

Appendix B

• Handouts

- **Teacher Survey** (print 1)
- **Pre-Workshop Quiz** (print 1 per student)
- **Post-Workshop Quiz** (print 1 per student)
- **What Are They Selling Us?** (print 5 – 1 per group)
- **Is It True?** (print 5 – 1 per group)
- **What’s Really In There?** (print 5 – 1 per group)
 - **Food Additive Tree Chart** (print 5 – 1 per group)
 - **Food Additive Table Chart** (print 5 – 1 per group)
- **Program Overview** (print as needed)
- **“What We Learned Today” to be copied with Family recipe as a “Take Home” Sheet** (print 1 per student)
- **Family Recipe** (print 1 per student)
- **Nutrient Symbol Explanation** (print as needed)

PURE FOOD KIDS: *A Recipe for Healthful Eating*
Thank you for participating in our Pure Food Kids Workshop.

Please take a moment to evaluate this class. We appreciate your comments!

Teacher _____ Date _____

School _____ Grade _____

What influenced you to participate in our class? _____

What part of the class did you find most valuable? _____

What was the weakest part of the class? _____

How would you rate the overall content: (circle one)

1 Too Elementary 2 3 4 Just Right 5 6 7 8 Too Advanced 9 10

Additional comments about the content: _____

Were the class handouts helpful? (circle one)

1 Not Helpful At All 2 3 4 Somewhat Helpful 5 6 7 8 Very Helpful 9 10

Did you feel you learned something you didn't know before about Food Labels, Food additives or the difference between a whole and a processed food? (circle one)

1 Didn't Learn Anything New 2 3 4 Learned A Few Things 5 6 7 Learned Many New Things 8 9 10

Please rate the instructor on a scale of 1 to 10: (circle one)

Knowledgeable 1 2 3 4 5 6 7 8 9 10 Engaging 1 2 3 4 5 6 7 8 9 10

Clear 1 2 3 4 5 6 7 8 9 10 Entertaining 1 2 3 4 5 6 7 8 9 10

Other comments about the instructor: _____

How would you rate this class in a scale of 1 - 10? (circle one) Poor 1 2 3 4 5 6 7 8 9 Excellent 10

I would be willing to recommend this class to other teachers/principals Yes No

Email: _____

Phone : _____

Would you like us to contact you about scheduling for next year? Yes No

Thank you! We welcome your additional comments. Use the back if necessary.

Name _____

School _____

Date _____

Pure Food Kids Workshop

Food Knowledge Quiz

Pre-Workshop

1. True or False: (circle the correct answer)
A picture of a fruit on a label means the food contains fruit.

True False
2. What is a calorie? (circle the correct answer)
 - a. A measurement of fat
 - b. A measurement of energy
 - c. A vitamin
 - d. Don't know
3. About how many calories do you need in a day? (circle the correct answer)
 - a. 1,000 calories
 - b. 3,500 calories
 - c. 2,500 calories
 - d. Depends on your activity level
 - e. Don't know
4. Ingredients on a food label are listed: (circle the correct answer)
 - a. Randomly – in no special order
 - b. In order of least amount to greatest amount
 - c. In order of greatest amount to least amount
 - d. Don't know
5. Draw a line between the food additive on the left to the category on the right to which it belongs.

High Fructose Corn Syrup

Preservative

Monosodium Glutamate

Sweetener

F D & C Red #40

Flavor Enhancer

BHA/BHT

Food Coloring

Name _____

School _____

Date _____

Pure Food Kids Workshop

Food Knowledge Quiz Post-Workshop

1. True or False: (circle the correct answer)
A picture of a fruit on a label means the food contains fruit.
True False
2. What is a calorie? (circle the correct answer)
 - a. A measurement of fat
 - b. A measurement of energy
 - c. A vitamin
 - d. Don't know
3. About how many calories do you need in a day? (circle the correct answer)
 - a. 1,000 calories
 - b. 3,500 calories
 - c. 2,500 calories
 - d. Depends on your activity level
 - e. Don't know
4. Ingredients on a food label are listed: (circle the correct answer)
 - a. Randomly – in no special order
 - b. In order of least amount to greatest amount
 - c. In order of greatest amount to least amount
 - d. Don't know
5. Draw a line between the food additive on the left to the category on the right to which it belongs.

