



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lesson 1: Chipping In!

Quick Glance

In this lesson, campers will:

- ✓ Learn about what healthy food looks and tastes like
 - ✓ Recognize the difference between whole and processed foods
 - ✓ Practice how to cook safely
 - ✓ Identify the difference between fresh and processed chips
 - ✓ Make delicious kale chips or another dish that is healthier than processed chips
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Tasks:

- ✓ Introduction to Incredible Edibles
- ✓ Exploration of kitchen and cooking safety
- ✓ Introduction to the Harvard Healthy Eating Plate (what healthy eating looks like; emphasis on whole vs. processed food)
- ✓ Discussion about store-bought, processed chips vs. fresh, homemade chips
- ✓ Preparing and cooking kale or whole grain pita chips (or a crudité or whole wheat muffins as a chip alternative)

Lesson 1: Chipping In!

About:

In this lesson, campers learn more about the *Incredible Edibles* session, and are introduced to kitchen and cooking safety practices. They begin to explore what healthier eating “looks like” based on the Harvard Healthy Eating Plate. After briefly exploring why store-bought chips tend to be unhealthy because they are usually processed, campers prepare a fresh, healthy alternative to processed chips. This is the starter/appetizer dish of the Frost Valley lunch/dinner meal menu.

Achievement-Based Objectives:

At the end of this lesson, campers will have:

Practiced safe cooking skills

Described what eating healthy “looks like”

Named the recommended food groups on a “healthy eating plate”

Determined whether store-bought chips are generally healthy

Prepared a healthy alternative to processed chips

Lesson Focus:

Cooking Safety and Skills, Healthy Eating Plate (healthier foods with recommended types and amounts) Whole vs. Processed Foods, Store-bought vs. Homemade, Alternatives to Processed Chips

| Grade Level | Time | Main Topic |
|-------------|------------|-------------------|
| 4-8 | 60 minutes | Starter/Appetizer |

Materials and Prep:

- Prepare the following materials ahead of class.
- Items to duplicate and/or enlarge are in **Lesson Docs** at the end of the lesson.
- Recipe ingredients and equipment/utensil materials are in the Recipes section at the end of the lesson.
- **Information:** Asterisked documents will be used again during the session, so keep those handy.

| Task | Items | Preparation |
|--------------------------------|---|--|
| Start | <ul style="list-style-type: none"> ✓ Doc 1: What campers will learn ✓ Self-adhesive chart paper ✓ Markers | Write and post the camper-friendly objectives on chart paper. |
| Protein and Grain Power | <ul style="list-style-type: none"> ✓ Doc 2: Cooking Tips ✓ Tape | Reproduce the list on chart paper and post where campers can see it. Alternatively, reproduce the list on individual sheets of paper, laminate, and at each cooking station. |
| Eating Healthy | <ul style="list-style-type: none"> ✓ Self-adhesive chart paper ✓ Doc 3: Harvard Healthy Eating Plate ✓ Doc 4: Healthy Eating Pyramid ✓ Doc 5: Healthy Eating Plate Background Info | <ul style="list-style-type: none"> ✓ Reproduce and post the Healthy Harvard Eating on chart paper ✓ Duplicate the healthy plate to distribute to campers. You might create a blank version. ✓ Read Doc 5 for important healthy eating background information. |
| Recipes | <ul style="list-style-type: none"> ✓ Doc 6: Critique cards | One set of laminated cards per station team. Note: Campers will use these cards again. |

Procedures Part I

Time: 20 Min.

