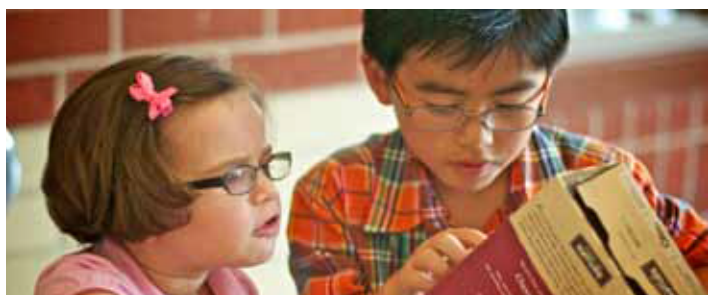




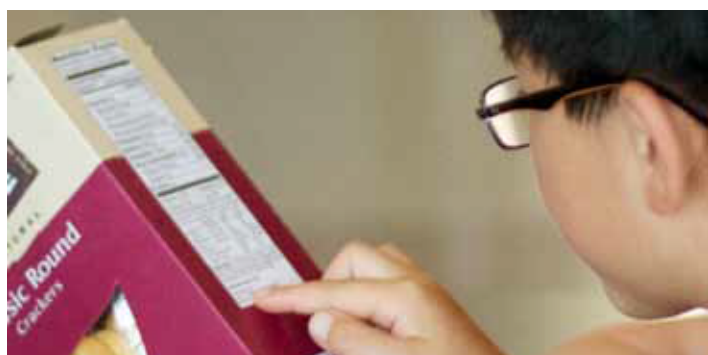
GET THE FACTS: KNOW YOUR FOOD LABEL



Today we learned how to use the information on the Nutrition Facts label to make quick, informed food choices that contribute to healthful lifelong eating habits.

We learned it is very important to know the serving size when reading a label so we are able to understand the amount of food the label is describing.

We learned that the ingredient list shows the ingredients listed from most to least.



AT HOME ACTIVITY

Label Scavenger Hunt

Have each family member find a Nutrition Facts Label from a food item in your refrigerator or pantry.

Ask the following questions:

- Who has a food product with 5% daily value or less of Total Fat?
- Who has a food product with 20% or more daily value of Calcium?
- What other facts do you notice?

ROLLING AND JUMPING

Regular physical activity helps to:

- relieve stress
- improve self-esteem
- build and maintain bones, muscles and joints
- reduce risk for certain diseases.

Grab a pair of dice. Have each family member take a turn rolling the dice. Add up the two numbers. If your total is an even number, everyone does a jumping jack. If your total is an odd number, everyone has to reach to the sky then touch their toes!

You can change the activity and the type of stretch to keep the game going.