High Fructose Corn Syrup

Preservative

Monosodium Glutamate

Sweetener

F D & C Red #40

Flavor Enhancer

BHA/BHT

Food Coloring

6. Do you feel like you learned something in this class? (circle one)

I didn't learn much

1 2 3 4 5 6 7 8 9 10

I learned a lot

7. How would you rate this class? (circle one)

I didn't like it

1 2 3 4 5 6 7 8 9 10

I liked it a lot

LET'S BE FOOD DETECTIVES!

WHAT ARE THEY SELLING US?

1. Looking only at the front label of your packaged food, can your group find at least two things that make you think it's healthy?

1. _____
2. _____
3. _____

2. Who do you think the manufacturer is trying to get to buy it?
(Examples: parents, kids, athletes, people who want to eat healthy, etc...)

3. List at least two things that make your group want to buy it.
(Example: picture, prizes or other offers, looks like it would be healthy; the flavor looks good, etc...)

1. _____
2. _____
3. _____

LET'S BE FOOD DETECTIVES!

IS IT TRUE?

1. Look at the **Nutrition Facts Statement** to find the following:

What is the serving size? _____

How many servings per container? _____

Is it reasonable (really how much you eat or drink)? Yes / No

How many grams of Trans Fat per serving? _____

How many grams of sugar per serving? _____

2. Look at the **Ingredient List** to find the following:

Is the ingredient list: Long / Short

Do you understand MOST (90%) of the words? Yes / No

Does it have *hydrogenated* OR
partially hydrogenated oil (TRANS FAT)? Yes / No

Is there anything that makes you go ...
HUH?? Why did they put that in my food? Yes / No

What is the first sweetener listed? _____

What order in the list is the first sweetener listed? _____

Does the flavor come from what you expected? Yes / No

3. Is this food as healthful as you first thought? Yes / No

LET'S BE FOOD DETECTIVES!

WHAT'S REALLY IN THERE?