| What to Emphasize | Step | Task 1: Introduction |
|---|------|---|
| <p>Eating healthy food doesn't mean You can't eat your favorite foods. Actually, it means that with a few changes, your favorite foods can be fresher, taste better, and even be less expensive.</p> <p>When you go to the grocery store or the cafeteria – or the little shop on the corner – think about what would make your choices a bit healthier. Read ingredients. Keep the healthy eating plate in mind. Remember that whole fresh foods are an excellent choice.</p> <p>Healthy cooking can be creative and fun. There are lots of recipes.</p> <p>You can also experiment with some of your favorite whole foods. What will you put on your healthy plate?</p> | 1 | Welcome the campers to <i>Incredible Edibles</i> . If they don't know each other, have them quickly say their names. |
| | 2 | Ask campers what they are looking forward to during Incredible Edibles. Express your excitement and what you anticipate. |
| | 3 | Share the camper-friendly objectives, Doc 1: What campers will learn . Make sure to connect these to what campers have said to reinforce their expectations. Example: If campers say they want to make delicious snacks, tell them that is part of the plan. Not only will the snacks be super tasty, they will be fun to make...and healthy. Answer a few camper questions about the session, if desired. |
| | Step | Task 2: Cooking Tips |
| | 4 | Invite campers to quickly share some of the things they do before they cook and while they are cooking. |
| | 5 | Point students to Doc 2: Cooking Tips . Have one or more campers read them aloud. If necessary, model each tip. Ask campers if they have questions. |

Healthy Eating Plate Concepts

Vegetables and fruits – ½ of your plate. Aim for color and variety.

Whole and intact grains – ¼ of your plate – whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, like whole wheat pasta.

Protein power – ¼ of your plate fish, chicken, beans, and nuts are healthy, versatile protein sources.

Healthy plant oils – in moderation. Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, and peanut.

Drink mostly water! Skip sugary drinks. Limit juice to a small glass per day.

Limit dairy to 1-2 servings a day. Consider other sources of calcium like baked beans.

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For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health,
www.thenutritionsource.org and Harvard Health Publications,
www.health.harvard.edu

| Step | Task 3: Eating Healthy |
|------|---|
| 6 | <p>Reflection: Ask the group: What does eating healthy mean to you? Have them answer the question by describing what they would put on their plates for a healthy meal. Keep track of what the campers say.</p> <p>IF THERE IS TIME: Campers can instead draw on paper plates what a healthy plate looks like. What would they put on their plate that might reflect a healthy dinner meal? (Good for younger campers.)</p> |
| 7 | Point out the many foods campers selected that reflect healthy food choices. Introduce the Healthy Eating Plate. |
| 8 | Display the large version of the plate in the room, and describe what's on it. Refer to Doc 4: Healthy Eating Pyramid and Doc 5: Healthy Eating Plate Background Info. Emphasize what a whole food is and why it is a good food choice. |
| 9 | Distribute Doc 3: Healthy Eating Plate , the one with descriptions. Tell the campers they will match each dish they make during the cooking session to a Healthy Plate category. |
| Step | Task 4: Intro to Chips |
| 10 | As you and the campers prepare for the meal, ask the group who eats chips. (Everyone will raise hands!) Have a few campers name their favorite chips. They will probably say things like <i>Doritos</i> or <i>Cheetos</i> . |
| 11 | <p>Probe with campers whether the chips they love are actually very healthy. They might say yes, since chips often start with a whole food.</p> <p>IF THERE IS TIME: Pass around a few bags of store-bought chips so campers can read, compare and contrast, and comment on the ingredients. (Good for younger campers.)</p> |
| 12 | Explain that usually store-bought chips have lots of added ingredients that actually make the chips not very healthy: salt (sodium), sugars, fats, oils...and all sorts of chemical additives. These chips are PROCESSED . |
| 13 | Tell campers they will make a healthier chip (or alternative dish, depending on the recipe choice) as the starter for their Frost Valley meal. |

Procedures Part II

Time: 40 Min.

| Step | Task 5: Cooking |
|------|---|
| 14 | Introduce the selected recipe to the campers. If you prepared a sample dish, show it to the campers. Point out serving size. Use the <i>Serving Size</i> diagram from the overview packet. |
| 15 | Focus on the key ingredient, referring to the nutritional items noted in the recipe. Follow the <i>Cook n' Chat</i> template to probe with campers what they know about the ingredient. Have them match the key recipe item(s) to the <i>Healthy Eating Plate</i> . |
| 16 | Begin cooking. Be sure to model the instructions. If the recipe requires using a knife, model safe knife usage. Refer to the knife use section in the overview packet. |
| 17 | After the cooking is done, and the dish is ready to go, campers try it out (they can also assist in clean up if there is time), and then "critique" it using the Doc 6: Critique Cards . Ask students to raise the card that best represents their take on the recipe. If time permits, they can discuss their choices and offer suggestions for making the dish more to their liking. |
| 18 | CLOSING: Ask campers: What is one new exciting thing that you learned about food and cooking? |

RECIPES

Kale Chips

This is a quick dish to prepare, and might be the best choice because of the heavy lesson content.

