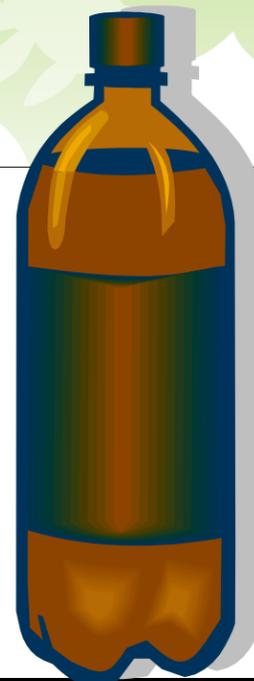


Posters Appendix

| Lesson | Poster | |
|---|---|------------------------------|
| Lesson 1: Drink Low-Fat Milk or Water Instead of Sweetened Drinks | 1-1 Read the Label: 20 Ounce Cola | |
| | 1-2 How Much Sugar? | |
| | 1-3 Take a Healthy Step Goal-Setting | |
| Lesson 2: Eat a Rainbow! Eat More Vegetables and Fruits | 2-1/6-1 A Healthy Plate | Used in both Lessons 2 and 6 |
| | 2-1 Take a Healthy Step Goal-Setting | |
| Lesson 3: Read It Before You Eat It! The Nutrition Facts Label | 3-1 Read the Label: Chocolate Chip Cookies | |
| | 3-2 Take a Healthy Step Goal-Setting | |
| Lesson 4: Make Half Your Grains Whole! Eat More Whole Grains | 4-1 Make At Least Half Your Grains Whole | |
| | 4-2 Read the Label: White and Whole Wheat Bread | |
| | 4-3 Whole Grain Ingredients | |
| | 4-4 Take a Healthy Step Goal-Setting | |
| Lesson 5: Healthier Foods – Fast: Eat Fewer High-Fat and High-Sugar Foods | 5-1 Fast Food – Good Choice? | |
| | 5-2 Big or Small: Which to Choose? | |
| | 5-3 Healthier Foods – Fast | |
| | 5-4 Take a Healthy Step Goal-Setting | |
| Lesson 6: Power Up Your Day: Eat Breakfast! | 2-1/6-1 A Healthy Plate | Used in both Lessons 6 and 2 |
| | 6-2 Take a Healthy Step Goal-Setting | |

Read the Label!



Nutrition Facts

20 oz. cola

Serving Size 1 cup

Servings Per Package 2.5

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 0%

Total Carbohydrate 27g 11%

Dietary Fiber 0g 0%

Sugars 27g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How Much Sugar?

To find the teaspoons of sugar in a 20-ounce bottle of cola:

1. Find **grams of sugar in one serving** from the Nutrition Facts Label = **27**
2. Divide the **number of grams by 4** to get teaspoons.

$$\underline{27} \text{ grams of sugar per serving} \div 4 = \underline{7} \text{ teaspoons per serving}$$

3. Find the **Servings Per Container** from the Nutrition Facts Label = **2.5**

4. Multiply the **teaspoons sugar per serving** times the **number of servings per container**.

$$\begin{array}{r} \underline{7} \text{ Teaspoons sugar per serving} \\ \times \underline{2.5} \text{ Servings Per Container} \\ \hline = \underline{17} \text{ Teaspoons sugar in} \\ \text{whole 20-ounce cola} \\ \text{container} \end{array}$$



Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea:

Signed: _____

A Healthy Plate



Fruit & Vegetable Groups



Meat & Beans Group

Breads & Grains Group



Take a Healthy Step!

**Choose one action you'll take in
the coming week.**

I will:

- Add fruit to my breakfasts!
- Make half my plates
veggies/fruits
- Eat vegetables or fruits for
snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe we learned today!
- My own idea:

Signed: _____

Read the Label

Chocolate Chip Cookies

Nutrition Facts

Serving Size 3 cookies (2½ inches each)

Servings Per Package 11

Amount Per Serving

Calories 160 Calories from Fat 70

% Daily Value *

Total Fat 8g 12%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 4%

Total Carbohydrate 22g 7%

Dietary Fiber 1g 3%

Sugars 11g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Take a Healthy Step!

