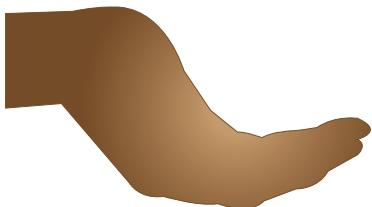


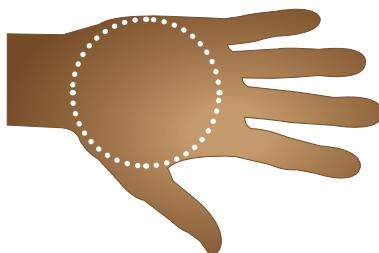


## Food Portions: A Guide for Teens

Part of healthy eating is knowing how big, or small, a serving size is. When reading Nutrition Facts Labels on packaging, or when planning meals, it is important to understand what a portion looks like. Using some simple visuals (including your own hand), you can better estimate the number of servings you are eating.



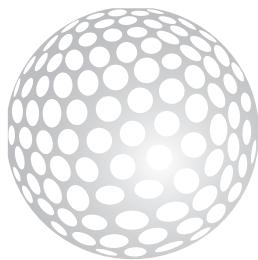
**A.** A half a cup of pasta or rice is approximately the size of a cupped hand.



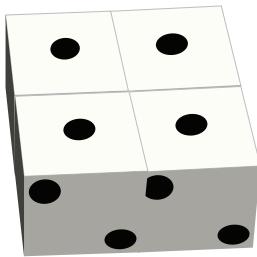
**B.** 3 ounces of meat, fish, or poultry is approximately the size of the palm of your hand.



**C.** 1 cup of fruit, vegetables, or grain is approximately the size of a fist.



**D.** 2 tablespoons of peanut butter is approximately the size of a golf ball.



**E.** 1 ounce of cheese is approximately the size of four standard sized dice.

## Serving Size

This shows you what amount equals one serving of the product. Every other nutrient listed on the label is based on this amount.

## Calories

Calories are a unit of energy. Calories in food come from carbohydrates, protein and fat. Because calories give us energy, we need them to be able to think and be active.

## % Daily Value

This shows you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

## Cholesterol

Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

## Total Carbohydrate

Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

**Fiber:** Helps with digestion and keeps you full between meals.

**Sugars:** Give you instant energy, but eating too much sugar can be unhealthy.

# Nutrition Facts

Serving Size  
Servings per Container

## Amount per serving

Calories	Calories from Fat
----------	-------------------

% Daily value*	
----------------	--

## Total Fat

Saturated Fat
---------------

Trans Fat
-----------

Polyunsaturated Fat
---------------------

Monounsaturated Fat
---------------------

## Cholesterol

## Sodium

## Total Carbohydrate

Dietary Fiber
---------------

Sugars
--------

## Protein

Vitamin A	Vitamin C
-----------	-----------

Calcium	Iron
---------	------

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Servings Per Container

This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

## Calories from Fat

This is the number of calories that come from fat. It is not the percent of fat in the food.

## Total Fat

Fat is essential for our bodies. There are 4 kinds of fat. Monounsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and *trans* fat can cause heart disease and should be limited.

## Sodium

Sodium shows you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

## Protein

This nutrient is used to build muscle and fight infections.

## Vitamins/Minerals

This shows you the percent Daily Value for Vitamin A, Vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.

## Footnote

This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics, and activity level. Keep in mind this is just an average, these daily value percentages (%) are not for everyone.

# Name That Nutrient

## GOAL

Participants will be able to identify common nutrients based on their food sources and functions through this interactive game.

## AGES

12-18

This game works best with 2-3 teams of approximately 4-15 students

## ESTIMATED TIME

30-45 minutes

## MATERIALS NEEDED

Nutrient Flashcards, Nutrients List, Nutrient Function List, watch with a second hand (or a timer)

## PREPARATION

Copy and cut out the Nutrient Flashcards. (*Optional: Game cards can be laminated if you plan on re-using the game.*) Make one copy of the Nutrients List and post where it is visible to all participants. Make copies of the Nutrient Function List for all participants.

