a Katz & Katz Production

TEACHER'S MANUAL

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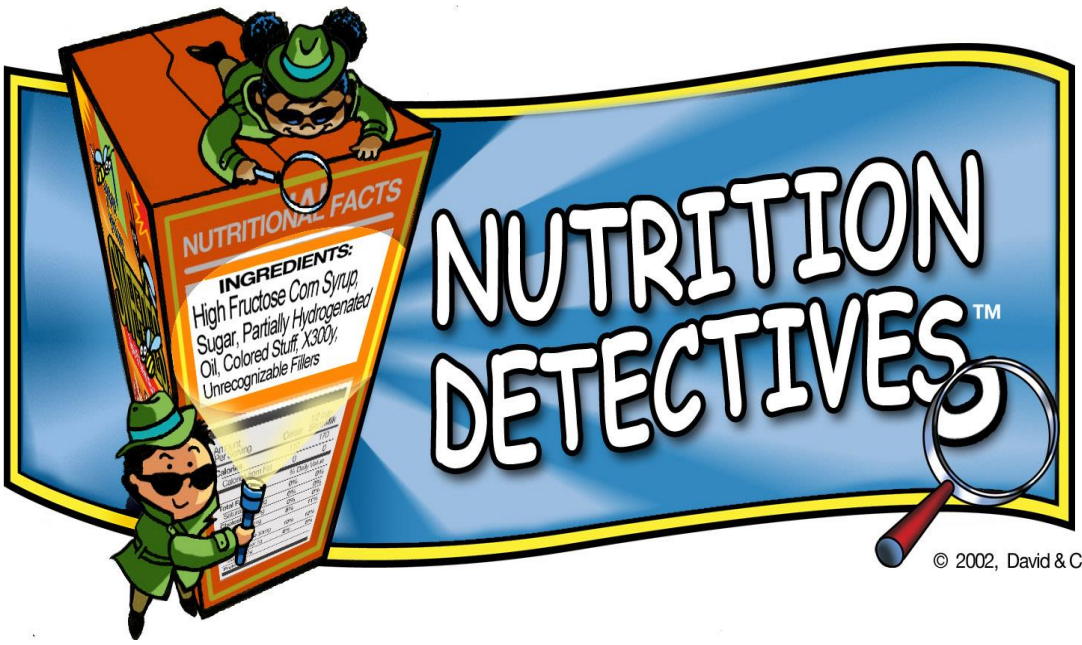

SECTION 1

CURRICULUM OVERVIEW

- CURRICULUM OVERVIEW -

***Nutrition Detectives*™** is an educational program for elementary school children intended to inform better food choices and more healthful eating through knowledge of food composition. The intent is to guide choices within food categories so that more nutritious items in any given food category at the supermarket are chosen instead of their less nutritious counterparts.

The program teaches food label literacy, and provides the skill to see past food marketing deceptions. The program incorporates basic messages about nutrition and health; a characterization of associations between poor nutrition and adverse health effects; assessment of food advertisements; food label interpretation; and food selection. Also covered are the reasons we all tend to like certain foods and flavors, and how the fun of eating and good nutrition can be reconciled.

The program as it is, is suitable for children from 2nd through 6th grade, but is best suited for those in grades 3 and 4.

There are 5 mini-lessons incorporated in ***Nutrition Detectives*™**:

1) If You Are What You Eat, Then What in the World Are You?;
2) Polar Bears in the Sahara;
3) Supermarket "Spy Kids";
4) Let's Play With Our Food!;
5) Food for Thought: Take-Away Messages.

It is best to deliver this program in either two 45-minute sessions or one 90-minute session.

➢ EDUCATIONAL OBJECTIVES:

The overall objective of ***Nutrition Detectives*™** is to empower children with the ability to make better food choices while still eating the foods they love. For this to be achieved, the children must be able to influence the food choices their parents/guardians make in settings such as supermarkets and restaurants. The primary objective is thus supported by programs directed to parents as well as children (see "Institutional Support").

Specific learning objectives include:

- To understand how food choices affect health and abilities.
- To understand how food choices relate to short-term performance goals.
- To understand why eating badly is so easy, and why eating well can be so challenging.
- To recognize deception in food advertisements.
- To become familiar with food labels.
- To know the 5 main things to look for on a food label as a basis for making better choices.
- To understand how looking for items on a food label can be like finding "Fingers the Fox."

- To be prepared to offer suggestions to an adult for better food choices in a supermarket or restaurant.
- To be able to summarize several key reasons why eating well is important.

➢ LESSON PLAN:

Mini-lessons 1, 2, 3, and 5 are matched to Powerpoint slides* (see "Nutrition Detectives slide show"). Mini-lesson 4 requires bags of practice grocery items (see: "*Play with Our Food* Materials & Instructor Guidelines).

*NOTE: *Nutrition Detectives*™ can also be taught by using an optional video presentation in lieu of the PowerPoint slide show. The video presentation shows Drs. David and Catherine Katz teaching the program to a student audience, and includes enhanced special effects. If you use the video presentation, simply combine Sections 1, 2, 4, & 5 from this manual with directions from the Video Manual.

1) If You Are What You Eat, Then What in the World Are You?

Slides 1-11. See notes on each slide.

The initial lesson introduces the important linkages between food choice and health. Rather than dwelling on issues of remote interest to children (e.g., chronic disease) or potentially stigmatizing (e.g., obesity), the initial discussion focuses on activities the children like-from dancing, to swimming, to running, to drawing. The body is compared to a remarkable machine, and food to the fuel for that machine. The basic message is: for a high performance body, put in high performance fuel! The discussion may then move on to what makes food "good for you" and what makes food "bad for you." At this point, various aspects of good and ill health may be discussed-ranging from risk factors for chronic disease, to fitness, to weight control, etc. At no point should the discussion even hint at criticism or harsh judgment (see mini-lesson 2). But there should be no ambiguity in the message that choosing "good" foods promotes health in many important ways.

2) Polar Bears in the Sahara

Slides 12-16. See notes on each slide.

As discussed in 'The Way to Eat' (see Sources), people, adults and children, struggling to eat well in the modern world may be compared to polar bears struggling with the heat of the Sahara Desert. Polar bears are well adapted to the cold, with no native defenses against the heat. Humans are well adapted to having barely enough to eat, and to high levels of physical activity-we have no native defenses against a constant abundance of tasty calories and the lure of the couch! Except one: we're smarter than the average bear!

This section of the program teaches the children about our native preferences for sugar, salt and fat. This helps them understand why "if it tastes good, it's bad for you." We all do better overcoming challenges when we understand them. The section concludes by pointing out all the ways the modern world is like an obstacle course when it comes to eating well. To get through that obstacle course requires some special skills…

3) Supermarket "Spy Kids"

Slides 17-90. See notes on each slide.

This is the heart of the program. What makes ***Nutrition Detectives™*** unique, other than how streamlined the lesson and take-away messages are, is that the focus is on HOW to choose more nutritious foods, as well as WHAT to choose. Children, like adults, have heard innumerable times that fruits and vegetables are good for them. That message is important, but it does not confer a useful skill when shopping for anything other than fresh produce. Nor is the average child (or adult) likely to substitute broccoli for breakfast cereal. Practical, food selection skills are needed by all, and ***Nutrition Detectives™*** provides them, in a fun and kid-friendly manner. The program teaches literacy for the interpretation of food packages, and food advertisements.

The children are taught to interpret food labels, with four specific items emphasized:
-partially hydrogenated oil: *this is harmful "trans" fat, and should be avoided*
-high fructose corn syrup: *this is the most common form of added sugar, and should be avoided when possible*
-fiber: *is your friend! Look for fiber to confirm that grain products provide whole-grain goodness.*
-the length of the ingredient list*: long ingredient lists mean added flavors, and often, artificial ingredients. In each food category, look for options with short ingredient lists. These tend to be the less processed, more wholesome choices.*

In the typical supermarket, most grain products, from cereals to breads to crackers, have had the whole-grain goodness removed. The best ways to spot this are to look for the word "whole" before any grain, and to look at the fiber content. Any product with less than 2 grams of fiber per 100 calories is unlikely to be a whole grain product. Conversely, grain products with 2 or more grams of fiber per 100 calories are generally a good choice. **The children are taught to find that information on the nutrition label and look for alternatives with more, rather than less, fiber.**

A long ingredient list generally suggests the addition of artificial flavoring and colorings, and superfluous flavors that stimulate excess appetite. **The children are taught to look for the items in each food category with the shortest ingredient list.**

High fructose corn syrup is the most prevalent source of added sugar in the typical American diet. **The children are taught to recognize it on a nutrition label, and try to avoid it**.

Partially hydrogenated oil is a harmful trans fat. **The children are taught: when you see trans fat, step away from the box-and nobody will get hurt!**

These 4 features are not the only important nutrition characterizations of processed food, but they are very important, and cluster with all of the others. A grain product with a satisfactory dose of fiber and free of trans fat, for example, will generally also be free of excess salt and added sugar. These four, simple considerations are adequate guidance toward better overall nutritional choices. The program adds a fifth clue about ingredient lists: the item listed first is the most abundant.

4) Let's Play With Our Food! ***(slide 91)***

See "*Let's Play with Our Food-Materials & Instructions*" *in SECTION 4: pages 56-67)*

If the venue is suitable, the children can be divided up into teams of from 6 to 10. Each team is given a shopping bag full of items (6-12 items). When told to go, they should use the 5 clues they learned to identify products as "CLUED-IN" or "CLUE-LESS" choices by the standards of a Nutrition Detective. At the end of the timed session, each team's performance is evaluated, and all of the teams cheer for, and learn from, all of the others. (If resources permit, it's ideal to let the children eat items in the "CLUED-IN" pile to see how many good-tasting options there are that also offer good nutrition.)

5) Food for Thought: Take-Away Messages

Slides 92-96. See notes on each slide. This section is used to point out that fresh produce has no food label and needs none; such foods are always a good choice. It also provides a summary of key points and take-away messages.

➢ NEEDED MATERIALS:

Use of the PowerPoint slideshow requires a laptop computer, LCD projector, and screen.

"Let's Play with Our Food" requires groceries as specified under *Play with Our Food-Materials & Instructions*. A stop-watch to initiate and conclude the timed label review, and a horn, bell or whistle to start and stop the game, are also useful. A large stuffed polar bear wearing "cool" sun glasses (named "Chill") is the Nutrition Detectives mascot; his presence is optional.

➢ BUDGETARY CONSIDERATIONS:

Other than the requisite technology to project the slide show, the costs of ***Nutrition Detectives™*** are limited to personnel costs for instructors* and the groceries for the "Play with Our Food" segment. Although the ***Nutrition Detectives™*** materials are copyrighted, they have been placed in the public domain and are for use by all at no charge; attribution to the program developers is required.

For each group of 6-10 children to have a grocery bag with between 6-12 items for the game, the costs average $1-$3 per student. Thus, for a classroom of 20-30 children, total costs for materials will be between $20 and $90, averaging roughly $50. When the program is delivered in an assembly to a larger group of students, an economy of scale can be achieved by working with students in slightly larger groups.

➢ INSTITUTIONAL SUPPORT:

As is the case with any curricular innovation, this program requires time in the school day. Finding room for the program thus depends upon the support of the school administration.

Nutrition Detectives ™ is designed to be very economical in terms of both time, and money. It can be delivered to a single classroom of as few as 15-20 students in 90 minutes (including both the presentation and hands-on activity). For most classrooms, this would mean 2 sessions. It can also be delivered to a group of 100 students or more in an assembly in the school gym or cafeteria (space and seating arrangements should allow for the students to break into small groups for the hands-on activity).

To achieve the greatest benefit of the program, instruction of the children should be linked to a complementary instructional program for parents. This can be achieved in any of several ways, whichever works best at a given school: a memo home to parents; a PTO meeting; invite parents to attend the children's assembly; or one-on-one discussion at parent/teacher meetings. The goals of the parental program are to: 1) inform parents about the content of the children's program; 2) encourage parents to support their children in applying their new "nutrition detectives" skills in the supermarket; and 3) encourage parents to generalize the benefits of the program to their whole household, by using it to inform better food choices.
With parental support, the program's benefits in changing household dietary patterns can be self-sustaining. But because commitments of households will vary, a booster program accompanied by a follow-up parent hand-out will take place later in the year to reinforce the 5 clues of the Nutrition Detectives program.

➢ AVAILABILITY OF PROGRAM MATERIALS:

Nutrition Detectives™ program and evaluation materials are available free of charge from:

- The Yale-Griffin Prevention Research Center at http://www.yalegriffinprc.org/
- Dr. Katz's website at http://www.davidkatzmd.com/
- The Turn the Tide Foundation at http://turnthetidefoundation.org/

➢ ATTRIBUTION:

When using any of the ***Nutrition Detectives™*** materials, please attribute them to: David L. Katz, MD, MPH, FACPM, FACP, Yale-Griffin Prevention Research Center Director, and Catherine S. Katz, PhD, who developed the program together.

