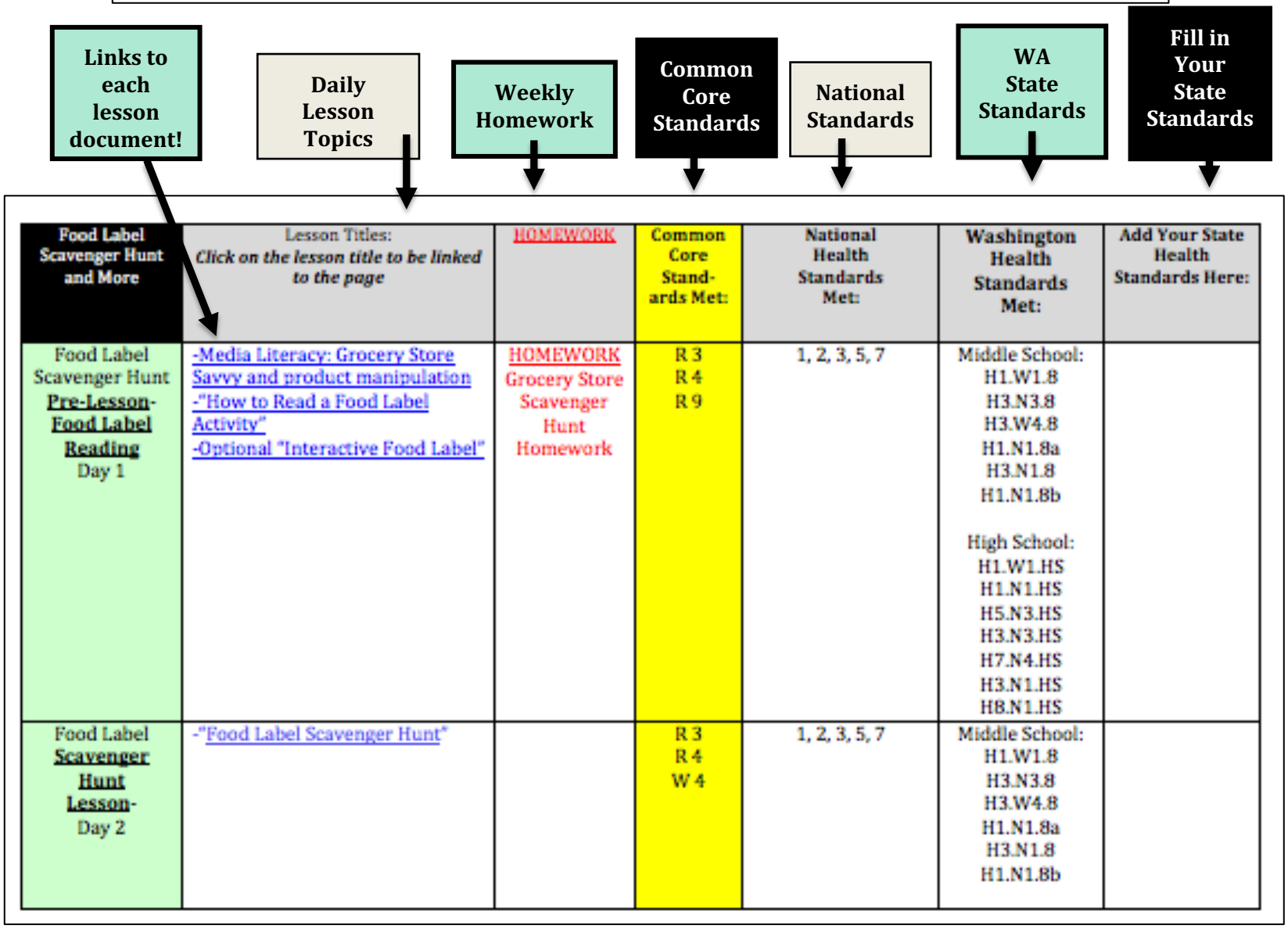




Standards are at the Beginning of Each Lesson:



Easy to Navigate "Table of Contents"



Food Label Scavenger Hunt and More	Lesson Titles: *Click on the lesson title to be linked to the page*	HOMEWORK	Common Core Stand-ards Met:	National Health Standards Met:	Washington Health Standards Met:	Add Your State Health Standards Here:
Food Label Scavenger Hunt **Pre-Lesson- Food Label Reading** Day 1	-Media Literacy: Grocery Store Savvy and product manipulation -"How to Read a Food Label Activity" -Optional "Interactive Food Label"	HOMEWORK Grocery Store Scavenger Hunt Homework	R 3 R 4 R 9	1, 2, 3, 5, 7	Middle School: H1.W1.8 H3.N3.8 H3.W4.8 H1.N1.8a H3.N1.8 H1.N1.8b High School: H1.W1.HS H1.N1.HS H5.N3.HS H3.N3.HS H7.N4.HS H3.N1.HS H8.N1.HS	
Food Label **Scavenger Hunt Lesson-** Day 2	-"Food Label Scavenger Hunt"		R 3 R 4 W 4	1, 2, 3, 5, 7	Middle School: H1.W1.8 H3.N3.8 H3.W4.8 H1.N1.8a H3.N1.8 H1.N1.8b	

This Program is all About the Students…

- The program is classroom and "kid-tested," teacher-approved, and full of real student examples and responses.

- It promotes high student engagement and interaction!

- This lesson challenges and touches the lives and wellness of teens!

The Program Meets Educational Health Standards:

- It meets **4 of 20** National Common Core Standards.
  (For Technical Subjects 9/10 Grade level)

COMMON CORE
STATE STANDARDS INITIATIVE
PREPARING AMERICA'S STUDENTS FOR COLLEGE & CAREER

It also meets 5 State Health Standards

National STANDARDS

- It meets **all 8** Health Standards!!

Buy it Today, Teach it Tomorrow!

Here is what makes this program unique!!

- This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- Documents and PowerPoints are editable and docs are included in both Word and PDF formats.
- PowerPoints are full of what's trending, photos, and video links teens will appreciate.

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