## DIRECTIONS FOR FACILITATOR

1. Read the following introduction to participants:  
“Nutrients are substances that are found in the foods we eat. Our bodies need them to work properly so we can develop and grow.

Each nutrient plays a special role in keeping our bodies healthy. Now we are going to learn about some specific nutrients that are found in the foods we eat. The name of this game is “Name that Nutrient”.

2. Divide the group into 2 (or 3) teams and then toss a coin (or suggest another quick activity) to determine which team will go first.
3. Read the following directions aloud:  
“Each team must decide who will be the first person to give clues. The designated person will then choose a Nutrient Flashcard. On the card is the name of the nutrient, and clues about what it does, or what foods it is found in. Without saying the name of the nutrient, the designated person should read one clue at a time to his/her fellow teammates after he/she is given the signal to start the game.

For example, the clue giver might say: “I help your body absorb calcium.” The rest of the team would then take turns guessing what nutrient he/she is.

Each team has 1 minute to guess the nutrient. When a team guesses correctly, they earn 1 point. If a team is unable to guess the correct answer, they do not earn any points. The team with the most points at the end of the game wins.

4. After all rounds are played and the winning team is identified, pass out the Nutrient Function List for all participants to take home.

### **DISCUSSION**

Discuss the benefits of the nutrients listed on the Nutrient List, and the important role they play in disease prevention.

# Name That Nutrient

## Nutrient List

**CALCIUM**

**POTASSIUM**

**CARBOHYDRATES**

**PROTEIN**

**DIETARY FAT**

**VITAMIN B-12**

**FIBER**

**VITAMIN C**

**FOLIC ACID**

**VITAMIN D**

**IRON**

**ZINC**

## YOU ARE: CALCIUM

- ★ I am needed for strong bones.
- ★ You can find me in dairy products and fortified juices.
- ★ Not eating enough of me over a long period of time may lead to osteoporosis.

## YOU ARE: VITAMIN C

- ★ I am an antioxidant.
- ★ You can find me in citrus fruits, strawberries, and spinach.
- ★ I help your body absorb iron.

## YOU ARE: PROTEIN

- ★ I am made up of amino acids.
- ★ You can find me in meats, dairy products, beans, nuts, and fish.
- ★ I am needed for building and maintaining muscle.

## YOU ARE: FIBER

- ★ I help with digestion.
- ★ You can find me in fruits, vegetables, and whole grains.
- ★ I can reduce your risk of cancer and diabetes.

## YOU ARE: ZINC

- ★ I am needed for a healthy immune system.
- ★ You can find me in shellfish and red meat.
- ★ I am found in beans and whole grains.

## YOU ARE: POTASSIUM

- ★ I am an electrolyte.
- ★ You can find me in bananas and potatoes.
- ★ I am needed for normal heart function.

## YOU ARE: IRON

- ★ I help carry oxygen in the blood.
- ★ You can find me in steak and liver.
- ★ Not eating enough of me may cause anemia.

## YOU ARE: VITAMIN B-12

- ★ I am needed to keep nerve cells and blood cells healthy.
- ★ I am only found naturally in animal food products.
- ★ Vegans may not get enough of me in their diets.

## YOU ARE: DIETARY FAT

- ★ I help your body make hormones and absorb certain vitamins.
- ★ You can find me in oils and nuts.
- ★ I am needed for healthy hair and skin.

## YOU ARE: VITAMIN D

- ★ I help your body absorb calcium.
- ★ You can find me in fatty fish and in dairy products.
- ★ I am the only vitamin made in the body with help from the sun.

## YOU ARE: FOLIC ACID

- ★ I am found in prenatal vitamins because I can help prevent certain birth defects.
- ★ I help your body make DNA.
- ★ I am naturally found as folate in dark green leafy vegetables.

## YOU ARE: CARBOHYDRATES

- ★ Your muscles and brain use me for energy.
- ★ You can find me in grains, such as bread and cereal.
- ★ I am found in foods with natural sugars, such as fruit and milk.