➢ SOURCES:

The nutritional recommendations in the program are those of Dr. David Katz, and are based on a very extensive body of biomedical literature. For more information about Dr. Katz and his work, please visit www.davidkatzmd.com.

- Katz DL. ***Nutrition in Clinical Practice 2nd Edition***. Lippincott Williams & Wilkins. Philadelphia, PA. 2008 (nutrition textbook for health care professionals)
- Katz DL with Gonzalez MH. ***The Way to Eat***. Sourcebooks, Inc. Naperville, IL. 2002 (guide to nutritional health and weight loss/weight control for the general public)
- Katz DL, O'Connell M, Yeh MC, Nawaz H, Njike V, Anderson LM, Cory S, Dietz W; Task Force on Community Preventive Services. Public health strategies for preventing and controlling overweight and obesity in school and worksite settings: a report on recommendations of the Task Force on Community Preventive Services. ***MMWR Recomm Rep***. 2005 Oct 7;54(RR-10):1-12
- Katz, DL. Obesity..Be Damned!: What It Will Take to Turn the Tide***; Harvard Health Policy Review*** *2006; 7:135-151*
- Katz DL. Point of View: Fat of the Land. ***Dartmouth Medicine***. 2006 Winter: 26.
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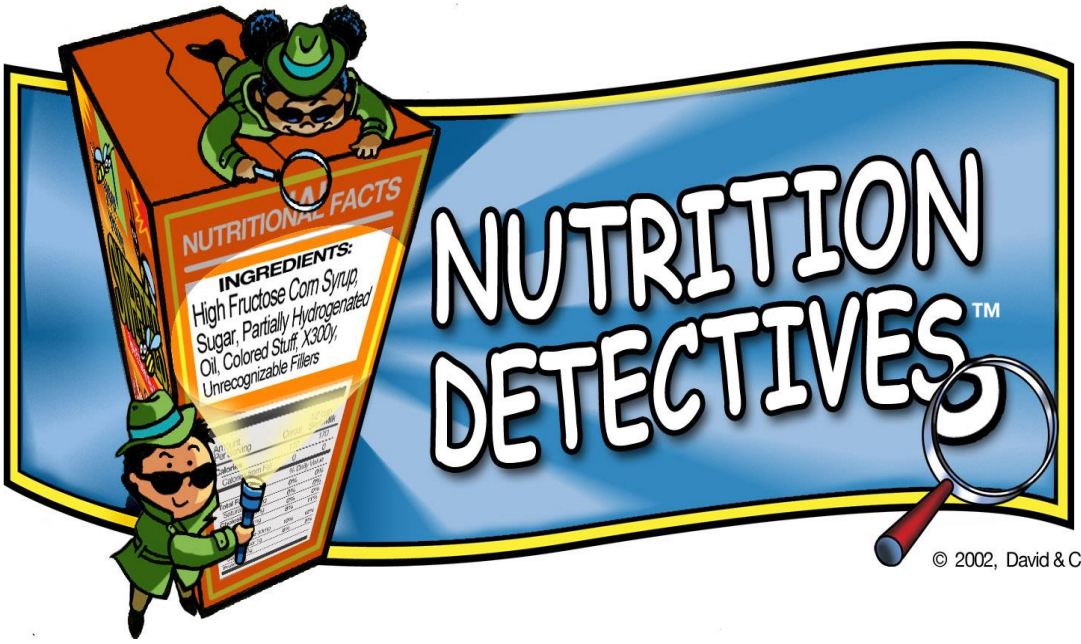


SECTION 2

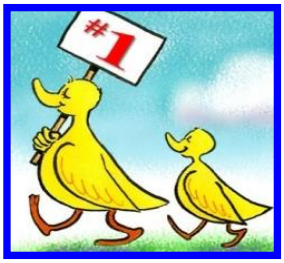
THE 5 NUTRITION DETECTIVE CLUES

THE 5 CLUES FOR NUTRITION DETECTIVES

The Nutrition Detectives™ program is summarized in **5 simple clues**. Each clue is associated with a cartoon icon. A more detailed explanation of each clue is provided on the following pages.

Don't be fooled by THE BIG LETTERS in the front of the package-Look for the itty-bitty letters on the food label instead!

This teaches the children to look for the true facts in the back of the box and not be fooled by the ads in the front. See slides #28-36.



The FIRST ingredient is always the biggest!

This teaches the children that the ingredients are always listed in the order of quantity – the food is mostly made up of the ingredients that come first (the first one is the BIGGEST!) see slides #37-39

Avoid partially hydrogenated oil & high fructose corn syrup! (it's like finding Fingers the Fox!)

This teaches the children to think of these words in the midst of a busy nutrition label, in the same way they would find "Fingers the Fox" in the midst of a busy crowd. We ask the children to let these words "jump at them" at a glance and "step away from the box and nobody will get hurt" when they find them—see slides # 40-48

Avoid foods with a LONG INGREDIENT LIST!

This teaches the children to look for shorter ingredient lists because these foods will be more wholesome and have less added ingredients that are not needed such as flavor enhancers, preservatives, dyes etc.--see slides # 49-53

Fiber is your friend, so look out for whole grain imposters!

This teaches the children to identify products made of whole grains (such as breads, cereals, cereal bars, and crackers). High-fiber grain products have at least 2 grams of fiber per 100 calories. Products that have less fiber or don't say "whole grain" on the package are whole grain "imposters." —see slides # 62-74

NUTRITION DETECTIVES™

CLUE NUMBER 1

Don't be fooled by the BIG letters on the front of the package. Look for the itty-bitty letters on the back.

The ads on the front may try to make the food look more healthy than it really is. A good spy can find the TRUTH on the back.

Look at the Nutrition Facts label and ingredient list. They have itty-bitty letters, but they tell the truth!

Nutrition Facts

Serving Size 1 cup cooked
Servings per Container 8

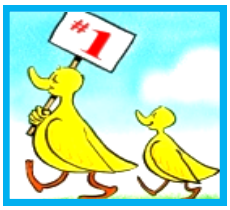
Amount Per Serving
Calories 190 Calories from Fat 15

	% Daily Value
Total Fat 1g	2%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	1%
Potassium 0 g	0%
Total Carbohydrate 34 g	11%
Dietary Fiber 6 g	
Sugars 0 g	
Other Carbohydrate 0 g	
Protein 9 g	

INGREDIENTS:
Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Baking Soda, Calcium Phosphate), Salt, Soy Lecithin.

NUTRITION DETECTIVES™

CLUE NUMBER 2



The FIRST ingredient is always the BIGGEST!

A food is mostly made up of ingredients that come first on its ingredient list. The FIRST ingredient is the biggest, just like the first duck is the biggest!

Look for the list on food packages. Are the FIRST and SECOND ingredients good for you? If not, choose other foods that are better for your health.

Sugar is the biggest ingredient in this cereal!

This is NOT a good choice for breakfast.

INGREDIENTS: **Sugar,** Corn Flour, Wheat Flour, Oat Flour, Partially Hydrogenated Vegetable Oil (One or More of: Coconut, Cottonseed, and Soybean), Salt, Sodium Ascorbate and Ascorbic Acid (Vitamin C), Niacinamide, Reduced Iron, Natural Orange, Lemon, Cherry, Raspberry, Blueberry, Lime, and Other Natural Flavors, Red No. 40, Blue No. 2, Zinc Oxide, Yellow No. 6, Turmeric Color, Pyridoxine Hydrochloride (Vitamin B6), Blue No. 1, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Annatto Color, Vitamin A Palmitate, BHT (Preservative), Folic Acid, Vitamin B12, Vitamin D.

NUTRITION DETECTIVES™

CLUE NUMBER 3

Avoid foods with partially hydrogenated oil (trans fat) and high-fructose corn syrup.

Look for these two words on ingredient lists. It's a lot like finding a suspicious character like Fingers the Fox in a busy crowd!

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Soybean Oil, Sugar, **Partially Hydrogenated Cottonseed Oil,** Leavening (Baking Soda, Calcium Phosphate), Salt, Lecithin.

INGREDIENTS: Milled Corn, Sugar, Malt Flavoring, **High Fructose Corn Syrup**, Salt, Sodium Ascorbate and Ascorbic Acid, Niacinamide, Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, Folic Acid, BHT, and Vitamin B12.

If you see these words, step away from the box and nobody will get hurt! Look for other foods that are better for your health.

NUTRITION DETECTIVES™

CLUE NUMBER 4

Avoid foods with a LONG INGREDIENT LIST!

Long lists may hide stuff that you shouldn't eat too much of - like high fructose corn syrup, partially hydrogenated oil, and artificial flavors and colors.

INGREDIENTS: Filling (**High Fructose Corn Syrup**, Glycerin, Water, Fructose, Modified Corn Starch, **Partially Hydrogenated Cottonseed Oil,** Nonfat Yogurt Powder, Strawberries, Modified Tapioca Starch, Malic Acid, Corn Starch, Natural and **Artificial Flavor**, Cellulose Gel, Salt, Color Added, Mono- and Diglycerides, Cellulose Gum, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Caramel Color, Soy Lecithin, **Red No. 40**, Enriched Wheat Flour, Whole Oats, Sugar, **Partially Hydrogenated Soybean or Cottonseed Oil**, **High Fructose Corn Syrup,** Honey, Calcium Carbonate, Dextrose, Nonfat Dry Milk, Wheat Bran, Salt, Cellulose Gum, Leavening (Potassium Bicarbonate), Natural and **Artificial Vanilla Flavor,** Soy Lecithin, Wheat Gluten, Corn Starch, Niacinamide, Carrageenan, Guar Gum, Zinc Oxide, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamin Hydrochloride (Vitamin B1) and Folic Acid.

Foods with shorter lists are often better for your health. They may have more natural ingredients.

Fresh fruits and vegetables have the shortest list. They have just 1 ingredient!

NUTRITION DETECTIVES™

CLUE NUMBER 5

Fiber is your friend!
Beware of whole grain imposters.

Choose breads, pasta, cereals, cereal bars, and crackers made with whole grains. **They should have at least 2 grams of fiber per 100 calories.**

Whole grain imposters have less fiber than this, or don't say Whole Grain on the package.

1 cup of this cereal has 110 calories and 3 grams of fiber.

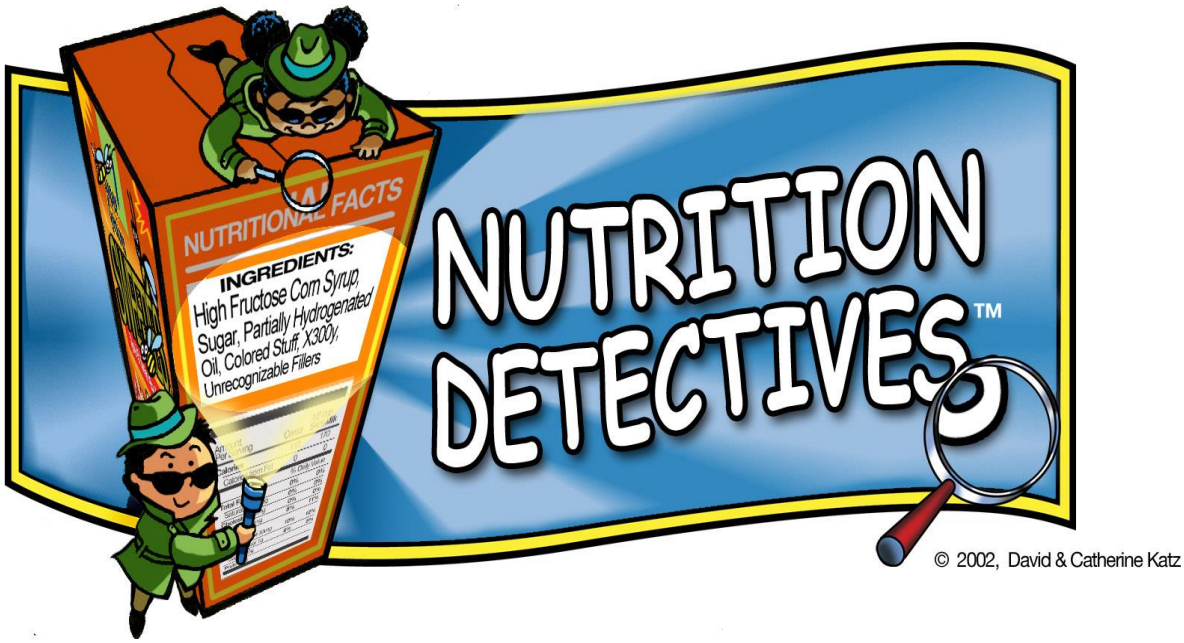
The 3 grams of fiber make this cereal a good choice. →

Nutrition Facts

Serving Size 1 cup
Servings per Container 19

Amount Per Serving
Calories 110 Calories from Fat 15

	% Daily Value
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 210 mg	9%
Potassium 200 g	6%
Total Carbohydrate 22 g	7%
Dietary Fiber 3 g	
Sugars 1 g	
Other Carbohydrate 18 g	
Protein 3 g	



