Get off the Solid Fats and Added Sugars!

School Wide Event Teacher Guide

PA State Standards:
- Family & Consumer Sciences - 11.3.3.E Define energy-yielding nutrients and calories.
- Math - CC.2.4.5.A.1 Solve problems using conversions within a given measurement system.
- Health - 10.2.3.D Identify the steps in a decision-making process.

Objectives:
Students will be able to:
1. Summarize the benefits of drinking plenty of water and identify ways to drink more nutritious beverages.
2. Identify healthy and less healthy beverages by using the nutrition label to compare products.
3. Calculate the number of teaspoons of added sugar in a product using the nutrition label.
4. Taste a healthy snack low in solid fat and added sugar: whole wheat chex.

Overview

Before Event Day:
- Read the nutrition backgrounder for important information about cutting back on solid fats and added sugars.
- Review lesson and lesson activity to prepare for the event.
- Check-in with Nurse regarding any food allergies.

Event Day:
- **Before school:** Go to the Eat.Right.Now. table to sign documentation form, pick up whole wheat chex and taste test materials.
- **During school:**
  - Teach “Label Look to Drink Think” lesson using “Label Look to Drink Think” worksheet.
  - Distribute taste test: about 1-2 Tablespoons of whole wheat chex for each student.
  - Have students complete “Today I Tried...” Newsletter and send home to caregivers.

Extension activities:
- Guide class as they complete “My Drink Think” worksheet.
- Lead class as they use the “Nutri-licious” activity book.

Food Allergy ALERT: This taste-test contains WHEAT.