# Name That Nutrient Nutrient Function List

## CALCIUM

- Is needed for strong bones
- Is found in dairy products and fortified juices
- Not eating enough over a long period of time may lead to osteoporosis

## PROTEIN

- Is made up of amino acids
- Is found in meats, dairy products, beans, nuts, and fish
- Is needed for building and maintaining muscle

## ZINC

- Is needed for a healthy immune system
- Is found in shellfish and red meat
- Is found in beans and whole grains

## VITAMIN C

- Is an antioxidant and can help protect your body against cancer
- Is found in citrus fruits, strawberries, and spinach
- Helps your body absorb iron

## FIBER

- Helps with digestion
- Is found in fruits, vegetables, and whole grains
- Can reduce your risk of cancer and diabetes

## POTASSIUM

- Is an electrolyte
- Is found in bananas and potatoes
- Is needed for normal heart function

## IRON

- Helps carry oxygen in the blood
- Is found in steak, liver, and fortified cereal
- Not eating enough may cause anemia

## DIETARY FAT

- Helps the body make hormones and absorb certain vitamins
- Is found in oils and nuts
- Not eating enough may cause dry skin, coldness, or hair loss

## FOLIC ACID

- Is found in prenatal vitamins because it can help prevent certain birth defects
- Helps the body make DNA
- Is found naturally as folate in dark green leafy vegetables

## VITAMIN B-12

- Is needed to keep nerve and blood cells healthy
- Is only found naturally in animal food products
- Vegans may not get enough in their diets

## VITAMIN D

- Helps the body absorb calcium
- Is found in fatty fish and dairy products
- Is the only vitamin made in the body with help from the sun

## CARBOHYDRATES

- Is used for energy by the muscles and brain
- Is found in grains such as bread and cereal
- Is found in foods with natural sugars, such as fruit and milk

# Nutrients 101

## GOAL

Participants will be able to name 6 types of nutrients (*carbohydrates, proteins, fats, vitamins, minerals, and water*), explain their functions, and identify common sources of each.

## AGES

12-18

This game works best with 6 or more participants

## ESTIMATED TIME

20-30 minutes

## MATERIALS NEEDED

Nutrient Function Posters, Nutrient Name Tags, tape, wall, or other place where posters can be hung, Nutrients 101

Answer Key

## PREPARATION

Make copies of the Nutrient Function Posters and Nutrient Name Tags. (*Optional: name tags and posters can be laminated if you plan on re-using the game.*)

## VARIATION

Instead of using poster size signs, you can write the name of each nutrient on 6 separate index cards and the different functions on 12 separate index cards, and play it as a table game. In this version, the object of the game is to match two functions with the correct nutrient. Participants can play on their own, or in teams.

## DIRECTIONS FOR FACILITATOR:

1. Tape the 6 Nutrient Function Posters on the wall.
2. Read the following to the group:

“We will be learning about six important nutrients that are essential for our bodies to function properly. In this game you will be asked to match each nutrient to its functions.”
3. Read the following to the group:

“Raise your hand if you know the name of one of the six types of nutrients.”

When a correct answer is given (*water, vitamins, minerals, carbohydrates, protein, or fat*) give the person who provided the answer the name tag for that particular nutrient. Continue until all six nutrients have been identified and all the tags have been given out. If participants are unable to identify all of the nutrients, ask for volunteers to take the remaining name tags.

4. Have the six individuals holding the name tags stand and go to the front of the room. Give them tape and ask them to tape their name tag on the Nutrient Function Poster that matches their nutrient. Tell them that they can ask the rest of the group for help.

5. After all 6 name tags have been taped to the posters, have everyone return to their seats.

**DISCUSSION:**

Tell the group that you will now review each nutrient using the Nutrients 101 Answer Key, so they can find out if they correctly matched the nutrients with their functions. As you review the nutrients, move name tags to the correct posters, as needed.

# Nutrients 101

## Answer Key

### Water:

- Helps regulate your body temperature
- Makes up most of the fluid in your body

After reading the functions, explain that all non-caffeinated fluids such as water, seltzer, milk, juice, and caffeine-free soda count as fluids. Caffeinated drinks such as tea and coffee, are not as hydrating as water.