Crudite and Edamole or Guacamole Dip

Fresh vegetables with a great dip are easy to make and can be a simple, even healthier alternative to processed chips. This is an easy recipe to prepare. It will involve demonstrating proper knife skills.

Baked Tortilla or Pita Chips

This recipe should only be used if the group does not want to make kale chips. It focuses on whole grains as a healthy carbohydrate with lots of nutritional value. There is an optional salsa to make with fresh vegetables. (Good for younger campers.)

Cook 'n' Chat

About Kale

Kale is a dark, leafy green that grows best in cool weather during fall, winter, and spring. It has tough, curly leaves that can be eaten raw in a salad or cooked in a wide variety of dishes, like pasta or stew. Kale is a member of the cabbage family, which also includes collard greens, chard, and broccoli.

What's healthy about it?

Kale is rich in vitamin A for strong eyes; vitamin C to fight off colds; and vitamin K for a healthy heart and strong bones.

Healthy Eating Plate

Kale brings a lot of color to the vegetable section of your Healthy Eating Plate, including greens, reds, and purples.

Baked vs. fried

Baked chips contain fewer calories and less fat than fried chips, but remember that even with baked chips, be mindful of the amount of salt and serving size.

Better than processed

Chips made from scratch retain more of their vitamins and minerals, which are stripped away from the food during processing.

Kale Chips

Ingredients

2 large bunches of kale, rinsed well, dried, and torn into 1-to2-inch pieces
2 to 3 tablespoons extra-virgin olive oil
2 teaspoons coarse salt

Instructions

1. Preheat oven to 350 degrees.
2. Place kale pieces in a single even layer on baking sheets; drizzle with olive oil and season with salt.
3. Transfer to oven and bake until crisp, 10 to 12 minutes.

Serves 6.

Source, with permission: Martha Stewart Living Omnimedia, Inc. www.marthastewart.com/print/869625

OPTIONAL: Lemon-Yogurt Dip

1 cup fat-free plain Greek yogurt
1 teaspoon finely grated lemon zest
2 tablespoons fresh lemon juice

Instructions

In a small bowl, whisk the yogurt with the lemon zest and juice and the remaining garlic and 1 tablespoon of oil. Season with a small amount of salt and pepper. Serve with the kale chips.

Serves 4.

Source, with permission from Sean Mullen and Coleman Hospitality Group: Food & Wine www.foodandwine.com/recipes/crispy-kale-with-lemon-yogurt-dip

Nutrition Note: Low-fat yogurt is a good source of calcium. But, it is recommended that dairy be limited. Other sources of calcium include collards, bok choy, baked beans, and fortified soy milk. But, Greek yogurt is an excellent source of protein to help bodies grow; and repair cells and tissues (like muscle, hair, nails, skin, etc.); and is important for a strong immune system.

Cook 'n' Chat

About mixed raw vegetables

Raw veggies are a quick, easy snack because they don't need much preparation. And cutting or chopping them gives you great cooking knife skills. The raw veggies can be used to make veggie faces on your plate as an edible art project!

What's healthy about them?

Raw vegetables are packed with vitamins, minerals, water, and fiber; and are low in carbs, calories, fat, and sodium. The greater the variety of color, the more nutrients you will have. Water is good for your skin. Fiber helps to keep us full, and keep our digestive system healthy and working well.

Healthy Eating Plate

Raw veggies provide a variety of colors to the vegetable section of your healthy eating plate.

Better than processed chips

Raw foods are lower in calories, fat, and sodium, rich in fiber, and contain many more vitamins and minerals than processed chips.

Better than processed chips

Raw foods are lower in calories, fat, and sodium, rich in fiber, and contain many more vitamins and minerals than processed chips.

Crudite trivia

Crudite comes from the French word cru, which means raw.