1. Find up to two Sweeteners.

1. _____

2. _____

How many total Sweeteners found? _____

None found _____

2. Find up to two Flavor or Texture Enhancers.

1. _____

2. _____

None found _____

3. Find up to two Food Colorings.

1. _____

2. _____

None found _____

4. Find up to two Preservatives.

1. _____

2. _____

None found _____

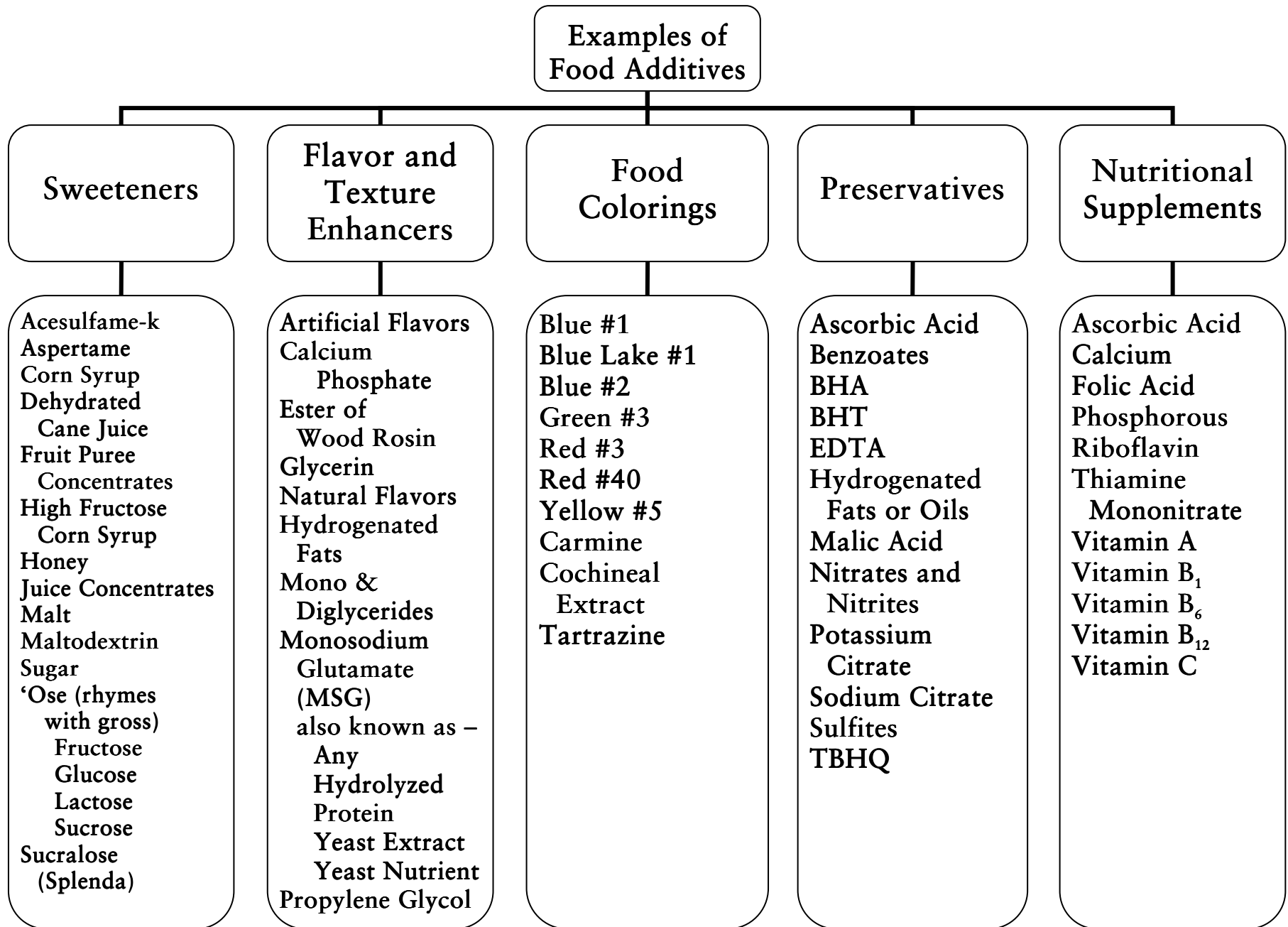
5. Find up to two Nutritional Supplements.