### Vitamins:

- Help keep your immune system strong
- Some help you see well at night, help you heal, and may help protect your body against cancer

1. After reading the functions, ask the group if they can name a vitamin, and allow them to share answers.
2. Provide examples such as vitamin C, vitamin D, vitamin A, and the B vitamins. Explain that all vitamins have slightly different functions in the body.
3. Ask the group if they can name food sources of vitamins, and allow them to share answers.
4. Explain that fruits and veggies are great sources of vitamins. Citrus fruits are

high in vitamin C, and carrots are high in vitamin A. Milk is a great source of vitamin D, and most B vitamins are found in foods from the grain group.

### Minerals:

- These nutrients include: calcium, magnesium, sodium, potassium, iron, and zinc.
- Some are needed for building strong bones and regulating your heart beat

1. After reading the functions, ask the group if they can name any minerals and allow the group to share answers.
2. Provide examples such as calcium, iron, and zinc. Explain that all minerals have different functions in the body. For example, calcium is important for strong bones, iron is important for healthy blood, and zinc is important to help heal wounds.
3. Ask the group if they can name food sources of minerals, and allow them to share answers.
4. Explain that meats are high in minerals such as iron and zinc, and dairy food is high in calcium. Minerals are also found in fruits, veggies and some grains.

### Carbohydrates:

- Provide energy to your brain and muscles

- Most of your energy (food intake) should come from carbohydrates
1. After reading the functions, ask the group if they know what foods contain carbohydrates, and allow them to share answers.
  2. Explain that all foods from the grains group such as bread, cereal, rice, pasta, muffins, crackers, pretzels, and popcorn contain carbohydrates. Explain that the healthiest foods from this group are high-fiber whole grains such as whole wheat bread, brown rice, and popcorn. Explain that sweets, fruit, and milk also contain carbohydrates.
- Is needed to help you absorb vitamins A, D, E, and K.
1. After reading the functions, ask the group if they know what foods contain dietary fat and allow them to share answers.
  2. Explain that oil, butter, margarine, salad dressing, sour cream, and cream cheese are all sources of dietary fat. Explain that nuts, nut butters (such as peanut butter), some dairy foods (such as whole milk and cheese), fatty fish (such as salmon), and avocados also contain dietary fat. Explain that the healthiest types of fat are those found in olive and canola oil, nuts, fish, and avocados.

### **Protein:**

- Helps to build and repair body tissues (ex: hair, skin, nails, muscles)
  - Supports your immune system
1. After reading the functions, ask the group if they know what foods contain protein and allow them to share answers.
  2. Explain that protein is found in animal products such as steak, hamburger, pork, chicken, fish, and eggs. Dairy foods such as milk, yogurt, and cheese are also good sources of protein. Vegetarian sources of protein include beans, nuts, tofu, and veggie burgers.

### **Dietary Fat:**

- Provides energy and helps keep you full

**HELLO**

my name is

*Minerals*

**HELLO**

my name is

*Carbohydrates*

**HELLO**

my name is

*water*

**HELLO**

my name is

*Vitamins*

**HELLO**

my name is

*Dietary Fat*

**HELLO**

my name is

*Protein*

- ★ PROVIDES ENERGY TO YOUR BRAIN AND MUSCLES
- ★ MOST OF YOUR ENERGY (FOOD INTAKE) SHOULD COME FROM THIS NUTRIENT

- ★ PROVIDES ENERGY AND HELPS  
KEEP YOU FULL
- ★ IS NEEDED TO HELP YOU ABSORB  
VITAMINS A, D, E, AND K

- ★ HELPS TO BUILD AND REPAIR  
BODY TISSUE
- ★ HELPS TO SUPPORT YOUR  
IMMUNE SYSTEM

**★ MOST HELP KEEP YOUR IMMUNE  
SYSTEM STRONG**

**★ SOME HELP YOU SEE WELL AT  
NIGHT, HELP YOU HEAL, AND MAY  
HELP PROTECT YOUR BODY AGAINST  
CANCER**

- ★ THESE NUTRIENTS INCLUDE:  
CALCIUM, MAGNESIUM, SODIUM,  
POTASSIUM, IRON, AND ZINC
- ★ SOME ARE NEEDED FOR BUILDING  
STRONG BONES AND REGULATING  
YOUR HEART BEAT

