

ACTIVITY

Reading a Food Label

Directions: Divide into small groups. Each group will be given a food package. Read the food label and answer the following questions. Be prepared to share information from the food label with the class. This can also be completed individually and discussed with the Trainer.

Name of Food:

1. How many servings does your package contain? How many calories per serving? When eating this food, do you think a person normally eats more or less than the serving size?

2. What is the main ingredient of your food? How do you know?

3. Would you serve this food to someone who is trying to:
 Reduce his or her cholesterol? Why or why not?

 Increase fiber? Why or why not?

 Limit salt (sodium)? Why or why not?

4. What food group or groups does this food belong to on the Food Guide Pyramid?

5. Is this food a good source of any vitamins and minerals? If yes, list them:

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Food Safety Word Match

Direction: Draw a line from the word to its matching definition.

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| 1. Two-hour rule | A. The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands. |
| 2. Personal hygiene | B. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter. |
| 3. Perishable food | C. Keeping work areas free from dirt or bacteria. |
| 4. Cross-contamination | D. Foods that can become unsafe or spoil quickly if not refrigerated or frozen. |
| 5. Contaminated food | E. Cleanliness, keeping yourself clean. |
| 6. Danger Zone | F. Perishable food should not be left at room temperature longer than two hours. |
| 7. Food borne illness | G. Food that contains harmful bacteria. |
| 8. The Thaw Law | H. Cooking food to a safe internal temperature. |
| 9. Sanitation | I. Sickness caused by eating contaminated food, sometimes called food poisoning. |
| 10. Thorough cooking | J. The range of temperature at which most bacteria multiply rapidly—between 40° and 140° F. |

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Healthy Food Choices for Managing Weight

Directions: Eating less fat reduces the number of calories and often cholesterol. Brainstorm substitutes that would result in less fat in the diet.

Instead of:

Choose:

1. Whole milk
2. Ice cream
3. Butter, margarine
4. Regular cheese
5. French fries or hash browns
6. Sour cream
7. Oil-packed tuna
8. Frying oil, butter, margarine, lard
9. Fatty meats
10. Vegetables in cream or butter sauce
11. Potato chips
12. Cakes, cookies, pastries
13. Tacos, taquitos, egg rolls