1. _____

2. _____

None found _____

PURE FOOD KIDS: A RECIPE FOR HEALTHFUL EATING



Category	Additive Examples	Why should we avoid it	Some Natural Alternatives
Refined and Artificial Sweeteners	Acesulfame-k, Aspartame, Corn Syrup, Dehydrated Cane Juice, Fruit Puree Concentrates, High Fructose Corn Syrup, Honey, Juice Concentrates, Malt, Maltodextrin, Sugar - 'Ose (rhymes with gross – fructose, glucose, lactose, sucrose), Sucralose (Splenda)	<ul style="list-style-type: none"> • Heavily processed sugar with no nutritive value • Linked to obesity and Type II Diabetes • Artificial sweeteners linked to cancer 	Raw sugar, maple syrup, honey, fresh fruit
Flavor and Texture Enhancers	Artificial Flavors, Calcium, Phosphate, Ester of Wood Rosin, Glycerin, Hydrolyzed Protein, Natural Flavors, Hydrogenated Fats, Mono & Diglycerides, Monosodium Glutamate, Propylene Glycol, Yeast Extract, Yeast Nutrient	<ul style="list-style-type: none"> • Very addicting and can cause headaches, rapid heart beat, flushing and numbness • Flavor enhancers linked to brain lesions • Linked to obesity 	Salt, sea salt
Food Coloring	Blue #1, Blue Lake #1, Blue #2, Green #3, Red #3, Red # 40, Yellow #5, Beta-Carotene, Carmine, Cochineal Extract, Tartrazine	<ul style="list-style-type: none"> • Linked to behavior – aggression, ADD and ADHD • Artificial colors made from Petroleum or Coal Tar • Carmine and Cochineal are made from beetles 	Beets, lemon rind, blueberries, annatto and turmeric
Preservatives	Ascorbic Acid, Benzoates, BHA, BHT, EDTA, Hydrogenated Fats and Oils, Malic Acid, Nitrates and Nitrites, Potassium Citrate, Sodium Citrate, Sulfites, TBHQ	<ul style="list-style-type: none"> • Some linked to cancer • Some linked to high cholesterol – Trans fats • Many still being studied for safety 	Check the label for items with fewer or no artificial preservatives
Nutritional Supplements	Ascorbic Acid, Calcium Carbonate, Cyanocobalamin, Folic Acid, Phosphorous, Riboflavin, Thiamine Mononitrate, Vitamin A, Vitamin B1, Vitamin B6, Vitamin B12, Vitamin C	<ul style="list-style-type: none"> • Not to be avoided • Usually added back into highly processed foods • Many have little nutritional value 	Fruits, vegetables, whole grains



Overview

The Flagship Program supports non-profit organizations providing education about the benefits of pure, all-natural food. We believe that if people have a better understanding of the sources of their food and what is in it, that they will make more nutritious eating choices. We also believe these choices will encourage food producers and retailers to grow, make and sell food that is all-natural and nutritious.

1% of ALL Beecher's, Bennett's Pure Food Bistro and Pasta & Co sales go to our Flagship Program.

The **Pure Food Kids: A Recipe for Healthful Eating** workshop, funded through the Flagship Program, is aimed at educating fourth through sixth grade students about the prevalence of food additives and their possible health risks. As part of the workshop, we provide:

- All equipment, volunteers, printed materials and foods
- 2 hour 30 minute in-class workshop taught by our volunteers* with supporting materials

Student learning objectives:

- Learn how to read a food label including the ingredient list
- Understand the difference between whole and processed foods
- Know common food additives and their possible harmful effects
- How to follow a recipe
- Participate in the preparation of a whole-food soup
- Understand the importance of eating healthful food

Our workshop is fully funded and offered free to schools.

There will be no promotion of Beecher's, Bennett's or Pasta & Co in the classroom.

For more information, please contact:

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www.beecherscheese.com

**Background checks are conducted on all volunteers through Washington State Patrol*

In Class today, we had a guest from the Flagship Program to teach us the *Pure Food Kids: A Recipe for Healthful Eating* workshop

We learned:

- How to read a food label including the advertising on the packaging, the nutrition statement and the ingredient list -

Nutrition Statement		Ingredient list		
Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size: 1oz. (28g) Servings: Varied Calories 120 Fat. Cal. 80	Total Fat 9g	14%	Total Carb. 1g	0%
	Sat. Fat 6g	30%	Dietary Fiber 0g	0%
	<i>Trans.</i> Fat 0g		Sugars 0g	0%
	Cholest. 20mg	7%	Protein 7g	
	Sodium 230mg	10%		
	*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 0%			

Ingredient list
INGREDIENTS:
pasteurized milk,
salt, culture, enzymes

- To understand the difference between whole and processed foods;
example: Potatoes vs. potato chips
- The definition of a calorie
- To recognize common food additives, why they are used and their possible harmful effects
- How to work in a group and follow a recipe
- How to participate in the preparation of a whole-food soup
- To understand the benefits of eating healthful food

Pure Food Kids is a workshop funded by the Flagship Program, the non-profit group founded by Beecher's Handmade Cheese in 2004. The Flagship Program supports non-profit organizations that educate people about the benefits of pure, all-natural food. The principal philosophies of the Program are that if people have a better understanding of the sources of their food and what is in it, than they will make more nutritious eating choices. In addition, the hope is that these choices will encourage food producers and retailers to grow, make and sell food that is all-natural and nutritious.

