Station 1

Nutrition Labels

Station 2

Reading Labels for Sugar Content

Station 3

Reading Labels for Sodium Content

Station 4

Good vs bad fats

Station 5

Nutrition of Energy Drinks

Station 6

Fast Food Menu

Station 7

Energy Needs

Station 8

Portion Sizes

Station 9

Antioxidants

Station 10

Healthy, Hunger Free Kids Act

Station 11

Eat This, Not That

Station 12

Choose My Plate Nutrients

Station 13

Choose My Plate Supertracker Reports

Station 1: Nutrition Labels

Use the food label to answer the following questions:

1. What is the serving size?

2. How many servings are per container?

3. How many calories are in one serving?

4. How many calories are in two servings?

5. How many calories from fat are in one serving?

6. How many grams of carbohydrates are in two

servings?

7. Using the information on the Nutrition Label

worksheet, which nutrients from the wrapper

label are considered a good (high source)?

8. Using the information on the Nutrition Label

worksheet, which nutrients from the wrapper

label are considered a bad (low) source?

Station 2: Reading Labels for Sugar Content

1. Using the food labels, how many different

types of sugar appear on the labels?

2. Which cereal has the lowest sugar content?

How do you know?

3. How many sugar cubes are in the cereal with

the highest sugar content? How do you know?

4. How many grams of sugar is an estimated daily

limit?

Station 3: Reading Labels for Sodium Content

1. Using the food labels, how many different

types of sodium appear on the labels?

2. Which food has the lowest sodium content?

How do you know?

3. How many mg of sodium are in the food with

the highest sodium content? What is the %

daily value of that much sodium?

4. How many mg of sodium is an estimated daily

limit?

Station 4: Good Fats vs. Bad Fats

1. What is the difference between saturated and

unsaturated fats? Which foods provided are

saturated fats? Unsaturated fats?

2. What kinds of fats should be limited in your

diet? Why?

3. What is the difference between polyunsaturated

fats (PUFAs) and monounsaturated fats (MUFAs)?

4. Why are trans fats unhealthy?

5. Which product is the healthiest in terms of fat

content? Why?

Station 5: Nutrition of Energy Drinks

1. How many servings are in the Red Bull?

2. How many servings are in the RockStar?

3. How many servings are in the AMP?

4. How many servings are in the Monster?

5. How many sugar cubes are in each of the

drinks?

6. Which drink has the least amount of caffeine in

it per serving?

7. Which drink has the least amount of sugar in it

per serving?

Station 6: Fast Food Menu

Search the internet for your favorite fast food nutrition menu.

1. You have $10.00 to spend for lunch. What

would you choose?

2. Does your meal meet the Choose My Plate

guidelines? What is it missing?

3. What could you choose from the menu that

would better meet the guidelines?

4. If you had your original meal selections for

lunch, what could you choose for the rest of

the day to meet your personalized Choose My

Plate guidelines?

Station 7: Energy Needs

Compute your basal metabolism calories, your physical activities calories and your food digestion calories using the formulas listed.

1. Basal metabolism calories for the day =

2. Physical activities calories for the day=

3. Food digestion calories for the day=

4. Total energy needs for the day=

Station 8: Portion Sizes

Match the following foods with the appropriate object serving size.

1. 1 cup of spaghetti

2. an ounce of cheese

3. a bagel

4. 3 ounces of meat

5. a tablespoon of peanut butter

6. a baked potato

7. a pancake

8. How do these portion sizes compare to your

own?

Station 9: Antioxidants

After reading the article on antioxidants, answer the following questions.

1. What are antioxidants?

2. Why are they important for our diet?

3. What are some types of antioxidants? In what

foods are they found?

Station 10: Healthy, Hunger Free Kids Act

1. Summarize the purpose of the Healthy, Hunger

Free Kids Act.

2. Summarize the updated standards for school

meals.

3. How have our school lunches changed to meet

these standards?

4. Do you agree with these new standards? Why

or why not?

Station 11: Eat This, Not That

Spend some time looking at the Eat This, Not That books.

1. What are three foods that seemed healthy but

were found to be unhealthy? What were the

hidden health concerns?