SECTION 3

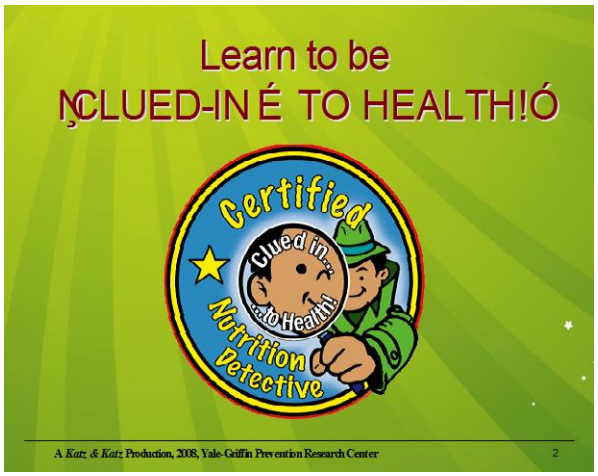
SLIDES WITH SCRIPT & NOTES*

*See note on page 5 about an optional video version that can be used in lieu of the slide show

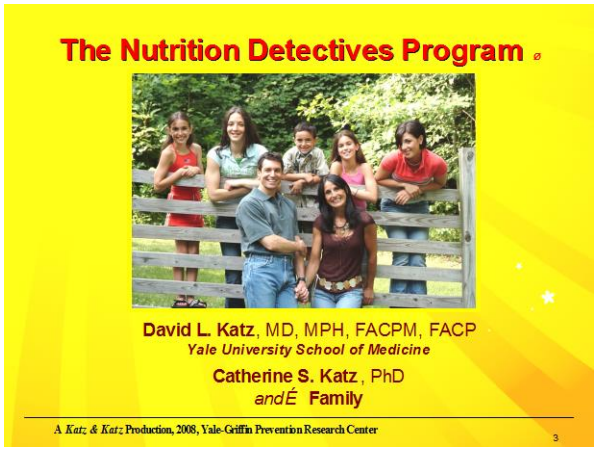
A copy of the power point slides is provided on the following pages, along with a detailed verbatim script and notes to help the teacher present the material on each slide.

Note: What the teacher says directly to the children appears in plain text, *whereas specific instructions to the teachers are [in italics and brackets].*

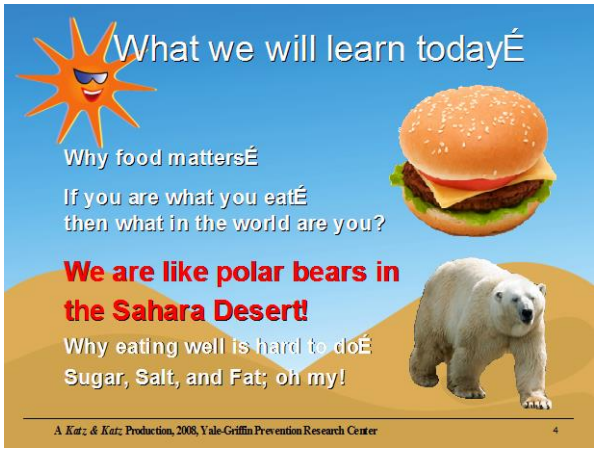
SLIDE 1:
[Title page – no narration]
***NOTE:** Some of these slides are multi-layer. The information on each multi-layer slide will appear on the screen gradually, or change within the slide each time you click on the "ENTER" or forward arrow key. For these slides, FOLLOW THE DIRECTIONS **IN BOLD CAPITAL LETTERS** while reading the narration.*
Also note that [text in italics & brackets] is commentary/notes for the teacher while plain text is what the teacher says directly to the kids.



SLIDE 2:
Today, we're going to talk about food. Who likes food? Who likes good food? Who likes to be strong and healthy and full of energy? Then you should pay attention!
Who saw the movie "Spy Kids"? Who thinks it's cool to be a spy? Well, today you're going to learn to be supermarket spies! You're going to learn special nutrition spy skills to help you find out the truth about food! You are going to become "CLUED-IN TO HEALTH"!
You are going to learn 5 CLUES only Nutrition Detectives know that will enable you to know which foods are good for you, and which are not! You may have been making "CLUE-LESS "choices before, but you will be making "CLUED-IN" choices from now on! TAKE IT or LEAVE IT? The Nutrition Detective is "CLUED IN TO HEALTH", and TAKES "CLUED-IN" food choices- and LEAVES the "CLUE-LESS" choices behind!

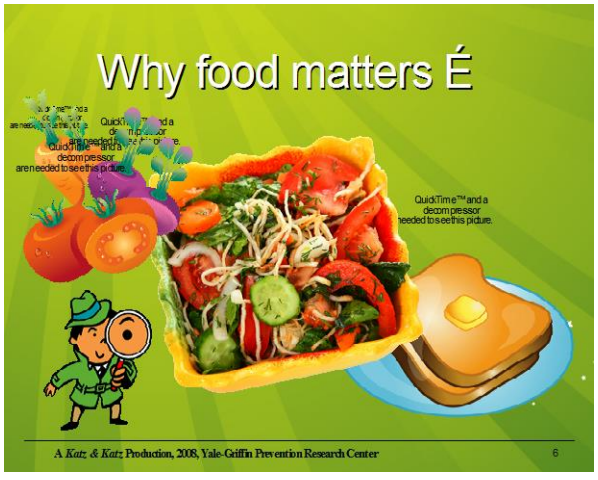


SLIDE 3:
Who do you think is expert in what kids like to eat? KIDS! Well, this program was put together by two experts from Yale University - Drs. David & Catherine Katz- who happen to have 5 kids of their own! And those kids helped. So here you have an important lesson about food and health for kids - and by kids!



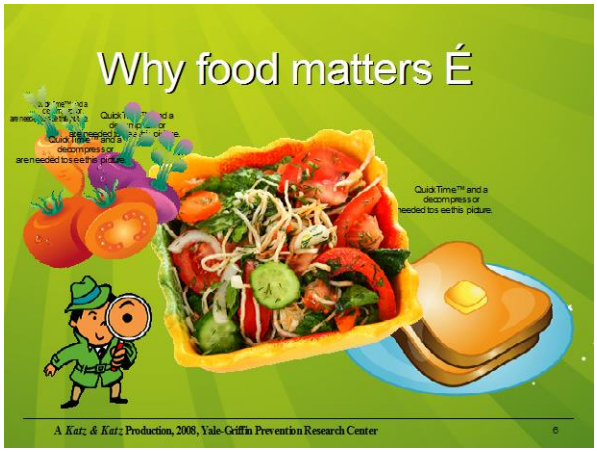
SLIDE 4:
Before we begin, here's what we're going to talk about today*:*
CLICK 2 TIMES FOR THIS SLIDE.
[This and the next slide provide an overview of the sections of the program. Read through this to tell the kids what this program will cover.]

SLIDE 5:
[Continue reading through this.]
CLICK 3 TIMES FOR THIS SLIDE.

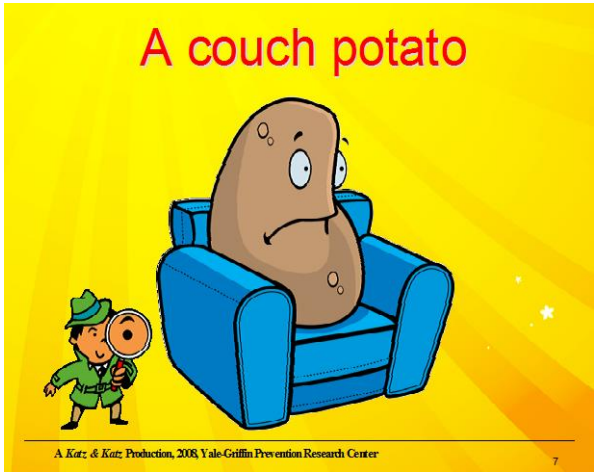


SLIDE 6:
Let's get started. Today we'll talk about nutrition: the way that food affects your body.[***CLICK ONCE TO REVEAL DETECTIVE AND FOOD]*** We just agreed that we all like food, and we all eat it every day. But why is food important? *[Repeat their answers. Elaborate to emphasize key points.]* Who likes to be healthy? Anyone like to run? When you run, do you like to run slo-o-o-w *[mimic a person running in slow motion]* or really fast? *[mimic Speedracer]* with lots of energy all the way until the end? *[You can add swimming or other activities to engage all the kids. If a child seems left out, ask him/her: What do you like to do?]*

(narration for SLIDE 6 continues on next page)

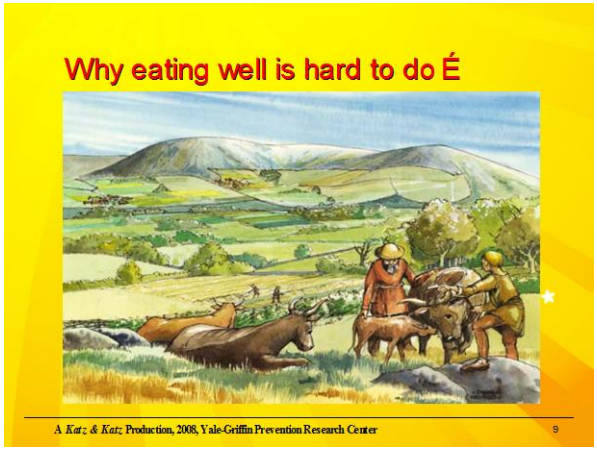


(SLIDE 6 CONTINUED)
Who likes to play basketball? Or Jump rope? When you jump, do you like to jump just a little bit *[exaggerate a tiny hop]* or really high *[jump high]*? How about dancing? When you dance, do you poop out after the first song *[sink to the floor]* or dance)When you're doing all of these things, where does your body get all of that energy? *[Elicit "food" as a response.]* Who agrees that your body gets its energy from food? And would you also agree that your body gets even more energy from healthy food?
Let's talk about energy. When you drive in a car with your family, what do you put into the car to give it the energy to go? *[Gas]* Right, we say that gas is fuel for the car. And in the same way, food is fuel for our bodies! Does anyone know what a calorie is? It's a way to measure energy! Food gives your body energy! So if food matters, then food choices matter… ***[Go to next slide]***

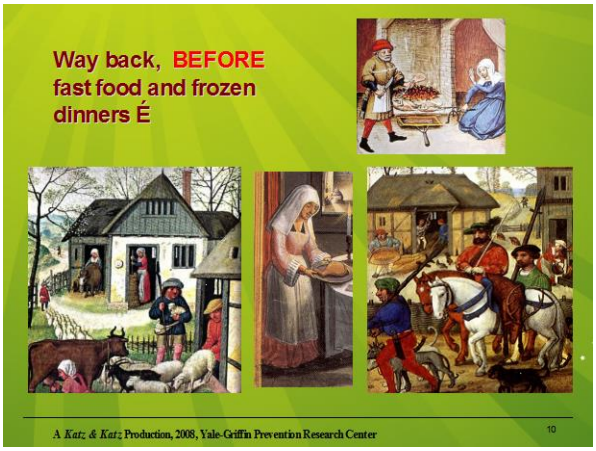


SLIDE 7:
[This is your opportunity to note, in a light-hearted way, that putting "bad" fuel into the body-or being a couch potato-can undermine the body's health and vitality. Try to keep your emphasis on the positive-and on physical function-but you should also address the downside of eating badly.]
Who likes the idea of being a couch potato? Who wants to feel lazy and sluggish?
I want to make sure you understand why it's important to be healthy. Being healthy isn't just about the future, when you grow up a long time from now--it's about right now!
Food matters because good food helps you be active, and good activity make for a stronger, faster, smarter, more energetic YOU! So really, food is about fun!
Ready for a big secret? *[Motion kids to come closer and listen, then stage whisper]:* Healthy people have more fun! *[Go to next slide]*

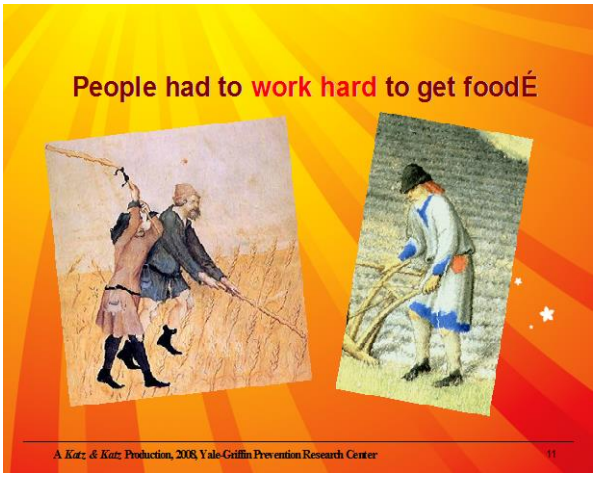
SLIDE 8:
[This is your opportunity to link nutrition with overall health.] [Start with:] Who has heard the expression: you are what you eat? What does it mean? If you've eaten a Cheese Doodle, does it mean you are a Cheese Doodle? Is anyone here a Cheese Doodle? How about a hamburger? A macaroni and cheese? A hot dog?
Well, even though we don't "exactly" turn into the food we eat…the food we eat does turn into us! It is used to help our bodies grow. Who here thinks they might grow a little bit more? Anyone done growing yet? *[You can get a volunteer kid from the audience.]* Let's take _____ here; someday s/he will grow to be this *[hand motion]* tall. So we have this much (kid's name) left to build—what is he/she going to build more of him/herself out of?
Right! Your body takes the food you eat to build more of you. So who wants to be a Cheez Doodle? Or junk? If you want to be made out of good stuff, you have to put in good stuff! *[You may want to note that a house isn't a tree- but it's made out of wood from trees. In just that way, our bodies are made out of nutrients in food. A house made from rotten wood may not stand up to a wind storm; a body built from 'junk' food may not be strong, either! But a well-made house keeps you safe in a storm; and a well-made body keeps you fit and healthy and vital!]*
[You can also introduce the idea that some foods are better choices than others: "CLUED-IN" choices vs. "CLUE-LESS" choices. Probe the children's knowledge and opinions. What makes a food good for you? What makes it bad for you? This can lead to discussing chronic diseases such as heart disease or cancer. Explain that taking care of the body early in life can be important to how healthy one remains over time.]



