



PURE FOOD KIDS: A RECIPE FOR HEALTHFUL EATING
ADDITIONAL ACTIVITIES

1. Have students complete **You are the Advertiser!** activity and worksheets. Please note part of this activity is brainstorming as a class.
2. **Research Whole Foods:** Have students research the ingredients in their healthy snack designed in activity one. A good resource for finding nutrients in individual ingredients is www.nutritiondata.com.
3. **Choose a processed food** and investigate the additives you find using the internet.
4. **Writing Activity:** As a class pick a processed snack (for example, Hot Cheetos). Pick a food additive in the snack that the class would like to eliminate from the food (for example, food coloring). Have each student write a one page summary of the snack food. You could post them on the wall for further discussion.
5. **Cupboard Search:** Students can search their own pantries and cupboards at home to find food additives. Have students complete the worksheets with parents or caregivers to start a discussion about food choices.

Name _____

Teacher _____

YOU'RE THE ADVERTISER!

1. Choose a snack that you eat frequently that is a processed food.

I eat _____ several times a week.

2. What do you like about this food? Use adjectives to describe why you like this food.

I like this food because it is

3. With your class, brainstorm whole food snacks that you like to eat. Then, pick some whole food snacks that you like to eat with similar characteristics to the processed snack you chose for question 1. Fill in the chart below.

Whole Food	Adjective
<i>ex. apples</i>	<i>Crunchy, sweet, juicy</i>



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4. Using the whole food items from question 3; create a tasty whole food snack. Name your snack, and create a recipe (how you prepare it).

My Snack _____

Ingredients:

How to prepare (Write out step-by-step how to prepare your whole food snack):

5. On a separate sheet of paper, create an advertisement for your healthy snack. What would make someone want to eat this food? Use catchy phrases and bright colors to draw attention to your advertisement. You may also use health claims, but be sure they are true.



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LET'S BE FOOD DETECTIVES!

WHAT IS REALLY IN THERE?

CUPBOARD SEARCH

1. Looking in your cupboards and pantry at home, find a packaged food that you enjoy eating. Looking only at the front label of your packaged food, list at least two things that make you believe that the food is healthy?

1. _____
2. _____
3. _____

2. Now, flip the package over to the ingredient list. Looking over the list write down any ingredients that you do not recognize.

3. Choose at least one of the ingredients you listed in number 2 for further investigation. Using the internet, research what the ingredient is made from and what is its purpose in the food.



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4. Now that you have found out “what is really in there”, would you still choose to eat this food? Why or why not?

What food would you choose to eat instead?

Why?



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