



## Quarter 2, 2017 Week 6 Summary

This week's class continued the topic on nutrition. We reviewed the food pyramid components that were discussed two weeks ago then dissected a color coded nutrition label by reading and discussing the vocabulary, how each nutrient type is measured and listed on a label, as well as the serving size and calories. We talked about the different types of fat (healthy and not so healthy- including avoiding trans fats completely), and the types of food that have higher levels of sodium/salt. Students named types of carbohydrates and we discussed how easy it is to eat more carbohydrates than we use for our body's energy. We reviewed the many foods that contain sugar or convert to sugar in our bodies, including carbohydrates, and discussed the importance of fiber and how fiber increases the nutrition in our food.

The big takeaways from today's lesson- Read nutrition labels and focus on these five facts when purchasing packaged foods:

Look for smaller numbers for **Total Fat** (zero for trans fat); less than 200mg for **Sodium**; Total **Carbohydrates** should be less if the students are not as active and will depend on the amount of fiber in the product. **Fiber** numbers- the larger the number the better when carbohydrates/grains are ingredients; **Sugar** numbers- the smaller the better (try to keep it below 10g). **Protein** is important for our brains, bones, and muscles and provide healthy, longer lasting energy than carbohydrates. Lastly, students were informed to look at the serving size on a nutrition label to ensure they know the amount of a food to eat for the nutrition information listed on the label.

**This week's homework-** While grocery shopping or looking at food containers at home, students should practice their knowledge by looking at nutrition labels and talk about the nutrition information with a family member or friend.

**\*\*In addition to the nutrition topic, students drew names for the secret gift exchange tonight.** Please ask them to share the name for their gift purchase and form with you. The gift exchange will take place during our last class/holiday potluck on 12/13.

**\*\*REMINDER\*\*** This Wednesday we will meet at Coquette's Bistro located at [616 S Tejon St, 80903](http://616STejonSt.com) in the party room. Students should dress in nice attire and will need to bring money to purchase their dinner. You can view the menu at [www.coquettesbistro.com](http://www.coquettesbistro.com)

During our time together we will discuss healthy food choices, practice our social etiquette and money/math skills, and announce the winners of our pedometer/steps challenge as well as have fun!

**\*\*Holiday Potluck on 12/13-** Please bring a simple dish to share. Families please join us for a time of celebration and festivities as we close out this quarter and celebrate the season. I will provide paper products, utensils, and drinks as well as a dessert. Students will need to bring their wrapped gift for the gift exchange.