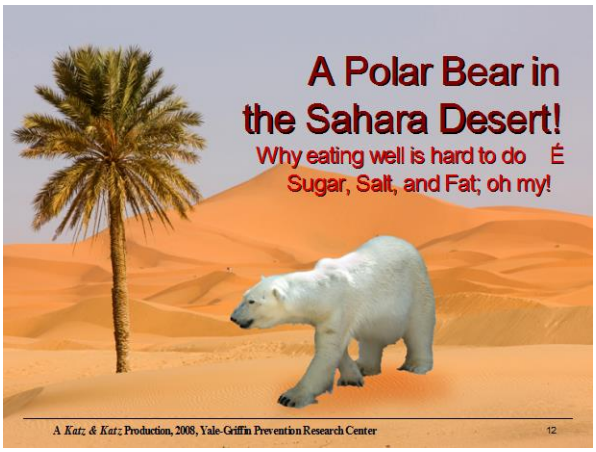
SLIDE 9:
Ok, so who likes ice cream more than broccoli? Why? *[Almost every child has heard, and believes, that "if it tastes good, it's bad for you; if it's good for you, it tastes bad…"]* Yes, foods that taste good usually taste good for a reason…why is that? We tend to like foods high in sugar, salt and fat- even though these things can be bad for us. But the foods that taste good, taste good for a reason, and for that reason, we have to go back in time… *[Go to next slide]* ***CLICK ONCE FOR MEDIEVAL PICTURES.*** Let's take a quick tour of human history and food…*[Go to next slide]*



SLIDE 10:
CLICK ONCE FOR TITLE, THEN ONCE FOR PICTURES OF MEDIEVAL SCENES
In the olden days, were there any fast foods or frozen dinners? How about supermarkets and vending machines? No way! In fact, during most of human history, getting enough calories, sugar, salt, and dietary fat was hard to do. We tend to like the things our bodies need - but what our bodies need is based more on our ancestors than on us. Way back in time, it was hard to find sugar; but sugars and other carbohydrates, if you don't eat too much, are a good fuel source for your body. So humans learned to like the taste of sugar. It was also hard to find fat; but fat, if you don't eat too much, is another great fuel source for your body. So humans learned to like the taste of fat, so they could survive. And it was also hard to find salt; but salt, if you don't eat too much, is an important mineral your body needs--so humans learned to like the taste of salt, so they could survive.



SLIDE 11:
Human beings are well suited to a world where getting food is hard work; where physical activity is a part of every day…and where often, there was barely enough food to survive. No wonder food is so important to us all - for most of our history, we've had to risk our lives to get it!
Eating well in the modern food environment is difficult because all of the things we like most - based on age-old preferences - are now too easy to get. We don't have to work hard like these guys did just to get enough food…in that way; we're actually just like…*[go to next slide]*



SLIDE 12:
A polar bear in the Sahara desert! What's wrong with this picture?? ***[CLICK ONCE]***
Right, polar bears don't belong in the desert. Where do they belong? *[Go to next slide]*

SLIDE 13:

Here! Polar bears are beautifully adapted to the cold**, *[CLICK FOR DESERT PICTURE]*** but have no natural defenses against the heat. In other words, they are well suited to their native habitat, but not well suited to other habitats. Even a creature with the amazing survival traits of the polar bear only benefits from those traits in the right environment. The very traits that make the polar bear a superb "survival machine" in the cold are disadvantages in the heat. Even in an environment where humans have trouble surviving, polar bears are comfortable and at home-because it is the environment to which they are adapted, the one for which they are designed**.**

SLIDE 14:

There are creatures adapted to this environment - and they are comfortable here**.*[CLICK ONCE FOR POLAR BEAR TO DISAPPEAR***]. But the polar bear is not one of them!

SLIDE 15:

We are like polar bears in the Sahara desert. When we try to 'eat well' in a modern environment that makes eating well pretty tough to do!

How much the world has changed! Like polar bears in the desert, our bodies were designed for a world that's very different from the one we lived in today. ***[CLICK ONCE]*** Today the world is like this, with food everywhere! Now, instead of working hard to find enough food -and to find sugar, salt, and fat - we are surrounded by them all the time!

(continued on next page..)

(SLIDE 15 CONTINUED) Polar bears in the desert would soak up the heat-and overheat. We are like sponges in a sea of calories-so of course we soak up those calories, and overeat! And machines and technology do more and more of what our muscles used to do. More and more calories in, fewer and fewer calories out…means serious trouble for us!
So when you go out in this world, it's easy to make the wrong choices…

SLIDE 16:
Learn to use our brains! Here's the good news: We are smarter than the average bear! We have big brains, so we can out-think the challenges of the modern world, and eat well, anyway!
Once we know how to choose foods that are good for us, we can head out into the modern environment - and cruise right through it by eating well, being healthy, and taking good care of ourselves as we go!
And that's what we are going to learn today! You are going to become certified nutrition detectives "CLUED-IN TO HEALTH"! And with your new spy skills, you'll be able to do just that!

SLIDE 17:
A Nutrition Detective knows how to look out for him/her self! How to see past food package deceptions. A spy is never fooled! A spy uses clues to get to the truth!! A spy is "CLUED-IN TO HEALTH"! ***[CLICK ONCE]***
Who knows what it means to say "don't judge a book by its cover?"….. It means that what something looks like on the outside may not be anything like what it is on the inside. As you're going to see in the first clue used by a Nutrition Detective, sometimes you can't judge a packaged food by its cover, either!

SLIDE 18:
First, let's take a look at a food that you actually can judge by its cover. Who drinks juice for breakfast or snack? What do you think fruit juice should be made of?

SLIDE 19:
Fruit! That makes sense! Who agrees that fruit juice should be made from fruit??

SLIDE 20:
In this case, the ingredients match your expectations.

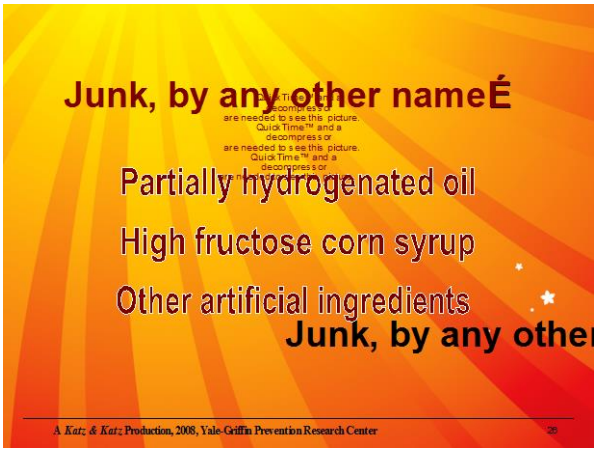
SLIDE 21:
But what about this so-called fruit juice? Who likes Fruit Punch? What do you think a fruit punch should be made of?
[Note: if you like, you can say: Let's take a little break and make some Fruit Punch. This would involve using a dry fruit punch mix, reading through them, and mixing them in a bowl. This could be contrasted to the fruit juice made from fruits, which could also be mixed in a bowl.

SLIDE 22:
Fruit! That makes sense! Who agrees that fruit juice should be made from fruit?

SLIDE 23:
but there is no orange and no apple in this drink! Who likes to be fooled? Tricked? ***[[Point to the ingredient list and show the kids that there are NO oranges or apples listed, just a bunch of complicated words! You can read them out loud and look appalled and confused! Click to go to next slide]***

SLIDE 24:
It's made from mostly artificial flavors and colors, sugar and chemicals--does that sound like something you want to put into your body? Where is the fruit? Nowhere to be found - except in pretty pictures on the package! That's pretty tricky, isn't it? ***[CLICK FOR PICTURE OF BOY]***
See why you need to be a good detective? If you see Fruit Punch in the supermarket, you may want to bring it over to the produce aisle and nestle it among the oranges or apples. Be sure to introduce them because they've never met one another before!

SLIDE 25:
While we're on the subject of drinks, let's remember the best drink of all…Water! It's free, it has no calories or added junk, and it's the best thing for your body when it's hot out or you're thirsty. Some real fruit juice in the morning is fine, but even natural fruit juice has calories and sugar you don't need all day. When you are thirsty, drink water.



SLIDE 26:
Food labels can be tricky because they don't say "this food has a lot of sugar, salt, and/or fat." They tend to use confusing names. One of the most harmful kinds of fat - trans fat – ***[CLICK ONCE]*** appears on ingredient lists as "partially hydrogenated oil." Unlike some healthier types of fats that you can eat -- like olive oil -- partially hydrogenated oil is an artificial kind of fat that is like poison to your body; it damages your blood vessels and heart. When you see this in a food, step away from the box-and no one will get hurt! ***[CLICK ONCE]*** Does anyone know what high fructose corn syrup is? High fructose corn syrup is a long and complicated name for added sugar. It's an artificial type of sugar, and its long, complicated name may fool people- who will be eating food with lots of added sugar, and not even know it! But you will be a Nutrition Detective, so YOU will not be fooled! High Fructose Corn Syrup means added sugar. ***[CLICK ONCE]*** Finally, now that you know about artificial fat and artificial sugar, you'll also want to look out for other artificial ingredients, like flavorings and colorings. Remember, the food you eat makes up the building blocks for who you are--do you want to grow out of artificial ingredients??

SLIDE 27:
Now that we know what to look out for, where do we find these clues? You have to be a good spy, and look everywhere to find the truth on a food package: ***[Go to next slide]***

SLIDE 28:
The front of the box may seem like… a fantasy. It wants you to think that if you eat this food you'll be a superstar and a famous athlete! Maybe you will be, but not because of this food!

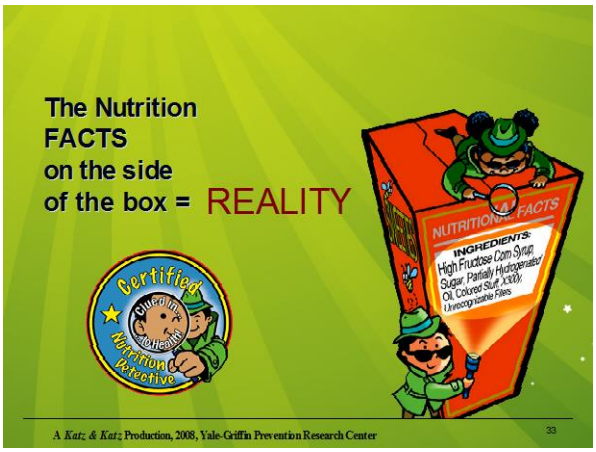
SLIDE 29:
Looking at the front of this box, you would think this is the smartest choice for you right?
But let's think about that--are commercials trying to tell you the truth, or are they usually trying to make you want to buy something? Well, the front of the box is basically a commercial for that food--What are commercials for, to teach you? No- to talk you into something! What do the people who put 'commercials' on a box want you to do? They want you to buy the box!
Let's look some more…do you want to know the truth?? Then keep looking!

SLIDE 30:
Let's see the back: Is the truth here? ***[CLICK again]***
Or here? Keep looking…
[Point to the healthy looking, happy people pictured here]….more fantasy!

THE FACT IS….