What's healthy about it?

Compared with white rice, brown rice is more nutritious because it contains bran, which is a source of fiber, oils, B vitamins, and important minerals.

The Core Values Crudite

Fresh, raw or slightly blanched/steamed veggies are a great substitute for processed chips.

Ingredients

Select a variety of colorful vegetables that campers slice (or even grate) into slender pieces. Some veggies, like broccoli or cauliflower, can be blanched or steamed. Campers can select veggies that match the first letter of each value.

Instructions

1. Demonstrate appropriate knife skills. (A slice or even a food processor can be used.)
2. Cut and slice the vegetables.

Optional Crudite Dips

Guacamole

Ingredients

¼ red onion
1 medium clove garlic
2 plum tomatoes
1 medium lime
2 medium, ripe avocados
¼ teaspoon salt

Optional Ingredients:

½ teaspoon ground cumin
¼ cup fresh cilantro leaves

Instructions

1. Peel onion and garlic clove. Rinse tomatoes.
2. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
3. Mince onion and garlic. Dice tomatoes into ¼-inch pieces.
4. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
5. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice. (Lime juice keeps the avocado from turning brown.)
6. Add salt to avocado. If using cumin, add now. Mash well with a fork.
7. Add onion, garlic, and tomatoes to avocado mixture. If using cilantro, add now. Stir well.

Serves 8, 1/4 cup per serving

Source with permission: Cooking Matters.
<http://cookingmatters.org/recipes/guacamole>

Nutrition Note: Avocado is a rich source of protein, beneficial (unsaturated) fats, vitamins, and minerals.

Edamole Dip

Ingredients

1 cup frozen edamame, shelled and thawed
1 small avocado, peeled
½ red onion, diced
1 clove garlic, minced
1 lime, juiced
1 Plum tomato, diced
2 tbsp. water
2 tbsp. cilantro, chopped
1 tsp. ground cumin
Salt and pepper to taste

Instructions

1. Place the edamame, avocado, and water into a food processor. Pulse until smooth.
2. Transfer mixture into a mixing bowl and add onion, garlic, lime, tomato, cilantro, and cumin.
3. Season with salt and pepper.

Nutrition Note: Edamame (or soybeans) is a rich source of carbohydrates, proteins, dietary fiber, omega fatty acids, and several vitamins and minerals.

Cook 'n' Chat

About corn & whole grain

Dried corn seed, ground into flour or corn meal, (just like whole wheat can be ground into flour) is a whole grain, Sweet corn harvested to eat fresh is considered a vegetable

What's healthy about them?

Whole grains contain more vitamins and essential minerals- including certain B vitamins- than processed grains like, white flour. They are a main source of carbohydrates, which provide energy for our bodies to move.

Whole grains also contain fiber which helps us to stay full longer and eliminate waste.

Healthy Eating Plate

These muffins are an excellent source of whole grains, which should make up ¼ of your healthy eating plate.

Corn muffin trivia

The scientific name for corn is *Zea mays*. It is often called maize and is actually a grass. An ear or cob of corn is actually part of the flower and an individual kernel is a seed. There are over 3,500 different uses for corn products. A bushel of corn can sweeten 400 cans of soft drink.

Source:

www.sciencekids.co.nz/sciencefacts/food/corn.html

Whole Wheat Corn Muffins

Ingredients

1½ cup corn meal
½ cup whole wheat pastry flour
2 Tablespoons ground flaxseed (or 2 eggs)
2 teaspoons baking powder
½ teaspoon fine sea salt
1 cup low-fat milk (or unsweetened soymilk)
1 ½ cup unsweetened apple sauce
¼ cup honey
1 cup fresh corn kernels or frozen corn kernels, thawed

Instructions

1. Preheat oven to 350°F. Line a standard muffin tin with paper liners or oil with canola spray oil.
2. Whisk together corn meal, flour, flax seed (if using), baking powder, and salt in a medium bowl.
3. In a separate small bowl, whisk together milk, apple sauce and honey (and 2 eggs, if using).
4. Stir honey mixture into corn meal mixture.
5. Add corn and stir until combined.
6. Fill each muffin cup about ¾ full.
7. Bake 25 minutes or until a toothpick inserted in the center comes out clean

Source: Adapted from Whole Wheat Cornbread Muffins, Whole Foods Market: <http://www.wholefoodsmarket.com/recipe/whole-wheat-cornbread-muffins>

Cook 'n' Chat

About whole wheat/grains

There are two types of grains– whole grains and refined grains. Whole grains contain all three parts of the kernel. Refining normally removes the bran and the germ, leaving only the endosperm. Without the bran and germ, about 25% of a grain's protein is lost, and along with it, at least seventeen key nutrients.