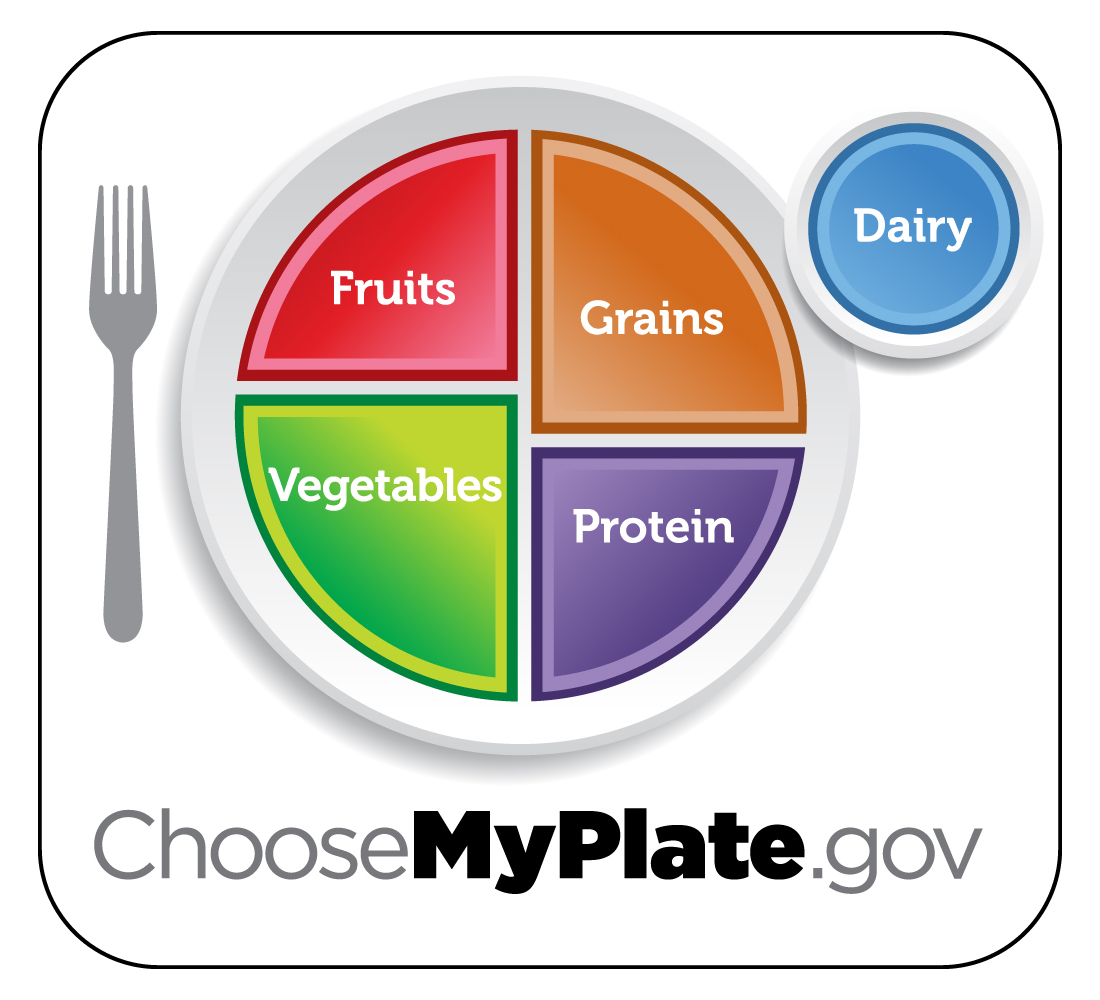
2. What are three things you learned from these

resources?

3. Would you use these types of resources in your

own life? Why or why not?

Station 12: Choose My Plate Nutrients



1. Which of the seven essential nutrients

(carbohydrates, water, protein, fat, vitamins,

minerals, fiber) are provided by each food

group listed on Choose My Plate?

2. For each sections of the plate, list three healthy

food options.

Station 13: Supertracker Reports

Using the Supertracker on [www.choosemyplate.gov](http://www.choosemyplate.gov), make sure you have typed in all of your foods and activities for seven days. Also make sure that you’ve entered the appropriate foods and activities on the right calendar date.