SLIDE 31:
The fact is… ***[go to next slide]***

SLIDE 32:
This is where you'll find the CLUES you need-to get to the truth! The nutrition facts and ingredient list on the side ***[CLICK]***
Look what you found! Let's look closer: ***[CLICK once]***
[start reading the first 2 ingredients]: "Whole Oats", *[comment approvingly]* …that sounds good! *[then get to the sugar which is the next ingredient on the list and say approvingly again*], OK, fair enough, a little sugar to sweeten the cereal, that's OK !
[then start noticing something and look concerned] now wait a minute! ***[CLICK]*** there is more sugar and ***[CLICK]*** there is salt in there too ***[CLICK]*** And Hydrogenated oils. Remember how healthy it looked in the front? Does what there really IS in this cereal –all this sugar and salt--look healthy to you now? Isn't the ad in the front a bit deceiving?? So not exactly a "CLUED - IN" choice? The Front of the package that sells what's in a box, or bag, or jar, or bottle- doesn't know you. They don't love you! They are not looking out for you. Who has to look out for you? You do!
[go to next slide]

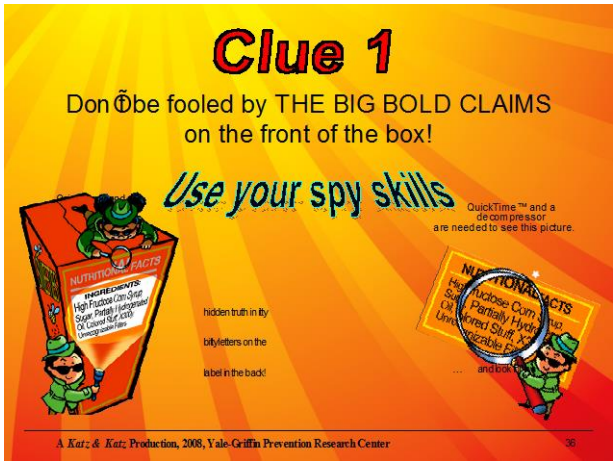


"CLUED-IN TO HEALTH"!

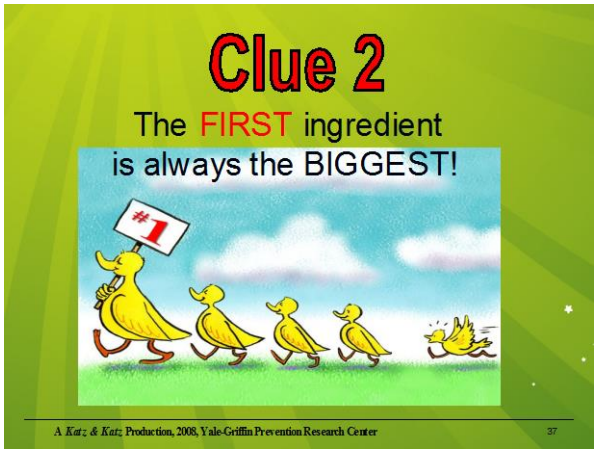
SLIDE 33:
So, remember: the front of the box may seem like a fantasy, it's a commercial really…But as a Nutrition Detective you now know that the nutrition facts on the back or on the side of the box, wherever it is, are REALITY, and that's where you'll find the truth and nothing but the truth !
and REMEMBER…. *[pause and say it like it's really important for them to remember this as though it were a pledge!] :* a good nutrition detective doesn't stop until he/she gets to that nutrition facts label and the ingredient list to be

SLIDE 34:
So keep in mind that there are 5 CLUES to being a good Nutrition Detective…and you are about to learn them all.
you are going to learn that you can apply any one of those clues to any box, can, jar or bag in every food category in the supermarket ***[CLICK again]*** from cookies to cereal to peanut butter, bread, tomato sauce, salad dressing….*[list anything that comes to mind!]* ***[go to next slide]***

SLIDE 35:
And learn to get "CLUED-IN TO HEALTH" ***[CLICK again]*** so you can make "CLUED-IN" choices in all the food categories and stay away from all the "CLUE-LESS" ones.
You are going to learn how to: TAKE IT! OR LEAVE IT!

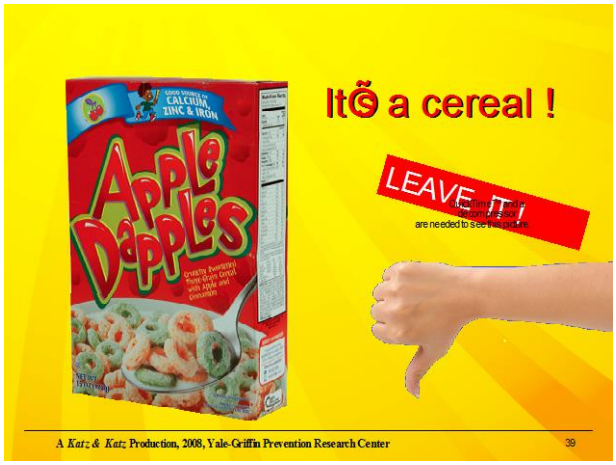


SLIDE 36:
The first clue, as you just learned, is: ***[CLICK]*** Don't be fooled by THE BIG LETTERS in the front of the package. Remember that's fantasy, it's a commercial! ***[CLICK]*** Use your spy skills-- Look for the itty bitty letters on the food label instead! You can't accept the message on the front of the food package. You might be able to trust it, or you might not. The only way to tell for sure is to be a Nutrition Detective and look for the truth in the nutrition facts! And since food products are changing all the time, you need to stay alert- always use your spy skills- to know which is the "CLUED-IN" choice, and which choice is "CLUE-LESS". Sometimes food companies take junk out of their products, and make them better- a food that was once a "CLUE-LESS" choice with, for example, trans fat in it, might now count as a "CLUED-IN" choice. A Nutrition Detective will recognize this change and say: thanks! I am willing to eat this food now!

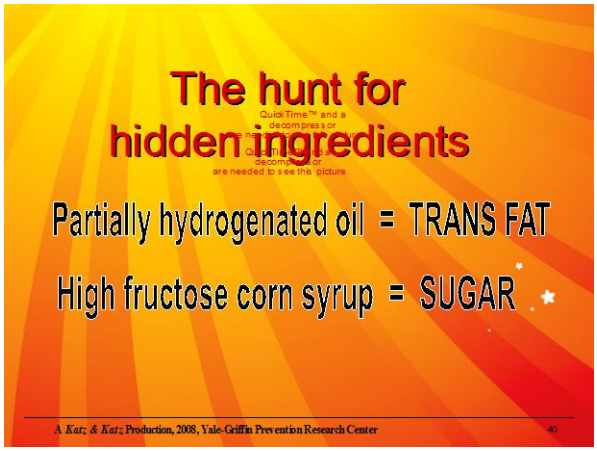


SLIDE 37:
Now, onto CLUE#2***: [CLICK ONCE]*** The FIRST ingredient is the biggest, just like the first duck is the biggest! Once you get away from the front of the box and around to the nutrition facts, first look at the very first ingredient on the ingredient list. Ingredients are always listed in the order of their amount in a food - the food is mostly made up of the ingredients that come first, and less of the ingredients that come last. The first ingredient is the biggest, just like the first duck is the biggest. Ask yourself, Are those first ingredients good for me? If not, try to choose another food that has healthier first ingredients.

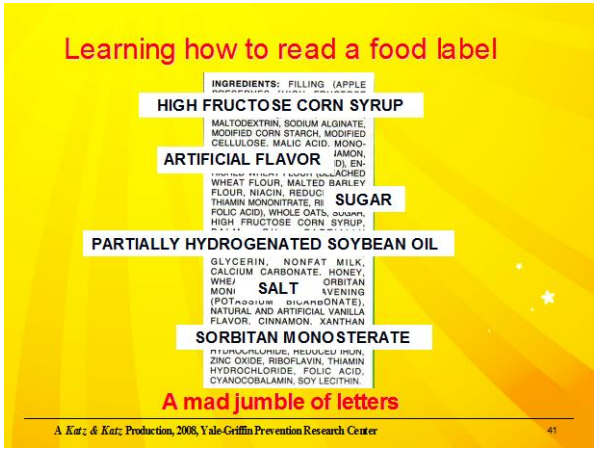
SLIDE 38:
So, for example on this label: ***[CLICK]*** the first ingredient (so the one with the BIGGEST amount) is sugar! The other ingredients are there in smaller amounts. What kind of food do you think this is, that would have sugar as its first ingredient? Probably candy, right? You'd expect candy or some other dessert foods or treats to be made of mostly sugar like this one. Let's see…



SLIDE 39:
It's a cereal!! Do you want your breakfast cereal, the food that is going to give you the energy to start your day, to be mostly just a bowl full of sugar? Would your mom let you eat jellybeans for breakfast? Why not? Why do we say that cereal is part of a healthy breakfast? *[Discuss briefly that sugar should not be the first (biggest) ingredient in a cereal, that candy is not a healthy breakfast, that cereal should be made of whole grains]*
so, in this case, since this is not candy and sugar shouldn't be the biggest ingredient, it's a "CLUE-LESS" choice and we…. LEAVE IT!

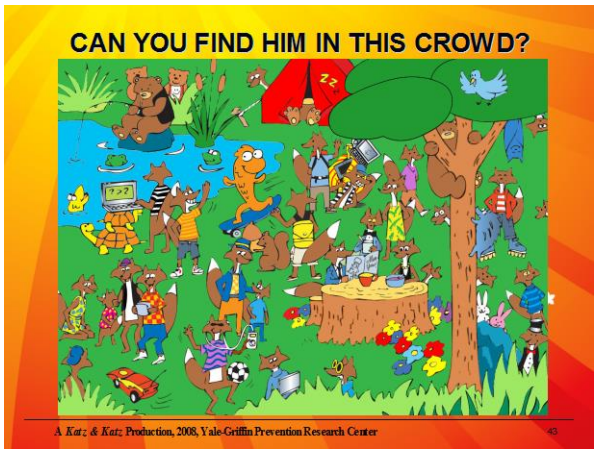


SLIDE 40:
Now, we are almost ready for CLUE #3, let's go back to those two important artificial things to look for on a food label: a type of added fat called "partially hydrogenated oil, " and a type of added sugar called "high fructose corn syrup." Choosing foods without these ingredients is one way to a healthier you. So how do we look for these words?

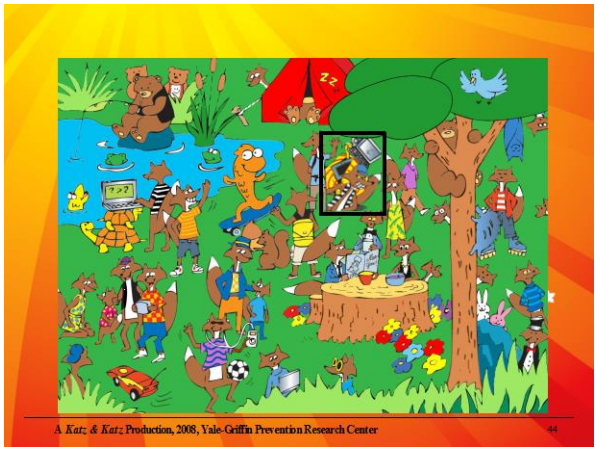


SLIDE 41:
Here's where you find them; but it's hard to tell where to begin with this long, confusing list of ingredients! ***[CLICK]*** Does this look easy?
At first, food labels can be pretty confusing…there may be lots of words that you — and even your parents — have probably never heard of. SO what do you do? Well, we're going to teach you the secret! And the secret is…

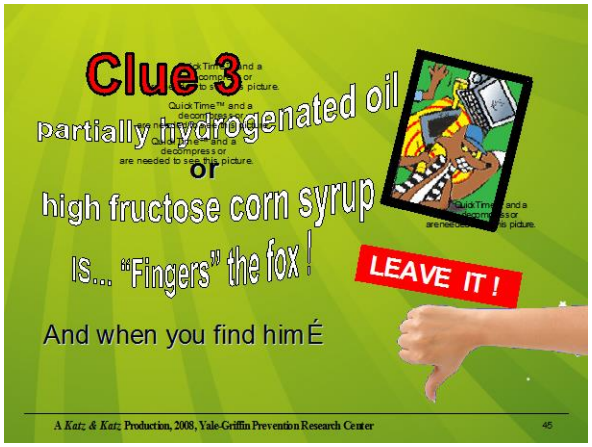
SLIDE 42:
…. to think like a spy! Meet Fingers the Fox! Who knows "I Spy"? Who has heard of "finding Waldo?"
Fingers the Fox is a pretty suspicious character, isn't he? and I bet, you could find him in a busy crowd, right, just like you do in ""I Spy"?!



SLIDE 43:
So Let's try! Look for him in this busy crowd here! Can you find Fingers the Fox?



SLIDE 44:
You did it! You found him! So now, all you have to do is think of that long confusing list of ingredients as a really busy crowd, and think of PARTIALLY HYDROGENATED OIL and HIGH FRUCTOSE CORN SYRUP as Fingers the Fox. Once you find them, you know that food item is not a good choice, it's a "CLUE-LESS" choice and you LEAVE IT!



SLIDE 45:
And so here is our CLUE#3 -- [CLICK] Think of PARTIALLY HYDROGENATED OIL or HIGH FRUCTOSE CORN SYRUP ***[CLICK again]*** as FINGERS THE FOX so you can spot them in a minute in a crowd of complicated ingredients-Let those words jump at you as FINGERS THE FOX or a suspicious looking character would and once you do: step away from the box and nobody will get hurt! LEAVE IT!!

