

Cafeteria Line Messages

High Quality versus Low Quality Food, Grade 7

Message Pair #1

QUESTION: What information can you get from a Nutrition Facts Label?

ANSWER Serving size, calories, and fat grams, just to name a few!

Message Pair #2

QUESTION: True or False?

A portion of chips would be listed on the Nutrition Facts Label as a serving size.

ANSWER TRUE: A serving size of chips is usually about 12 chips. (Count 'em up next time.)

Message Pair #3

QUESTION How do we measure the fuel in the foods we eat?

ANSWER Calories are a measure of the fuel, or energy, we get from the different foods we eat.

Message Pair #4

QUESTION How much fat is in a large serving of French fries?

ANSWER A large order of French fries has about 8 teaspoons of fat!

Message Pair #5

QUESTION Why should you eat food rich in fiber?

ANSWER Fiber from whole grains, fresh fruits, and vegetables can help you feel full without extra calories.

Message Pair #6

QUESTION Toppings on food taste great! Which toppings are healthier choices?

ANSWER Low fat salad dressings, salsa, and low-fat or non-fat cheese are all good choices.

Message Pair #7

QUESTION True or False?

“Extra crispy” and “crispy” are secret code words for fried.

ANSWER TRUE. Fried meat and veggies are dipped, breaded, and fried in fat, which makes them have more calories than the same food served baked or grilled.

Message Pair #8

QUESTION A food can have added sugar without sugar listed as an ingredient. Where is the sugar hiding?

ANSWER Check the Nutrition Facts Label list on snack foods, candy, and sodas for added sugar in the list of ingredients. Sugar can be listed as: High Fructose Corn Syrup, Dextrose, Corn Syrup, and Fructose.

Message Pair #9

QUESTION True or False?

All fast food is packed with fat and calories!

ANSWER FALSE. Most fast food is higher in calories, but salads, a small sandwich, and low-fat milk can be good fast food choices.

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Message Pair #10

QUESTION How can snacking be a part of your healthier diet?

ANSWER Choose snacks like string cheese, berries, and graham crackers for extra vitamins and minerals. They are tasty alternatives to more fatty snacks, like chips and cookies.

Message Pair #11

QUESTION True or False?

The calories in drinks do not count as much as calories in solid foods.

ANSWER FALSE. A calorie is a calorie, whether it is in liquid or solid food. So choose your drinks wisely, like water and skim milk.

Message Pair #12

QUESTION Which snack has more nutrition and less calories: popcorn or cheese crackers?

ANSWER Four cheese crackers or 2 cups of popcorn both have about 80 calories, but the popcorn will have more fiber. It's your choice!

Message Pair #13

QUESTION How can you "power up" for an active day?

ANSWER Eat a balanced breakfast and take a brisk 10 minute walk to start your day off right!

Message Pair #14

QUESTION How many calories will you burn while jumping rope for 10 minutes in your PE class?

ANSWER You will burn about 100 calories jumping rope for 10 minutes. That's 10 calories a minute!

Message Pair #15

QUESTION If your pedometer reads "2000 steps," about how far did you walk?

ANSWER For most people in middle school, 2000 steps is about ONE MILE! So keep up the good work.