What's healthy about it?

Whole grains are beneficial carbs that are rich in dietary fiber, grain has several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Healthy Eating Plate At least half of the grains you eat should be whole grains, such as whole wheat bread, whole grain cereals and crackers, oatmeal, bulgur, and brown rice.

Whole wheat trivia The Roman goddess, Ceres, who was deemed protector of the grain, gave grains their common name today- "cereal."

Wheat was first planted in the United States in 1777 as a hobby crop.

Baked Tortilla or Pita Chips

Ingredients

1 package of whole wheat tortillas or whole wheat pita bread
A little extra virgin olive oil poured into a bowl
Salt
Optional Toppings: Poppy seeds Sesame Seeds

Instructions

1. Preheat oven to 400 degrees.
2. With a pastry brush, lightly "paint" one side of each tortilla or pita bread with olive oil
3. Sprinkle with salt, and if desired, with seeds.
4. Cut each tortilla like a pizza pie into 8 triangles
5. Spread chips evenly on a baking sheet.
6. Bake for about 15 minutes, until chips are crispy and lightly browned.

Serves 8 (5-6 chips each)

Source: Children's Aid Society Go Healthy Kids Health & Nutrition.
<http://www.childrensaidsociety.org/kids/health-nutrition/simple-fun-snack-lunch-recipes/baked-tortilla-pita-chips>

OPTIONAL: Three Sisters Salsa

Ingredients

1 (15-ounce) can black beans, drained
2 Ears fresh sweet corn on the cob, husked and kernels removed from cob
4 tomatoes, small dice
1 zucchini, small dice
1 Small red onion, finely chopped
½ large bunch fresh cilantro, roughly chopped
Juice of 2 limes
2 Tablespoons extra virgin olive oil
1 teaspoon chili powder
Salt and freshly ground pepper

Instructions

Combine all ingredients together in a large bowl and adjust seasonings to taste.

Serves 16

Source: Children's Aid Society Go Healthy Kids Health & Nutrition.
<http://www.childrensaidsociety.org/kids/health-nutrition/simple-fun-snack-lunch-recipes/three-sisters-salsa>

LESSON DOCS

Doc 1: What campers will learn

Doc 2: Cooking Tips

Doc 3: Harvard Healthy Eating Plate

Doc 4: Healthy Eating Pyramid

Doc 5: Healthy Eating Plate Background Info

Doc 6: Critique Cards

Doc 1: What campers will learn

Reproduce the following on a sheet of self-adhesive chart paper. Post so campers can see the list. Modify accordingly.

You will learn:

- ✓ What healthy food looks and tastes like
- ✓ The difference between whole and processed foods
- ✓ How to cook safely
- ✓ The difference between fresh and processed chips
- ✓ How to make some delicious chips or another dish that is healthier than processed chips

Doc 2: Cooking Tips

Follow instructions.

Wash your hands before and after handling food. If you touch your nose, you need to wash your hands with soap again.

Tie back long hair.

Wear a clean apron.

Keep your food station clean. Wipe up food spills immediately.

Do not run around the room where food is being prepared.

Handle knives and other sharp equipment with care.

REMEMBER: Knives Are only for cutting food.

When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.

Turn handles of saucepans away from the front of the stove when cooking.

Wash vegetables and fruit under cold water before use.

Use oven mitts when taking hot dishes from the oven or microwave.