[Take a moment to make sure the kids take a good look at those 2 names (partially hydrogenated oil and high fructose corn syrup) so they can quickly recognize them in a pile of other words as they would FINGERS THE FOX in a crowd. Remember, high fructose corn syrup is a kind of sugar. Sugar may appear again on the label as other names (sugar, brown sugar, corn syrup) which mean….more sugar! You can protect your health by choosing foods that don't have partially hydrogenated oil or high fructose corn syrup. *[You can note that later on, we'll see that these added ingredients can be in everything from breads to cookies to chips to cereals--but in each category, there are choices you can make that are "clued-in" TAKE IT choices that don't have these added ingredients and others that are "clue-less" LEAVE IT" choices] don't worry we'll practice!*

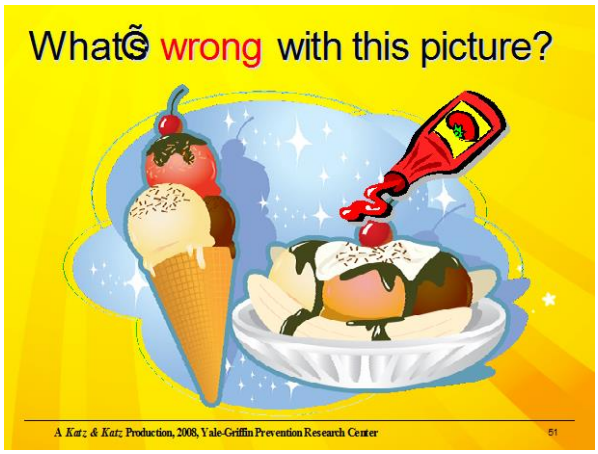
SLIDE 46:
So, a little practice: Sometimes even the <u>same</u> ingredient appears more than once in a food! ***[CLICK 2 TIMES]*** but all you need to do is spot it ONCE and you've done your job—Step away from the box and nobody will get hurt! It's definitely a "CLUE-LESS " LEAVE IT item!

SLIDE 47:
These foods are "CLUE-LESS" LEAVE IT foods because they have ingredients that are not good for your health. See how easy and quick it is! Just like looking for FINGERS THE FOX in a crowd!

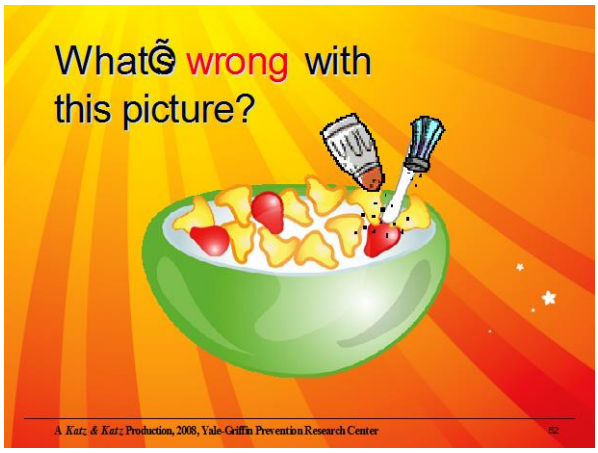
SLIDE 48:
[CLICK 2 TIMES] Choose good foods to fuel your body! This is not good fuel! Good fuel makes you healthy. And remember: healthy people have more fun!

SLIDE 49:
Now, CLUE # 4– A really, really long *[point to the long neck of the giraffe to help them remember this clue]* list of ingredients can sometimes be tricky because it can hide extra stuff that you don't want to put into your body.
Choose short ingredient lists to avoid foods that are highly processed, or that contain artificial and harmful ingredients. So, if the list is really really long with all sorts of complicated words, it's a sign that it's a "CLUE-LESS" choice and you can ***[CLICK again]*** LEAVE IT: STEP AWAY FROM THE BOX AND NOBODY WILL GET HURT!

SLIDE 50:
A long list of ingredients often contains things we shouldn't be eating so much of, like sugar, salt, and trans fat! Look at this long list of ingredients on this cereal bar! Is this something a Nutrition Detective would choose?? ***[CLICK again]*** NO! LEAVE IT!



SLIDE 51:
What's wrong with this picture? Does anyone like to put ketchup on ice cream? Sometimes ketchup and tomato sauce has more added sugar in it than ice cream fudge sauce!
That's what can happen with a long list of ingredients- there's room for things that just don't belong! Remember, Nutrition Detectives like SHORT ingredient lists! A long ingredient often includes things that just don't belong.

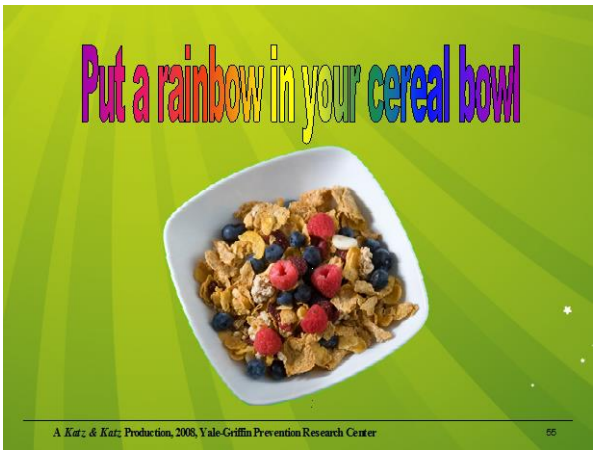


SLIDE 52:
What's wrong with this picture? Does anyone like to salt their cereal? Some cereals have more added salt than potato chips or corn chips! These are the kinds of sneaky things a long ingredient list can hide! And these added flavors actually make you want to eat more! Who should be in charge of how much you eat - the people who sell food and put salt in your cereal - or YOU?

SLIDE 53:
Some foods don't have any packages - such as fresh fruits and vegetables. These are always good choices! They have the shortest ingredients lists of all! What is the ingredient list for an orange? It is…an orange! That's it! Natural foods such as fruits and vegetables are very nutritious, and don't contain any hidden ingredients.
Let's figure out why long ingredient lists usually mean it's a "CLUE-LESS" LEAVE-IT kind of a choice, while short ingredient lists are more likely to be a "CLUED IN TO HEALTH" TAKE IT kind of choice.

What's this? *[point to the fruit on the slide]* What's the ingredient list for an orange? How about an apple? Generally, the shorter the ingredient list, the closer the food is to Nature; and Nature provides the best foods of all, such as fruits, and vegetables. One good way to choose more nutritious foods is to choose foods with short ingredient lists.

SLIDE 54:
So one way to make sure to avoid long ingredient lists, is to remember to make foods that don't come in a bag, box, jar, or bottle- such as fresh fruits and vegetables- a part of your diet every day. They add lots of great nutrients to make you strong and healthy (remember: healthy people have more fun!), along with a beautiful rainbow of colors!



SLIDE 55:
You can add fruit to your cereal…

SLIDE 56:
And put lots of great veggies on your pizza

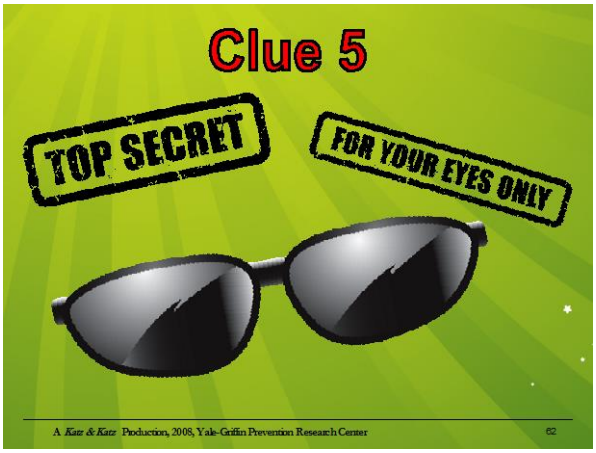
SLIDE 57:
Can you trust advertisements for food? Can you trust what commercials tell you about food? Let's see…
What does this advertisement for peanut butter suggest?
[Discuss the implications of a peanut butter coming out of a peanut shell]

SLIDE 58:
Now, let's look for the truth by comparing a major brand of peanut butter to a natural peanut butter.
[Follow the instructions for the Deception Demo ("Peanut Butter Under Construction") on pages 53-54 of this manual, and start demo with the next slide] [Show this slide first as the person doing the demo takes a look at the nutrition label on the jar of natural peanut butter]* The only ingredient in the natural peanut butter is….. *[go to next slide]**
<u>DISCLAIMER:</u> IN CASE OF PEANUT ALLERGY, OMIT ANY NUT BUTTERS IN YOUR DEMONSTRATION. 0r fill a zip-lock bag with the peanuts before entering the school and seal the bag well (it will stay closed). As an alternative, you can also use a chocolate frosting demonstration described on p 55 of this manual.

SLIDE 59:
…peanuts! And here they are!
[Wave the sealed bag of peanuts and show an empty paper plate along with it to drive the point that there are no EXTRA ingredients in the natural peanut butter, just peanuts!]

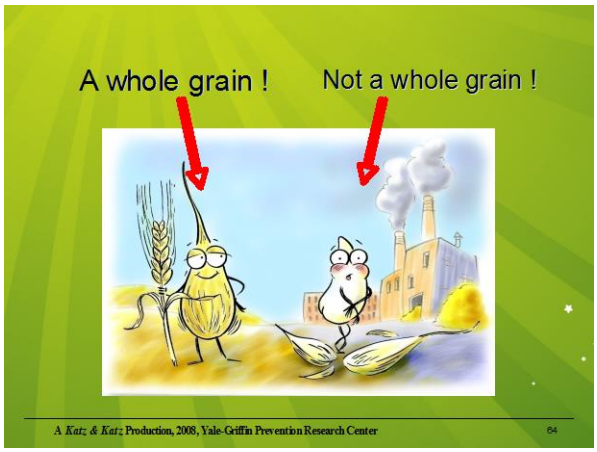
SLIDE 60:
NOW Let's take a look at a major brand!
[The demo for the processed peanut butter takes place at this point before proceeding to the next slide: 1. look at the nutrition label on the major brand jar and start by showing the bag of peanuts again, since they are the first ingredient on the list but this time, notice that there are quite a few EXTRA ingredients on the nutrition label; 2. Using another paper plate, proceed to scoop out each one of the extra ingredients (in the order that they are read, i.e.: SUGAR, MOLASSES, CRISCO SHORTENING as the partially hydrogenated oil, MORE CRISCO SHORTENING as the fully hydrogenated oil, SALT (you may also add corn syrup as other processed peanut butters add high fructose corn syrup as well). The major brand mixture will be a mess. Pass it around the class, UNLESS ANYONE HAS A PEANUT ALLERGY, along with the closed bag of peanuts and ask...] So who would like to try some peanut butter?!

SLIDE 61:
…. Anybody want a spoon to dig in?
The real thing is quite a bit different from the advertisement, isn't it? "Who here likes to be fooled? Tricked? Deceived?



SLIDE 62:
All right detectives: time for special under cover unit training! This will be our 5th and final clue!
[The "special undercover unit" should be treated as a really exciting challenge to look for fiber in whole grain products]

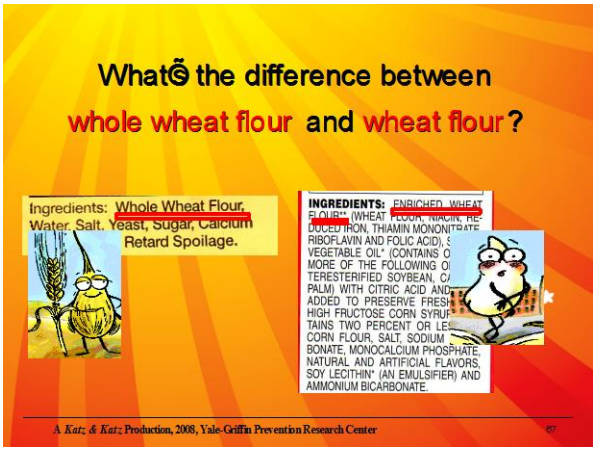
SLIDE 63:
It takes special undercover unit training to find the truth about whole grains! These are products that should be whole grains: *[Go over each one as they appear on the screen to make sure that the children know what foods are made from grains.]* These are bread, cereal, crackers, cereal bars, pasta …and they should have at least 2 grams of fiber per 100 calories. For these kinds of foods, you'll need your "special undercover unit" training to catch "whole grain imposters". Let me explain! *[Note that dessert items, such as cookies, are made from grains, too; but since these are intended as a 'treat' rather than a nutritious food, these standards don't apply.]*



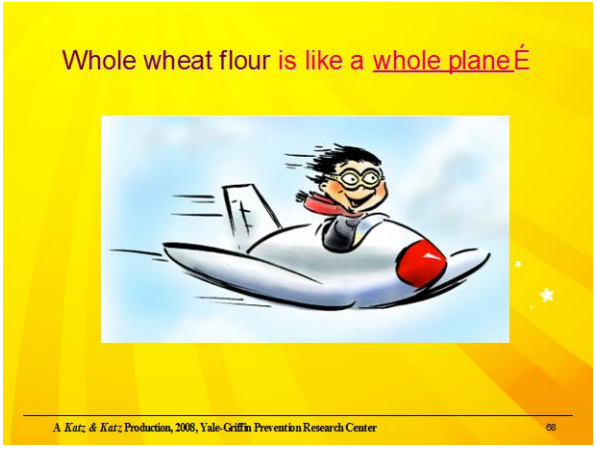
SLIDE 64:
The difference between a whole grain - and a grain stripped of its nutritious parts - is important! And when you know what to look for, pretty obvious!