**1% of ALL sales of Beecher's Handmade Cheese and its sister companies,
Pasta & Co and Bennett's Pure Food Bistro
Fund the Flagship Program**

*There was no promotion of Beecher's,
Bennett's, or Pasta & Co in the classroom*















Please contact me with any questions or comments.

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Hearty Vegetable Chili – Family Recipe

Makes: 6 – 1 1/2 cup servings

	Ingredients	Directions	Nutrient
Measure	Vegetable Oil 	Measure 1 tablespoon of vegetable or olive oil and add to a medium soup pot. Heat oil over medium-high heat.	
Chop	Onion and Garlic 	Peel and chop 1 cup of onion into small pieces. Smash, peel, and chop 4 cloves of garlic into very small pieces. Add to the soup pot, stir, and cook for 1 to 2 minutes.	Potassium 
Chop	Green and Red Bell Peppers 	Chop 1 cup each of green and red bell peppers into small pieces. Add to the soup pot and sauté until tender.	Vitamin C 
Measure	Spices 	Measure 1 tablespoon chili powder, 1 1/2 teaspoons dried oregano, 3/4 teaspoon ground cumin, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Add to the soup pot and stir until all of the vegetables are coated with the spices.	
Drain	Black and Kidney Beans 	Open one 15.25 ounce can each of black and kidney beans. Drain and rinse. Add to the soup pot and stir until the beans are coated with the spices.	Fiber Protein 
Chop	Diced Tomatoes 	Open one 28 ounce can of whole tomatoes. Cut into bite sized pieces, add to the soup pot, and stir. Turn the heat up to high and bring the soup to a boil. Reduce the heat to low and simmer for 20 minutes.	Vitamin C 
Measure	Whole Kernel Corn 	Measure 1 cup of fresh or frozen corn. Add to the soup pot and stir. Add up to 1 cup water if the chili looks too thick. Simmer for 5 minutes.	Potassium 
Chop	Cilantro 	Chop 1/2 bunch of fresh cilantro. Turn off the heat on the soup pot and add the cilantro. Stir the soup and enjoy.	Vitamin A 

Nutrient Symbol Explanation



Protein: a nutrient found in food that helps our body grow, helps cuts heal, and builds strong muscles. Animal sources of protein include fish, chicken, and eggs. Plant sources of protein include beans, nuts, and seeds.



Fiber: a part of foods such as bran, fruits, and vegetables that passes through the body but is partially digested or not digested at all.



Vitamin A: a nutrient found in food that helps our eyes see at night and helps us fight off disease. Animal sources of vitamin A include cod liver, eggs, butter, and milk. Plant sources of vitamin A include sweet potatoes, carrots, cantaloupe, and spinach.



Vitamin C: a nutrient found in food that helps us heal wounds by making collagen, helps make norepinephrine which affects mood, and is an antioxidant. Antioxidants prevent damage from free radicals which are formed in our bodies and through exposure to toxins and pollutants. Fruits and vegetables are good sources of vitamin C, especially oranges, red peppers, tomatoes, broccoli, and strawberries.



Potassium: a mineral found in food that helps prevent high blood pressure and stroke. Potassium is also an electrolyte. Electrolytes help with the normal functioning of our bodies. They are important for nerve impulse transmission, muscle contraction, and heart function. The richest sources of potassium are fruits and vegetables.

References: www.mypyramid.gov
<http://lpi.oregonstate.edu>