Doc 3: Harvard Healthy Eating Plate

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS



STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

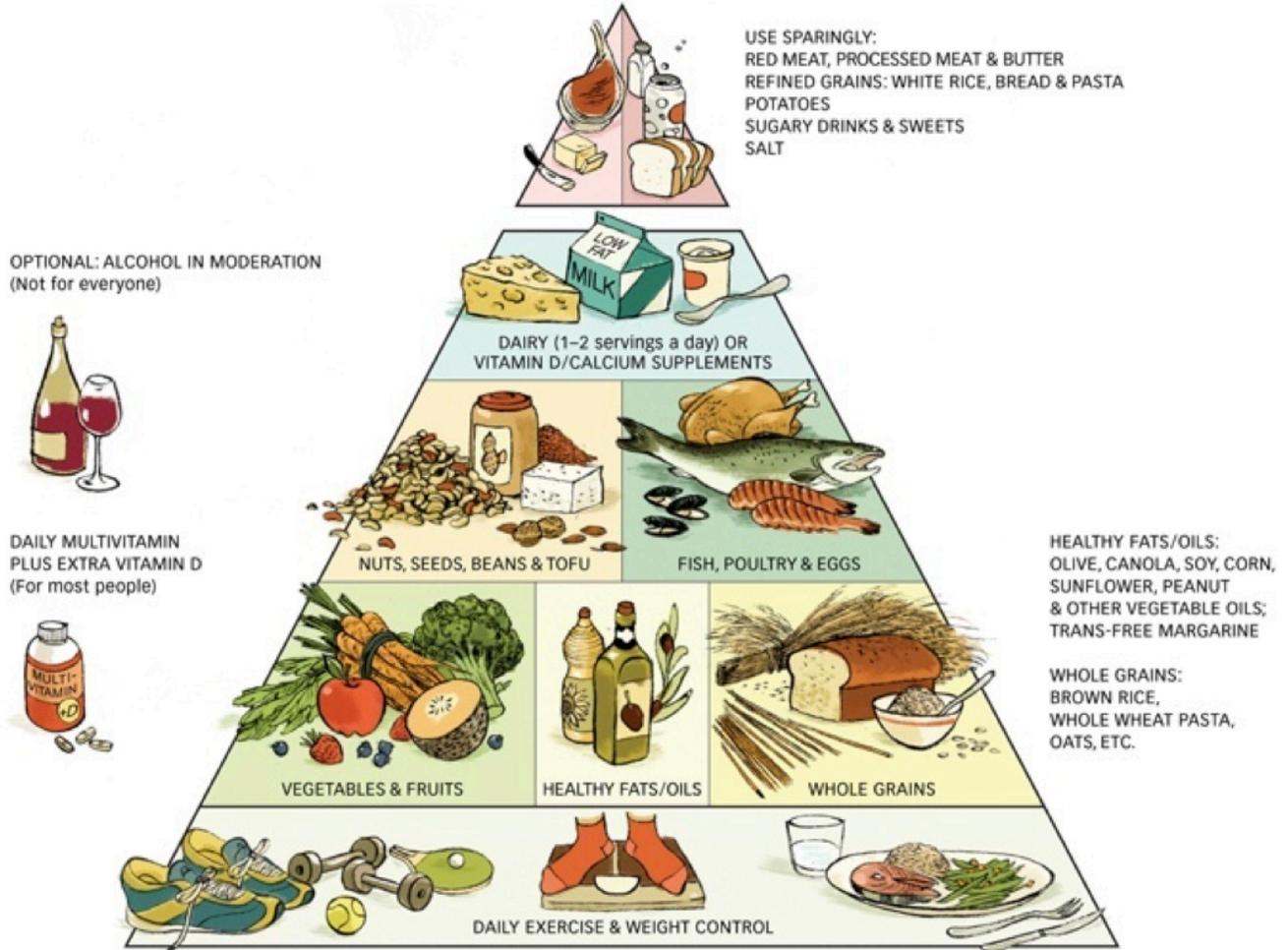
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Doc 4: Healthy Eating Pyramid

Department of Nutrition, Harvard School of Public Health



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For more information about the Healthy Eating Pyramid:
WWW.THE NUTRITION SOURCE .ORG

Eat, Drink, and Be Healthy
 by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
 Free Press/Simon & Schuster Inc.

