



Food Detectives

The following activities are suggestions to help you prepare students for the upcoming field trip and to provide the appropriate background knowledge.

Before the Trip: Activate Knowledge

Discuss what students might experience on the *Food Detectives* field trip at the BI-LO supermarket. Explain that they will search for healthy foods throughout the store. They will also investigate the following topics and more in the various departments:

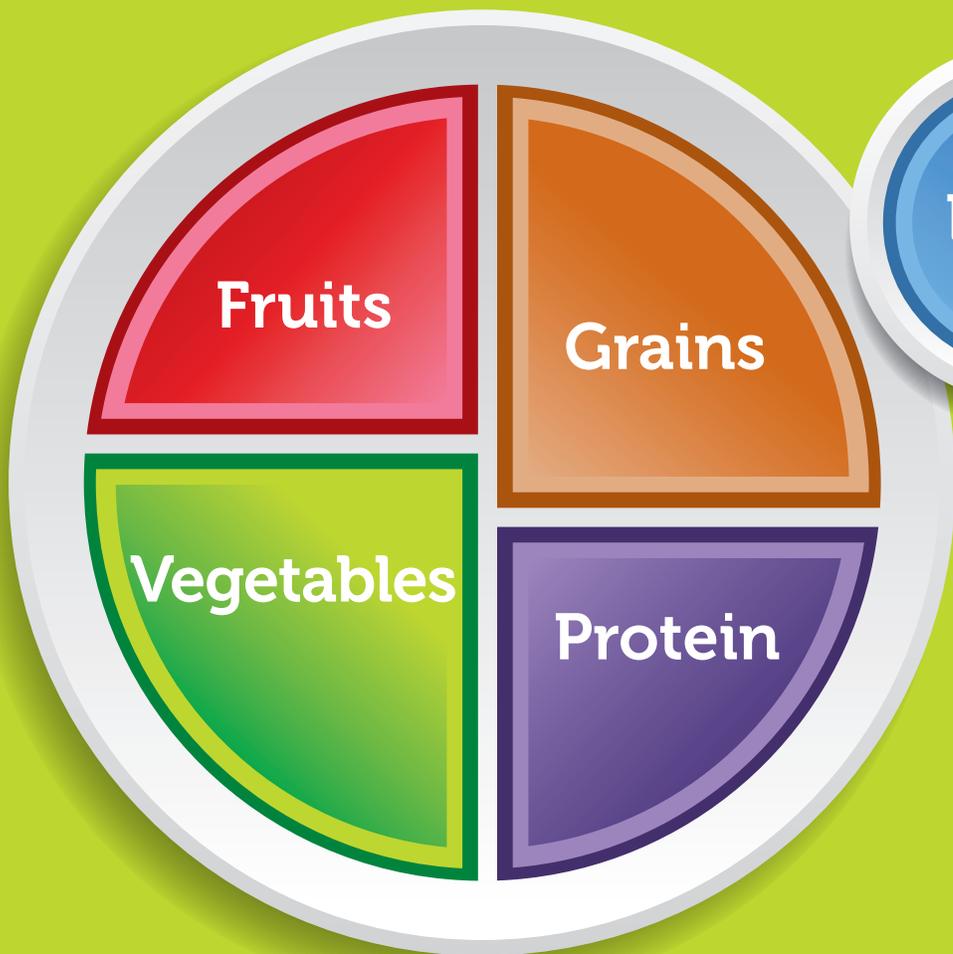
- The five food groups using MyPlate guidelines.
- The benefits of nutrients, including vitamins, fiber, and calcium.
- Proper food handling and safety.

Ask: What does it mean to be healthy? What kinds of foods are considered to be healthy foods?

Talk about the five food groups in relation to MyPlate. Display the MyPlate visual and ask what the graphic represents. Explain that each section represents one of the five food groups. The size of each section shows the portion of the plate that should be filled with each food group. Discuss the importance of eating foods from each group at every meal.

Next, have students practice making healthy choices by completing the *This or That* worksheet. Answers to questions are provided below. Use these as discussion points, students might be surprised by some of the answers.

1. **Which is typically better for your heart? Chicken or extra lean ground beef?** Ans. Extra lean ground beef has more vitamins and minerals that give you energy and less cholesterol than chicken. But you must choose beef that is 97-99% lean.
2. **Which has less sugar? Orange juice or apple juice?** Ans. Orange juice – apple juice has about the same amount of sugar as soda.
3. **Which is typically better? Salmon or cod?** Ans. Salmon has more omega-3 fats which is good for your heart. Both are a good source of protein though.
4. **Which is typically healthier? Turkey bacon or pork bacon?** Ans. Turkey bacon has more sodium, so pork bacon is the winner.
5. **Which is typically healthier? Ice cream or frozen yogurt?** Ans. It depends on the sodium, fat, and sugar content of each. It is important to read the nutritional labels to understand how much salt, fat, and sugar is in each product. You'll learn this skill on the field trip!



Choose **MyPlate**.gov



Name: _____

Date: _____

This or That

Circle the best answer. Explain why you chose that answer. You'll learn how to make healthy choices on the field trip!

1. Which is typically better for your heart?



chicken

or



extra lean
ground beef

2. Which has less sugar?



orange juice



or



apple juice



3. Which is typically better?



salmon

or



cod

4. Which is typically healthier?



turkey
bacon

or



pork bacon

5. Which is typically healthier?



ice cream

or



frozen
yogurt