SLIDE 65:
The first ingredient here says ***[CLICK]*** 'whole wheat flour.' But…*[go to next slide]*

SLIDE 66:
The first ingredient here just says ***[CLICK]*** 'wheat flour.'

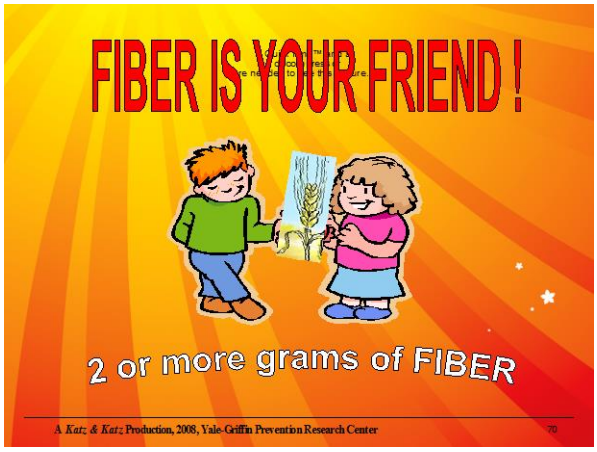


SLIDE 67:
Do you think the difference between ***[CLICK]*** 'whole wheat flour' and ***[CLICK]*** 'wheat flour' is important? Well how about the difference between…

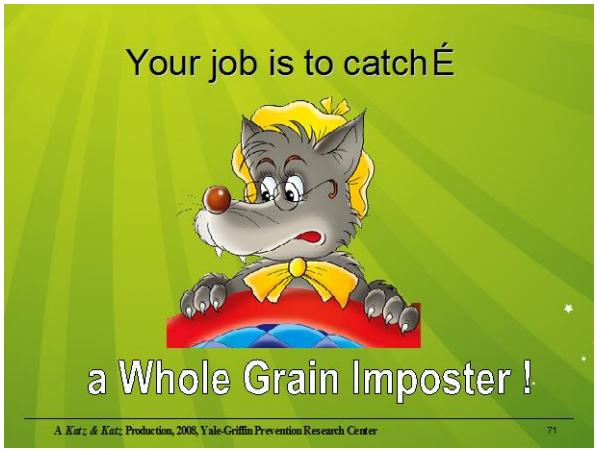


SLIDE 68:
A 'whole' plane**…*[go to next slide]***

SLIDE 69:
…Or just 'a plane,' that doesn't have all its parts! Pretty important difference, isn't it?
It's the same with whole grain: WHOLE GRAIN (not just part of a grain) is what you want to get fiber and wholesome nutrition!



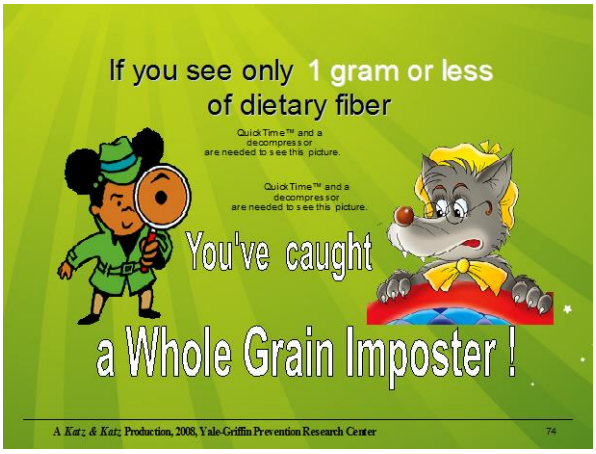
SLIDE 70:
Grain products should have fiber as proof that they're made from the whole grain. Along with the word 'whole,' look for grain products (breads, cereals, crackers, cereal bars) with 2 or more grams of fiber in every 100 calories. Sounds complicated?? Not at all! You'll be amazed how easy it is to do…and that's where our special undercover unit comes in!



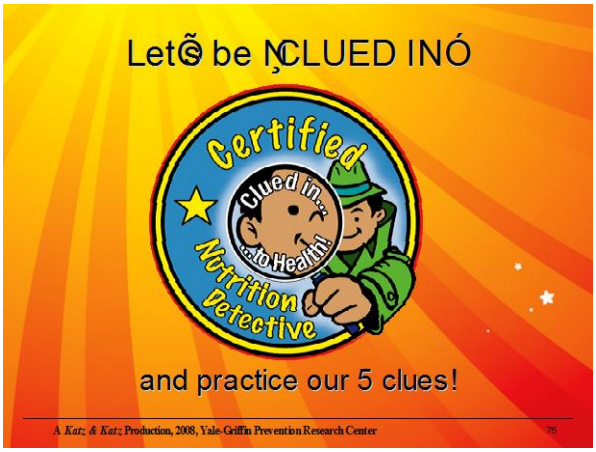
SLIDE 71:
Just as the wolf pretended to be grandma, some grain products [again remind the children what they are] like bread, cereal, cereal bars, pasta, crackers pretend to be whole grain…but you will learn how to CATCH THEM!! These are 'WHOLE GRAIN IMPOSTERS!" and are "CLUE-LESS" LEAVE IT choices!

SLIDE 72:
Now let's practice with crackers, which should be whole grain, right? : you see the % sign? *[Point to it and point to the 2 bold lines surrounding the % Daily value section]*…and you see the 2 bold lines right above and below that whole section with the % signs? That's where you need to focus. Now look on the left for how many grams of dietary fiber are in the crackers…. BINGO, that's where your hidden clue is: THAT'S WHERE IT SAYS "dietary Fiber"…. and the "g" on the label means "grams"…. So, remember, if it says 1 g or less…you caught yourself a whole grain imposter!! You can find better crackers; these crackers are a "CLUE-LESS" CHOICE: so LEAVE 'EM behind! Ready to do another one?

SLIDE 73:
Now let's practice with cereal or granola bars, which should also be whole grain: you see the % sign? ***[CLICK 2 TIMES FOR CLOSE-UP]*** and BINGO, that's where your hidden clue is: THAT'S WHERE IT SAYS "dietary Fiber"…. If it says 1 gram or less…you caught yourself a whole grain imposter!! You can find better cereal bars; these bars are a "CLU-LESS" choice- so LEAVE 'EM BEHIND!



SLIDE 74:
So remember, look for grain products (such as breads, cereals, crackers, pasta, cereal/granola bars...) that say WHOLE grain, and that have at least 2 grams of fiber for every 100 calories. If it's less than that- you've got yourself an imposter! It's a "CLUE-LESS" LEAVE IT choice!



SLIDE 75:
Let's practice what we just learned so you can be great spies. Later, we can open up our grocery bags filled with "CLUED-IN TO HEALTH" foods, mixed in together with "CLUE-LESS" foods and we'll learn to TAKE IT or LEAVE IT using any of our 5 CLUES

SLIDE 76:
[SUMMARY SLIDE-go over each one, to remind them of each of the rules they learned today. Ask them what the picture for each clue taught them and let them know that they'll "need" to explain it to their parents at home.]

SLIDE 77:
Remember CLUE#1: in a way, CLUE #1 is the most important one, because without it, you couldn't find any of the other clues right? *[So repeat with them]*: First thing a good detective does is…. DON'T be fooled by the big letters in the front of the package and turn the box around until you get to the nutrition facts label for the TRUTH!
So let's go there, let's go to the back ***[CLICK]*** …

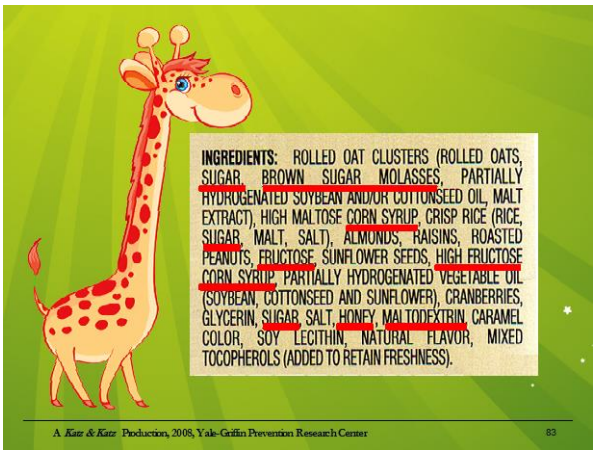
SLIDE 78:
so now look in closer! You can use your CLUE#2 to see what the first and biggest ingredient is
[CLICK again and go to the next slide]

SLIDE 79:
[Give them a few minutes and start pointing. While they're looking, point out how LONG the ingredient list is]
Wow! The biggest ingredient is sugar, sugar, more sugar, trans fat, more sugar, and more sugar**…*[CLICK again]:*** That's a definite "CLUE-LESS" choice and you should LEAVE IT!

SLIDE 80:
Now Let's look at this box of granola bars. Is this a "CLUED-IN" or "CLUE-LESS" choice? Should we TAKE IT or LEAVE IT? Remember: a Nutrition Detective doesn't judge a food by its cover! You can't tell from the front of the package whether a food is nutritious or not, even if it looks really healthy because that's where it's like a commercial, the fantasy they want you to have about that food.

SLIDE 81:
NOW you can decide!!
So, remember your first rule: don't be fooled by the big letters in the front of the package, even if it looks really healthy ***[CLICK]***...Turn the box around and look for the truth!

SLIDE 82:
Look closer and check for partially hydrogenated oil. *[Give them time to look.]*
[CLICK 2 TIMES – EACH TIME, HYDROGENATED OIL WILL SHOW UP ON A PLACE ON THE LABEL.]
You found it! Once again, ***[click AGAIN]*** step away from the box and nobody will get hurt….you don't even need to look any further: this is a "CLUE-LESS" choice: LEAVE IT!!



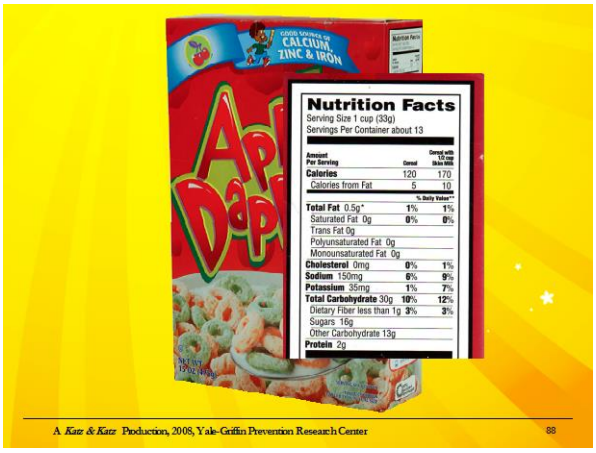
SLIDE 83:
You could have also used your CLUE #4 to note that this also has a very long ingredient list, and lots of added sugar, too. Who would have thought that looking at the front of the package? Look at all the times sugar shows up under different names in this granola bar*! [Count with the children how many times "sugar" appears in different names]:* 9 times! It looks more like candy, doesn't it? A Nutrition Detective does not rely on the front of the package. A Nutrition Detective knows where to look for the REAL story! You may use any of the 5 CLUES -you don't need to go through all of them, any of them will do! --to decide whether to TAKE IT or LEAVE IT, whether a food is a "CLUED-IN" or "CLUE-LESS" choice.

SLIDE 84:
Let's do another one! wholegrain Crackers. Now that looks like a job for our special undercover unit looking for whole grain doesn't it?
But, the first thing we have to do is …what? don't be fooled by the big letters in the front of the package, even if it looks really healthy. ***[CLICK]*** …Turn the box around and look for the nutrition label in the back, that's where you'll find the truth!

SLIDE 85:
Remember the trick? You see the % sign? *[Point to it, and scroll down to the last %]* ***[CLICK]*** BINGO, that's where your hidden clue is. That's where it says fiber". Remember, if it says 1 gram or less…*[make sure they know that "<" means "less than"]* you caught yourself a whole grain imposter. It's like the wolf dressed up as grandma! So this is a "CLUE-LESS" choice and you can LEAVE IT! ***[CLICK once]*** You could have also known this was a "CLUE-LESS" LEAVE IT choice by using another CLUE you just learned, do you know which one? *[give the children a few minutes to think about it]*That's right!
CLUE #3, finding Fingers the Fox /partially Hydrogenated oil or fructose corn syrup!

SLIDE 86:
Now we'll look at this box of crackers. ***[CLICK]*** Turn the box around and look for the nutrition label on the back. So far so good: no partially hydrogenated oil!

SLIDE 87:
Remember that this is a cracker, and therefore should be whole grain. So we need to get our "special undercover unit" skills and look for fiber to see if it's still A REAL WHOLE GRAIN. ***[CLICK]*** YES!! It has 2 grams of fiber, so it's our friend! It's NOT a whole grain imposter, it has no hydrogenated oil, and ***[CLICK again]*** we can keep this one as a "CLUED-IN TO HEALTH" choice! Let's definitely TAKE IT!