Doc 5: Healthy Eating Plate Background

The following is useful information to have as campers begin to learn about and cook healthier food. They don't have to "learn" this information formally, but it can be offered during the Cook 'n Chat where appropriate, especially if campers ask questions or want more information. It can also be useful when introducing ingredients. This is primarily for reference purposes.

About processed foods

- Chemicals are added to preserve and enhance the flavor.
- Processed foods have added sugar, salt, flavoring and coloring to make them more appealing in terms of taste and color.
- They can have high levels of salt, sugars, and trans fats, and in such high quantities, that they tend not to be good for you.
- Processed foods lose a lot of their nutritional value, like vitamin content.

Source: Freggie Tales www.freggietales.ca/pdfs/Freggie_Curriculum_Grade3L1.pdf

Harvard Healthy Eating Plate

- **Go with plants.** Eating a plant-based diet is healthiest. Make half your plate vegetables and fruits (potatoes and French fries don't count as vegetables). Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every day
- **Cook with healthy plant oils** like olive and canola oil.
- **Pick healthy protein sources** like fish and beans, not burgers and hot dogs. Limit red meat—beef, pork, or lamb—to twice a week or less. Lean meat is best. Avoid processed meat—bacon, cold cuts, hotdogs, and the like. Get most or all of your protein from beans, nuts and seeds, or tofu.
- **Make your grains whole grains.** What's essential is to make any grains you eat whole grains— like brown rice, whole wheat bread, and whole grain pasta—in place of refined grains (white rice, white bread, white pasta). These are better for your health.

- **Drink water instead of sugary beverages.** Sugary drinks are the worst choice. Go easy on the juice because it has a lot of sugar. Lots of sugar is not good for a person's health over the long term.
- **Limit milk and dairy to one to two servings per day.** Yes, dairy has calcium. But, it often has lots of saturated fat. We need calcium, but not as much as was recommended in the past. So, you can get calcium in other places, too: leafy green vegetables and broccoli, beans, and tofu. These foods also have other important vitamins.
- **Choose foods with healthy fats.** Limit foods that are high in saturated fat, and avoid foods with transfat. "Good" fats are vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish. "Bad" fats are red meat, butter, cheese, and ice cream, as well as processed foods made with transfat from partially hydrogenated oil. The key to a healthy diet is to choose foods that have more good fats than bad fats.

What about sugar?

The food that we call sugar is a carbohydrate called sucrose, which is made up from two smaller carbohydrates: fructose and glucose. Our body uses glucose for energy; fructose is quickly changed into glucose in our body. Carbohydrates give our bodies energy. The body stores the energy it does not need as glycogen in the liver. Sugar does some great things, like making foods taste and even look good. But too much sugar, especially added sugar, can cause some problems.

- Eating sugary foods can make you feel full for a while, but your body is missing out on lots of good stuff, like proteins, vitamins, and minerals that it could be getting from healthier food choices.
- The acid made by bacteria that grow in sugar causes tooth decay.
- Too many sugar-sweetened drinks are one of the causes of childhood obesity.
- Being overweight increases the chance of getting diabetes.
- Sugar is often a large part of foods that are also high in fat, e.g., chocolate, cakes, and biscuits.

Avoid added sugars in things like desserts and sweets, cereals, yogurts, especially flavored ones, and lots of flavored beverages, even health drinks.

What is the best thing to eat when it comes to sugar? Fruit, vegetables, and dairy foods contain natural carbohydrates (such as fructose or lactose), plus lots of other good stuff. Eat a balanced diet and your body will be happy and work better.

Source: Women's and Children's Health Network <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=2685>

Doc 6: Critique Cards

LOVED IT!
WILL TOTALLY MAKE
THIS AGAIN

PRETTY GOOD!
I WOULD MAKE THIS AGAIN,
BUT CHANGE IT A BIT.

SO-SO!

**I MIGHT MAKE THIS AGAIN.
I WOULD ADD SOME
TASTIER STUFF.**

NO WAY!

**I WON'T BE MAKING
THIS AGAIN. BUT I
WILL TRY MAKING
SOMETHING SIMILAR.**