- ★ HELPS REGULATE YOUR BODY TEMPERATURE
- ★ MAKES UP MOST OF THE FLUID IN YOUR BODY

# Extreme Meal Makeover

## GOAL

Using the New England Dairy Council food models, participants will gain an understanding of how to make healthy changes to meals and snacks. You can access the New England Dairy Council's website online at: [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org). Once you are there, click "catalogue" to access Nutrition Education Materials. Participants will also learn about the types of additions and substitutions that can be made to improve the nutritional value of their daily menu.

## AGES

12-18

Two teams (*with at least one person per team*) are needed for this game

## ESTIMATED TIME

20-25 minutes

## MATERIALS NEEDED

Meal signs, New England Dairy Council food models, **Extreme Meal Makeover** game cards, Answer Key (for facilitators)

## PREPARATION

Order the New England Dairy Council food models online at [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org), or by calling 800-939-0002. The models cost approximately \$25.00, with an additional \$5.00 for shipping. Make sure to order the models in advance, and ask the Council for an approximate arrival date.

Copy and cut out the **Extreme Meal Makeover** game cards. (*Optional: Game cards can be laminated if you plan on re-using the game.*) Make one copy of Answer Key for facilitators.

## Create the following 4 piles of food models:

- **Breakfast:** Bran flakes, blueberries, corn flakes, egg, orange, orange juice, yogurt, donut
- **Lunch:** Baby carrots, grapes, juice box, milk (carton), peanut butter and jelly sandwich, potato chips, and whole wheat bread
- **Snack:** Cookies, drinkable yogurt, popcorn, string cheese, and soda
- **Dinner:** Black beans, brown rice, brownie, corn, fried chicken, iced tea, milk (glass), pudding, roasted chicken, and white rice

## DIRECTIONS FOR FACILITATOR:

1. Split the participants into 2 teams.
2. Explain the following directions to

all participants:

The game will consist of 4 rounds: breakfast, lunch, snack, and dinner. At the beginning of each round, the meal sign that corresponds with that round will be presented. Teams will take turns drawing the **Extreme Meal Makeover** cards for that meal.

Start with:

- **Breakfast:** Start with cornflakes, OJ, donut (other foods will be used in the makeover challenge)
- **Lunch:** Start with peanut butter and jelly sandwich, juicebox and chips
- **Snack:** Start with soda and cookies
- **Dinner:** Start with fried chicken, corn, iced tea, white rice and brownie

One team member will read the “makeover challenge” and the multiple choice questions. The team will then be given 30 seconds to discuss possible answers. One representative will then announce the team’s answer. Have the team use the food models to show the changes that they would make in the makeover challenges.

3. After the representative announces the team’s answer, check it against the Answer Key, and review the correct answers with all participants.

3. Continue this process for each team.

# Extreme Meal Makeover Answer Key

## BREAKFAST

**Trans Fat:** (C) Because some donuts are deep fried, they may be high in *trans* fat. Dairy foods, such as yogurt, fruits (*such as blueberries*), juices (*such as orange juice*), and cereals don't contain *trans* fats.

**Fiber:** (D) Fruits (*such as oranges and blueberries*) and whole grains (*such as bran cereal*) are good sources of fiber.

**Protein:** (D) Eggs and yogurt are good sources of protein. Bran flakes are a healthy alternative to corn flakes, but are not high in protein.

**Calcium:** (C) Dairy foods such as yogurt are high in calcium. Fruits are healthy foods, but don't contain any calcium. The only way to get calcium from the fruit group is to drink calcium-fortified orange juice.

## LUNCH

**Calcium:** (A) Dairy foods such as milk are high in calcium. Foods such as grapes and baby carrots are healthy foods, but are low in calcium.

**Fiber:** (D) Fruits, veggies, and whole grains are all good sources of fiber.

**Sugar:** (D) Jelly and juice are both usually high in sugar. Whole wheat bread is a healthy alternative to white bread, but neither have much sugar.