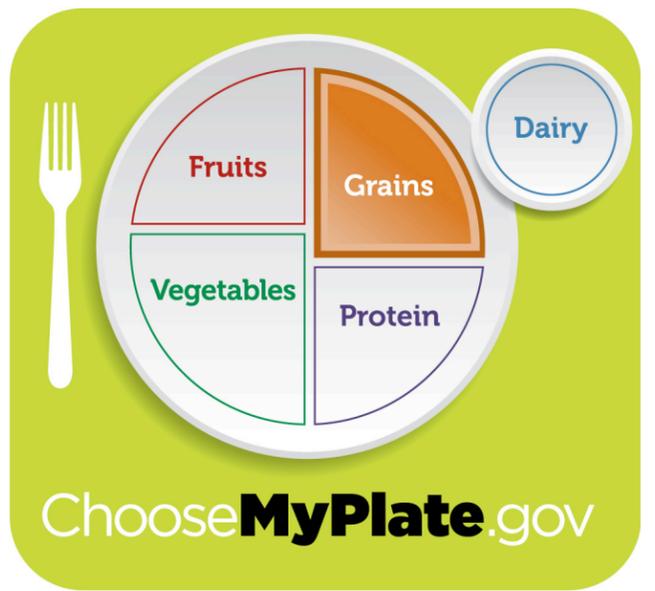
**Choose one action you'll take in
the coming week.**

I will:

- Read a Nutrition Facts Label
when shopping or cooking!
- Share a Nutrition Facts Label
with an adult!
- Choose snacks low in fat and
sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: _____

Make At Least Half Your Grains Whole!



Read the Label!

White Bread

Whole Wheat Bread

| Nutrition Facts | | | |
|---|--------------|-------------------|-----------|
| Serving Size 1 slice | | | |
| Servings Per loaf 12 | | | |
| Amount Per Serving | | | |
| Calories | 130 | Calories from Fat | 15 |
| % Daily Value * | | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 200mg | | 8% |
| Total Carbohydrate | 25g | | 8% |
| Dietary Fiber | 1g | | 3% |
| Sugars | 1g | | |
| Protein | 2g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 0% | Iron | 8% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| 12% calories from fat | | | |

| Nutrition Facts | | | |
|---|--------------|-------------------|-----------|
| Serving Size 1 slice | | | |
| Servings Per loaf 12 | | | |
| Amount Per Serving | | | |
| Calories | 120 | Calories from Fat | 15 |
| % Daily Value * | | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 200mg | | 8% |
| Total Carbohydrate | 24g | | 8% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 1g | | |
| Protein | 4g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 0% | Iron | 8% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| 12% calories from fat | | | |

INGREDIENTS:
 ENRICHED WHEAT FLOUR, WATER, VEGETABLE OIL, SUGAR, YEAST, SALT

INGREDIENTS:
 WHOLE WHEAT FLOUR, WATER, VEGETABLE OIL, SUGAR, YEAST, SALT

Whole Grain Ingredients

Whole wheat

Whole oats

Whole grain corn

Rye flour

Brown rice

Wild rice

Graham Flour

Barley

Take a Healthy Step!

**Choose one action you'll take in
the coming week.**

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread for sandwiches!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed:

Fast Food – Good Choice?

- **High fat, high sugar, high calories**
- **Few vegetables and fruits –
Half plate veggies/fruits?**
- **Few whole grains, fiber,
milk or other low-fat dairy**
- **Sweetened drinks**
- **Big portions**

Big or Small: Which Will You Choose?

French Fries

Small

220 calories

2 teaspoons
fat



Large

540 calories

5 teaspoons
fat

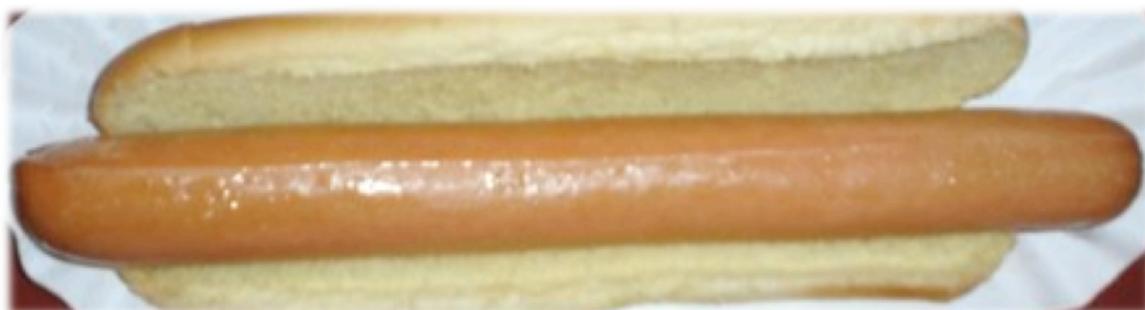
Hot Dog



Regular

290 calories

3 teaspoons fat



Foot-Long

560 calories

7 teaspoons fat

Healthier Foods - Fast

- 1. Eat fast food less often or in smaller amounts.**
- 2. Make healthier choices at restaurants.**
- 3. Make quick, easy, healthy meals at home!**

Take a Healthy Step!

**Choose one action you'll take in
the coming week.**

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of
soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: _____

Take a Healthy Step!

**Choose one action you'll take in
the coming week.**

I will:

- Eat a wild card breakfast!
- Add fruit to my breakfast every day!
- Try a new whole grain, low-sugar cereal!
- Eat breakfast every day!
- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea:

Signed: _____