Click on “My Reports” and print out the following reports:

Food Groups & Calories

Nutrients

Food Details

Meal Summary

Physical Activity

History Charts

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_

Nutrition Stations

**Station 1: Nutrition Labels**

1. What is the serving size? \_\_\_\_\_\_\_\_\_ 2. How many servings are per container? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. How many calories are in one serving? \_\_\_\_\_\_\_\_\_\_\_ 4. How many calories are in two servings? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. How many calories from fat are in one serving? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. How many grams of carbohydrates are in two

servings? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. Using the information on the Nutrition Label worksheet, which nutrients from the

wrapper label are considered a good (high source)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Using the information on the Nutrition Label worksheet, which nutrients from the wrapper label are considered a

bad (low) source? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station 2: Reading Labels for Sugar Content**

1. Using the food labels, how many different types of sugar appear on the labels?

2. Which cereal has the lowest sugar content? How do you know?

3. How many sugar cubes are in the cereal with the highest sugar content? How do you know?

4. How many grams of sugar is an estimated daily limit?

**Station 3: Reading Labels for Sodium Content**

1. Using the food labels, how many different types of sodium appear on the labels?

2. Which food has the lowest sodium content? How do you know?

3. How many mg of sodium are in the food with the highest sodium content? What is the % daily value of that much

sodium?

4. How many mg of sodium is an estimated daily limit?

**Station 4: Good Fats vs. Bad Fats**

1. What is the difference between saturated and unsaturated fats? Which foods provided are saturated fats?

Unsaturated fats?

2. What kinds of fats should be limited in your diet? Why?

3. What is the difference between polyunsaturated fats (PUFAs) and monounsaturated fats (MUFAs)?

4. Why are trans fats unhealthy?

5. Which product is the healthiest in terms of fat content? Why?

**Station 5: Nutrition of Energy Drinks**

1. How many servings are in the Red Bull? \_\_\_\_\_\_\_\_\_\_ 2. How many servings are in the RockStar? \_\_\_\_\_\_\_\_\_\_\_

3. How many servings are in the AMP? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. How many servings are in the Monster? \_\_\_\_\_\_\_\_\_\_\_

5. How many sugar cubes are in each of the drinks?

6. Which drink has the least amount of caffeine in it per serving?

7. Which drink has the least amount of sugar in it per serving?

**Station 6: Fast Food Menu**

Search the internet for your favorite fast food nutrition menu.

1. You have $10.00 to spend for lunch. What would you choose?

2. Does your meal meet the Choose My Plate guidelines? What is it missing?

3. What could you choose from the menu that would better meet the guidelines?

4. If you had your original meal selections for lunch, what could you choose for the rest of the day to meet your personalized Choose My Plate guidelines?

**Station 7: Energy Needs**

Compute your basal metabolism calories, your physical activities calories and your food digestion calories using the formulas listed.

1. Basal metabolism calories for the day =

2. Physical activities calories for the day=

3. Food digestion calories for the day=

4. Total energy needs for the day=

**Station 8: Portion Sizes**

Match the following foods with the appropriate object serving size.

1. 1 cup of spaghetti \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. an ounce of cheese \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. a bagel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. 3 ounces of meat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. a tablespoon of peanut butter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6. a baked potato \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. a pancake \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. How do these portion sizes compare to your own?

**Station 9: Antioxidants**

After reading the article on antioxidants, answer the following questions.

1. What are antioxidants?

2. Why are they important for our diet?

3. What are some types of antioxidants? In what foods are they found?

**Station 10: Healthy, Hunger Free Kids Act**

1. Summarize the purpose of the Healthy, Hunger Free Kids Act.

2. Summarize the updated standards for school meals.

3. How have our school lunches changed to meet these standards?

4. Do you agree with these new standards? Why or why not?

**Station 11: Eat This, Not That**

Spend some time looking at the Eat This, Not That books.

1. What are three foods that seemed healthy but were found to be unhealthy? What were the hidden health concerns?

2. What are three things you learned from these resources?

3. Would you use these types of resources in your own life? Why or why not?

**Station 12: Choose My Plate Nutrients**

1. Which of the seven essential nutrients (carbohydrates, water, protein, fat, vitamins, minerals, fiber) are provided by each food group listed on Choose My Plate?

2. For each sections of the plate, list three healthy food options.

**Station 13: Choose My Plate’s Supertracker**

Using the Supertracker on [www.choosemyplate.gov](http://www.choosemyplate.gov), make sure you have typed in all of your foods and activities for seven days. Also make sure that you’ve entered the appropriate foods and activities on the right calendar date.

Click on “My Reports” and print out the following reports:

Food Groups & Calories

Nutrients

Food Details

Meal Summary

Physical Activity

History Charts