

Living Healthy

PART 2

SEPARATING THE HEALTHY CHOICES FROM THE OCCASIONAL TREATS

Included below:

- Instructions
- Teacher Clue List and Answer Key
- Student Clues

You will need:

- To provide each team with the Student Clues at the start of the game
- To have the Teacher Clue List and Answer Key on hand to quickly answer students questions

Instructions

Now that students have purchased their items from the grocery store, they must separate the healthy choices from the unhealthy choices. This is a great opportunity for them to learn about the new school food guidelines. Foods that are **not** included in the new school food guidelines will be separated into the "other food pile" based on the high amount of fat and/or sugar they contain, as well as their lack of nutrients. Foods that are included in the new school food guidelines will be put in the "healthy choices pile" based on their nutritious components, such as fiber, protein, vitamins and minerals.

Please make sure to reinforce the message that the groceries they have just purchased at the grocery store are not all wise choices. The students' goal is to determine which foods are healthy choices and which foods should only be consumed as occasional treats. The healthy choices are foods that will be offered in the cafeteria when the new school food guidelines come into play, but the other foods are not healthy enough to be offered in schools in the near future.

TEACHER CLUE LIST & ANSWER KEY

THESE FOODS ARE HEALTHY CHOICES AND THEY ARE INCLUDED IN THE SERVE MOST OR SERVE MODERATELY CATEGORIES OF THE NEW SCHOOL FOOD GUIDELINES.

CLUES FOR THE "HEALTHY CHOICE PILE":

1. I'm a delicious food that is more nutritious when served without high fat and high salt pepperoni! (VEGETARIAN PIZZA)
2. Hang on to me... I'm a yummy Mexican treat with foods from all 4 food groups... tortilla shell, lean ground beef, cheddar cheese, lettuce and tomato! (BEEF TACO)
3. I'm a great choice to consider for lunch... filled with 36 grams of protein to help keep your muscles strong and your belly full! (GRILLED CHICKEN BURGER ON A WHOLE WHEAT BUN)
4. Chomp on me... I'm a crunchy snack with only 0.4 grams of fat including dip! (VEGETABLE STICKS AND DIP)
5. Warm up in the winter with a bowl of me... only 5% of your daily fat intake! (CHICKEN NOODLE SOUP)
6. I'm a side dish loaded with vegetables and only 33 calories per serving! (TOSSED SALAD)
7. Drink 6 to 8 cups of me each day... I'm a crystal clear beverage that's perfect for keeping you hydrated! (BOTTLED WATER)
8. I'm a healthy beverage that will give you 29 grams of natural sugar to keep you energized! (100% APPLE JUICE)
9. Drink me... I'm a smooth and creamy way to wash down your lunch and give you calcium for strong bones and teeth! (1% WHITE MILK)
10. Grabbing dessert on the run? I'm an excellent choice with more than 5 grams of dietary fiber! (FRESH PEAR)
11. Chow down... I'm a sweet dessert including 2 food groups and only 2 grams of fat! (FRUIT AND YOGURT PARFAIT)
12. Satisfy your sweet tooth... I'm a great choice because I'm made with milk and I give you calcium! (CHOCOLATE MILK PUDDING)

TEACHER CLUE LIST & ANSWER KEY

FOODS NOT INCLUDED IN THE SERVE MOST OR SERVE MODERATELY CATEGORIES OF THE NEW SCHOOL FOOD GUIDELINES:

CLUES FOR THE "OTHER FOOD PILE":

1. I'm usually found in a vending machine... not the best place to buy lunch! Try to make a better choice next time because I have 13 grams of fat and 22 grams of sugar! (CHOCOLATE BAR)
2. Although I smell good when I'm baking and you can buy 3 of me for \$1.00, you're the one being fooled! You just ate 30 grams of fat and 54 grams of sugar! (CHOCOLATE CHIP COOKIES)
3. You may think I'm healthy, but I really have 35 grams of sugar per bottle! (SPORTS DRINK)
4. I contain nothing but sugar... 40.5 grams to be exact! (SODA POP)
5. You may see a vegetable in my name, but you won't find me on Canada's Food Guide! (ONION RINGS)
6. I contain 531 calories... $\frac{1}{4}$ of what you should eat in a full day! Try making wiser food choices with a variety of healthy foods! (FRENCH FRIES)
7. Don't eat me! I contain 70 mg of cholesterol! (CHICKEN FINGERS)
8. Toss me out! 46 grams of fat... no way! (BACON CHEESEBURGER)

STUDENT CLUE LIST

The goal of Part 2 is to separate the healthy food choices from the unhealthy food choices. The healthy food choices are the delicious and nutritious foods available in your cafeteria. The unhealthy food choices are those foods that should be tossed out! Use the clues and read the labels to find out which foods should go in the "Healthy Choice Pile" or the "Other Food Pile".

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2. Chow down... I'm a sweet dessert including 2 food groups and only 2 grams of fat!
3. Toss me out! 46 grams of fat... no way!
4. Drink me... I'm a smooth and creamy way to wash down your lunch and give you calcium for strong bones and teeth!
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 15. Warm up in the winter with a bowl of me... only 5% of your daily fat intake!
 16. Satisfy your sweet tooth... I'm a great choice because I'm made with milk and I give you calcium!
 17. I contain nothing but sugar... 40.5 grams to be exact!
 18. Hang on to me... I'm a yummy Mexican treat with foods from all 4 food groups... tortilla shell, lean ground beef, cheddar cheese, lettuce and tomato!
 19. Don't eat me! I contain 70 mg of cholesterol!
 20. I'm a healthy beverage that will give you 29 grams of natural sugar to keep you energized!