**Sodium:** (C) Neither juice nor bread are high in sodium. Chips are usually high in sodium because they are covered in salt. Substituting baby carrots for chips would help lower the sodium in the lunch.

## SNACK

**Protein:** (B) Water and popcorn are healthy choices, but neither have much protein. Dairy foods are high in protein, so having string cheese instead of cookies would help increase the protein in the snack.

**Calcium:** (D) Unlike soda and cookies, both yogurt and string cheese are high in calcium.

**Sugar:** (D) Soda and cookies are both loaded with sugar. Water, string cheese, and popcorn are all low sugar options.

**Fiber:** (A) Popcorn is the only high fiber option listed. Water, string cheese, and yogurt are all healthy, but do not contain fiber.

## DINNER

**Trans Fat:** (B) Fried foods (*such as fried chicken*) usually have *trans* fat, so having roasted chicken is a healthier option.

**Protein:** (D) Beans, milk, and pudding (*because it is made with milk*) are all high in protein.

**Fiber:** (D) Beans and brown rice are both high fiber foods. Milk is a healthy drink, but does not have any fiber.

**Calcium:** (A) Brown rice, beans, and roasted chicken are healthy foods, but don't have a lot of calcium. Pudding is a good source of calcium because it is made with milk.

**MAKEOVER CHALLENGE:**

# BREAKFAST

**MAKE THIS MEAL LOWER IN UNHEALTHY TRANS FAT**

- A) Have an orange instead of OJ
- B) Have bran flakes instead of corn flakes
- C) Have a yogurt instead of the donut
- D) Add blueberries to the cereal

**MAKEOVER CHALLENGE:**

# BREAKFAST

**MAKE THIS MEAL HIGHER IN FIBER**

- A) Have an orange instead of orange juice
- B) Have bran flakes instead of corn flakes
- C) Add blueberries to the cereal
- D) All of the above

**MAKEOVER CHALLENGE:**

# BREAKFAST

**MAKE THIS MEAL HIGHER IN PROTEIN**

- A) Add an egg to the meal
- B) Have a yogurt instead of the donut
- C) Have bran flakes instead of corn flakes
- D) Both A and B

**MAKEOVER CHALLENGE:**

# BREAKFAST

**MAKE THIS MEAL HIGHER IN CALCIUM**

- A) Have an orange instead of orange juice
- B) Add an egg to the meal
- C) Have a yogurt instead of the donut
- D) Add blueberries to the cereal

**MAKEOVER CHALLENGE:**

# LUNCH

**MAKE THIS MEAL HIGHER IN CALCIUM**

- A) Have milk instead of the juice box
- B) Have grapes for dessert
- C) Have baby carrots instead of chips
- D) Both A and C

**MAKEOVER CHALLENGE:**

# LUNCH

**MAKE THIS MEAL HIGHER IN FIBER**

- A) Have grapes for dessert
- B) Have baby carrots instead of chips
- C) Have whole wheat bread instead of white
- D) All of the above

**MAKEOVER CHALLENGE:**

# LUNCH

**MAKE THIS LOWER IN SUGAR**

- A) Remove jelly from peanut butter and jelly
- B) Have milk instead of the juice box
- C) Have whole wheat bread instead of white
- D) Both A and B

**MAKEOVER CHALLENGE:**

# LUNCH

**MAKE THIS MEAL LOWER IN SODIUM**

- A) Have milk instead of juice
- B) Have grapes for dessert
- C) Have baby carrots instead of chips
- D) Have whole wheat bread instead of white

**MAKEOVER CHALLENGE:**

# **SNACK**

**MAKE THIS SNACK HIGHER IN PROTEIN**

- A) Have a water instead of soda
- B) Have a string cheese instead of cookies
- C) Have popcorn instead of cookies
- D) All of the above

**MAKEOVER CHALLENGE:**

# **SNACK**

**MAKE THIS SNACK HIGHER IN CALCIUM**

- A) Have popcorn instead of cookies
- B) Have a drinkable yogurt instead of soda
- C) Have a string cheese instead of cookies
- D) Both B and C

