



Food Detectives

The following are suggested follow-up activities to help students reflect on their field trip experience.

After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you notes to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge

Ask students to complete the Nutrition Label Detective worksheet.

When students have completed the worksheet ask them to create a healthy meal using what they learned on the *Food Detectives* trip. Display the MyPlate visual for students as a reminder to include one food from each food group and the appropriate portion on their plates. Ask students to list the serving size of each item, for example 1 cup of sliced apples.

Help students use the Internet to research the amount of sodium, sugar, and fat in the foods they choose, to make sure they are making healthy choices.

Tips to consider when creating meal:



1 serving of raw veggies is 1 cup, 1 serving of cooked veggies is only $\frac{1}{2}$ cup.



1 serving size of fruit is the size of a baseball, 1 serving size of juice is 1 cup.



Choose lean meats that are at least 93% lean.



It is healthier to grill, broil, or steam foods rather than fry them.



Choose whole grains for fiber and lots of vitamins and minerals.



1 cup of milk is not the same as 1 cup of cheese. Just $1\frac{1}{2}$ to 1 ounces of cheese is equivalent to 1 cup of milk or yogurt.



Name: _____

Date: _____

Nutrition Label Detective

On the field trip, you learned how to use BI-LO's color coded Nutritional Tags to make healthy choices. Answer the following questions by circling the correct tag.

1. Which label helps you find lean meat?

 Whole Grain

 Sensible Carbs

 Lean

2. Which label helps you find foods that are good for your heart?

 Heart Healthy

 Gluten Free

 Calcium

3. Which label should you look for if you want to eat healthy grains?

 Vitamin C

 Whole Grain

 Extra Lean

4. Which label should you look for if you want to find food that has been grown without man-made chemicals?

 Vitamin C

 Gluten Free

 Organic

5. If you are limiting the amount of salt you eat, which label would help you?

 Vitamin A

 Low Sodium

 Good Source Of Fiber