**MAKEOVER CHALLENGE:**

# **SNACK**

**MAKE THIS SNACK LOWER IN SUGAR**

- A) Have water instead of soda
- B) Have a string cheese instead of cookies
- C) Have popcorn instead of cookies
- D) All of the above

**MAKEOVER CHALLENGE:**

# **SNACK**

**MAKE THIS MEAL HIGHER IN FIBER**

- A) Have popcorn instead of cookies
- B) Have water instead of soda
- C) Have a string cheese instead of cookies
- D) Have a drinkable yogurt instead of soda

**MAKEOVER CHALLENGE:**

# DINNER

**MAKE THIS MEAL LOWER IN TRANS FAT**

- A) Have beans instead of corn
- B) Have roasted chicken instead of fried chicken
- C) Have brown rice instead of white rice
- D) All of the above

**MAKEOVER CHALLENGE:**

# DINNER

**MAKE THIS MEAL HIGHER IN PROTEIN**

- A) Have beans instead of corn
- B) Have milk instead of iced tea
- C) Have a pudding instead of the brownie
- D) All of the above

**MAKEOVER CHALLENGE:**

# DINNER

**MAKE THIS MEAL HIGHER IN FIBER**

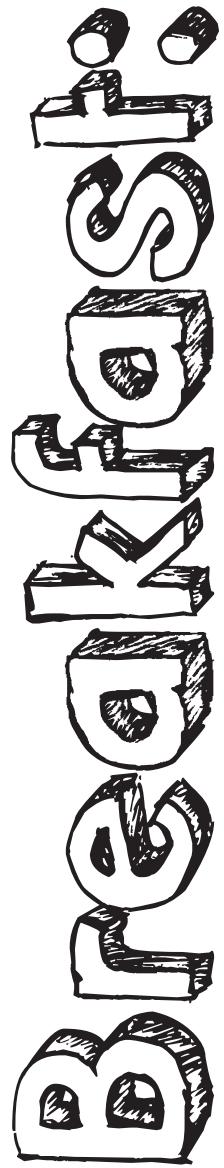
- A) Have milk instead of iced tea
- B) Have beans instead of corn
- C) Have brown rice instead of white rice
- D) Both B and C

**MAKEOVER CHALLENGE:**

# DINNER

**MAKE THIS MEAL HIGHER IN CALCIUM**

- A) Have a pudding instead of the brownie
- B) Have brown rice instead of white rice
- C) Have beans instead of corn
- D) Have roasted chicken instead of fried chicken



**CORN FLAKES**



**DONUT**



**ORANGE JUICE**



# Lunch:

- PEANUT BUTTER & JELLY  
SANDWICH ON WHITE BREAD
- POTATO CHIPS
- JUICE BOX

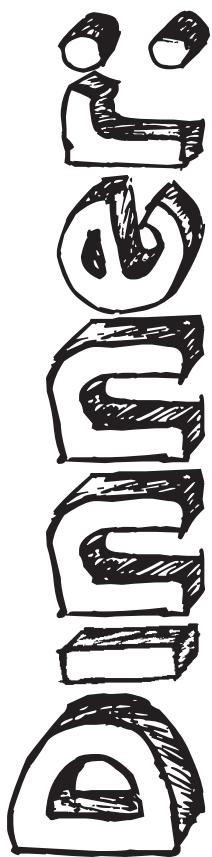
*Snack*

**COOKIES**



**SODA**





**FRIED CHICKEN**



**WHITE RICE**



**CORN**



**BROWNIE**



**WATER**



# Program Evaluation

Please help us to improve our presentations by giving us your comments. Thank you!

Topic:

Date:

Presenters:

1. Did you like the presentation?       Yes       No

Why?

2. Do you think the presenters were prepared?       Yes       No

3. Do you think this topic was valuable?       Yes       No

Why, or why not?

4. List two important points that you remember from the presentation.

1.

2.

5. List one thing you plan to change (*or you will do differently*) because of what you learned during the presentation.

6. Do you have any suggestions for the speakers to improve the program?