SLIDE 88:
What about this food product? It says 'Whole Grain' right on the front! So, is this a "CLUED-IN" choice? *[Give the children time to think; then remind them: a good detective doesn't judge from the front of the package]* The right answer so far is: <u>"I don't know!"</u> *[make sure the kids know that it's right to say "<u>I don't know"</u> if all they get to see of a package is the front]* A Nutrition Detective turns to the ingredient list and nutrition facts for the truth! ***[CLICK]*** Nutrition Detectives don't rely on the front of the package, they are much cleverer than that!

SLIDE 89:
What do you think? ***[CLICK]*** ….Look! Only 1 of fiber….THIS IS A WHOLE GRAIN IMPOSTER! It's a "CLUE-LESS" choice, after all. So LEAVE IT! ***[CLICK again]*** Nutrition Detectives are very hard to fool!

SLIDE 90:
Now you know just what to do to tell which foods are "CLUED-IN TO HEALTH" and which foods are "CLUE-LESS"!
You are going to look for the hidden clues…wherever they may hide…So you can outsmart ANY food package!

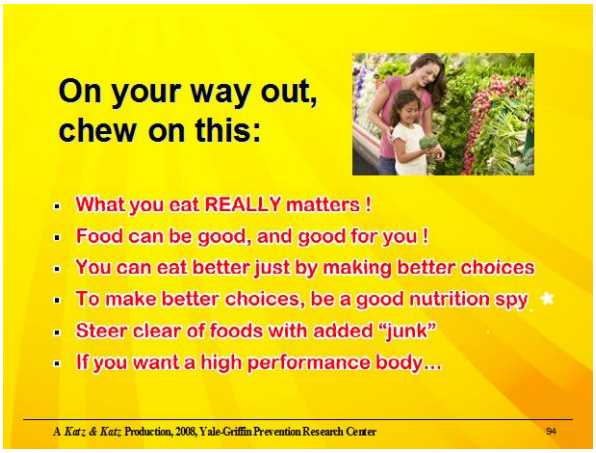
SLIDE 91:
Refer to "PART 2- LET'S PLAY WITH OUR FOOD!" in the manual.
[Explain to the kids that they are divided into teams. Each team will have one grocery bag filled with "CLUED-IN" choices and "CLUE-LESS" choices. Their job is to apply all the Nutrition Detective skills that they learned today, and decide which ones are the clue-less ones and which ones are the clued in ones.
Tell each team what its task will be (i.e. BREAD team, CRACKERS team, CEREAL team, CEREAL BARS team, COOKIES team, JUICE team. (Remind the whole grain teams that they are a special undercover unit also looking for fiber and reiterate that that are the CRACKERS team, the BREAD team and the CEREAL team and the CEREAL BAR team).
Make sure no one starts before they are told to begin!

[see pages 56-67 for more detailed instructions on "let's play with our food"]

Pause and stay on this slide until the game is over and each team has had a chance to show its "CLUED-IN " and "CLUE-LESS" choices, and officially graduate with a big round of applause.

SLIDE 92:
[SUMMARY SLIDE-go over each one, to remind them of each of the rules they learned today. Ask them what the picture for each clue taught them and let them know that they'll "need" to explain it to their parents at home.]

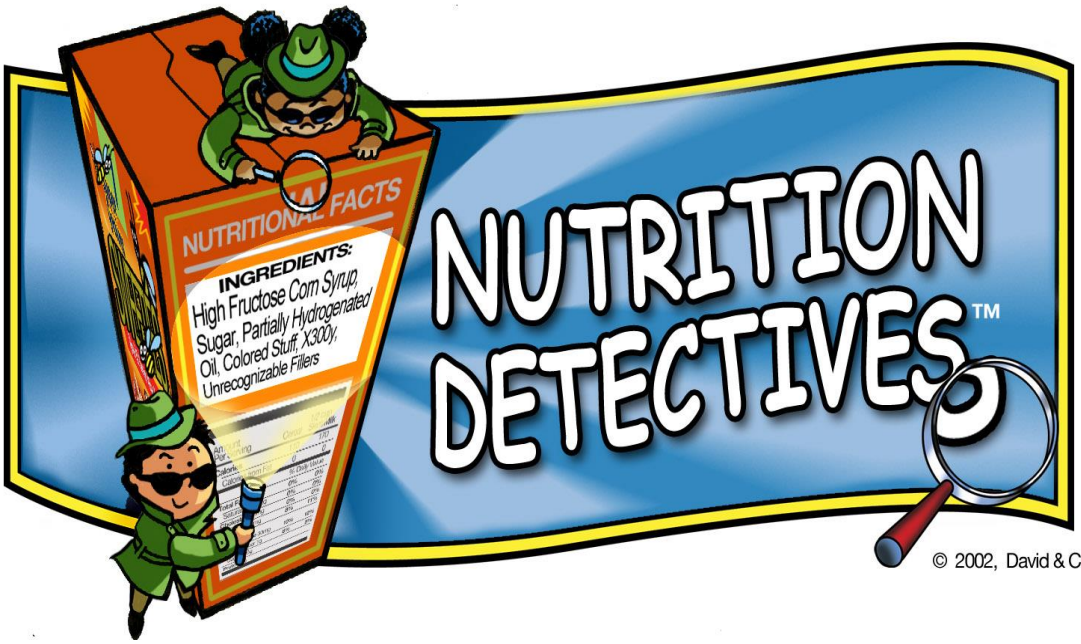
SLIDE 93:
You are now well trained as Nutrition Detectives! You should feel full- with great information! Here is some more to take home with you - like doggie bags, for your brains!



SLIDE 94:
Here are some important take-away messages: [THERE ARE 6 MESSAGES. CLICK ONE AT A TIME TO BRING UP EACH MESSAGE. THE LAST MESSAGE LEADS INTO THE NEXT SLIDE]
What you eat REALLY matters!
Food can be good, and good for you!
You can eat better just by making better choices.
To make better choices, be a good nutrition spy.
Steer clear of foods with added "junk."
If you want a high performance body…

SLIDE 95:
Put in a high-performance fuel!

SLIDE 96:
Congratulations! Thanks for coming. Be a good detective; be healthy; and have fun!!
(These, by the way, are the Katz kids, in 2003 when they started helping Mom and Dad create the Nutrition Detectives Program! From top left: Rebecca, Corinda, Valerie (middle left), Natalia, & Gabriel.)



SECTION 4

LET'S PLAY WITH OUR FOOD!
Instructions and Materials for Teachers

OVERVIEW

Let's Play with Our Food is the interactive component of the ***Nutrition Detectives™*** program that provides the students an opportunity to apply and test their skills. Also included here is a demonstration of the difference between natural and "processed" peanut butter presented along with the slide show. ***The script, along with a copy of the slides that accompany the script appear in SECTION 3: pages 16-50 of this manual.***

PART 1--the ***Deception Demo for peanut butter***- should be shown following slide #57 (peanut butter under construction). You can also opt to do a ***Deception Demo for chocolate frosting*** *(See Page 55). This demo has no slides)*

PART 2 –"***Let's Play with Our Food!" Instructions***--follows slide #90.

PART 1
Deception Demo
Laying it all on the table!

PEANUT BUTTER UNDER CONSTRUCTION

Don't be fooled!

YOU'LL NEED:

- 2 paper plates
- 1 large zip-lock bag filled with dry-roasted unsalted peanuts
- 1 large spoon
- 1 jar of peanut butter that is highly processed
- 1 jar of natural peanut butter
- 1 bag of granulated sugar
- 1 box of salt
- 1 can of CRISCO vegetable shortening
- 1 bottle of KARO light corn syrup
- 1 bottle of dark molasses syrup

*(Use the alternatives on page **55** if there are any children with nut allergies in the class)*

The ingredients listed on the previous page are found in leading, commercial peanut butters.

***In case of peanut allergy**, fill the zip-lock bag with the peanuts **before** entering the school and seal the bag well (it will stay closed). You can also opt to do the chocolate frosting demo instead, shown on the following page (this demo has no accompanying slides).*

SLIDES 58-59 (see detailed script in SECTION 3: page 37)
First, show the jar of natural peanut butter and take a look at the ingredients listed on the nutrition label. Read it out loud to the kids: the only ingredient listed there will be PEANUTS. Show them the zip-lock bag containing the peanuts and agree with the children that that makes sense! Then, take a look again at the nutrition label to point out to the kids that there are no extra ingredients in that peanut butter, as they would expect--show them the empty paper plate, reiterating that this is all that they would expect to find in peanut butter: peanuts (in the bag) and nothing else (an empty plate).

SLIDES 60 & 61 Hold off showing these two summary slides until you have performed the demo (see detailed script in SECTION 3: page 38).
Now do the same for the processed peanut butter jar. Take a look at the ingredients listed on the nutrition label. Read the first ingredient out loud to the kids, which will be PEANUTS. Show them the same zip-lock bag containing the peanuts and take a look again at the nutrition label and note that the list goes on with additional ingredients. Place each additional ingredient listed on the label, one by one in the order that you read them onto the second paper plate (making a fuss every time of how yucky and tricky that is!), and then offer the students a taste of "peanut butter"!

Remind them of the ad they were just shown of the peanut jar coming out of a peanut shell and compare the 2 brands to point out that they were "tricked" by the ad. Ask the children:
*"*Who here likes to be fooled? Tricked? Deceived? Duped?"-- *Wave the bag of peanuts with the empty paper plate for the natural peanut butter and then, wave the bag of peanuts with the paper plate filled with the additional junk for the processed Peanut butter.*

CHOCOLATE FROSTING

If there is any issue of peanut butter allergy in the school, and the sealed bag of peanuts is not satisfactory to that school, you can use this demo as an alternative to the Peanut Butter demo described above.

You can purchase any leading commercial chocolate frosting and spread out the ingredients listed on the nutrition label on a plate (use Crisco shortening as hydrogenated oil)

The healthy alternative is:
¼ cup skim milk and a 4 oz bar of bittersweet chocolate (put both in a sealed baggy and shake).

PART 2
"Let's Play with our Food!" Instructions

If the following products are not available in your local area, use your spy skills to select other "CLUED-IN" & "CLUE-LESS" items.

Divide the children in a classroom or assembly into teams of 4-10 children each. This game is best played in the school cafeteria so that each team can gather around a table.

Each team is assigned a paper bag of groceries filled with food items in a given category (some categories may be represented twice with added brands in order to accommodate the number of children). Each bag of groceries is marked with the team number and the category being investigated. Each bag is filled with 8-10 items in that category. It is best but not necessary (in order to accommodate a lower budget) to have as many items in that category as there are children on that team so that each child has a chance to "investigate" an item and pass it around to other members of his/her own team ***--see detailed list of brands on subsequent pages).***

NOTE: the teams assigned the category "breads", "crackers", "cereal" or "cereal bars" will be referred to as ***special undercover unit*** whose secret mission will be to pick out "whole grain imposters").

Some of the products are "CLUE-LESS" - namely, highly processed, containing partially hydrogenated oils, high fructose corn syrup, added salt and flavoring, and in the case of crackers, cereal, cereal bars and breads have 1g or less of fiber.

Others are “CLUED-IN” - namely more wholesome products containing no trans fats or high fructose corn syrup, higher in fiber, less added salt, sugar and flavorings.

The object of the “mission” is for the nutrition detectives to apply the 5 CLUES they just learned from the Nutrition Detectives program, to determine which of the items in their assigned category is a “CLUED-IN” choice, which is a “CLUE-LESS” choice and create 2 distinct stacks of the products. They are given roughly 1 minute for each item in their grocery bag; ten items in ten minutes works well.

The children are instructed to look for the food labels and start dividing items into “CLUED-IN” and “CLUE-LESS” choices as soon as the timekeeper sounds the start of the game. While the children are playing, leaders/teachers go around to the tables to offer comments, guidance, feedback as needed and **much cheering on**! The teachers should make the children feel that they are participating in an exciting fun, fast-paced game or mission!

When the timekeeper sounds the end of the game, the children from each team designate 2 delegates to represent their category and report their findings to the whole group, one team at a time. They each come up to place their “CLUED-IN” and “CLUE-LESS” items on 2 separate tables upfront, a “CLUED-IN” table with the Nutrition Detectives mascot, a large stuffed polar bear wearing “cool” sun glasses named “Chill” (his presence is optional) and a “CLUE-LESS” table, so that, by the end of the game, all the “CLUED-IN” items in all the categories are stacked together separately from all the “CLUE-LESS” items. The teachers make any necessary corrections, and each team is recognized for their successes in turn *[i.e. big applause from everyone as the members for that particular team are officially dubbed “NUTRITION DETECTIVES” and so on for each team]*.

The whole group learns from the experience of all of the teams, thus knowledge about all the different food categories is shared. It may be useful to take the opportunity to discuss how some brands are more dependable than others –those that appear consistently on either the “CLUED-IN” or “CLUE-LESS” table-whereas other brands may offer both “CLUED-IN” and “CLUE-LESS” items. Also use this opportunity to highlight any deceitful wording on the front of the packages on the “CLUE-LESS” table, and how, as great nutrition detectives, they knew better and were not fooled!

LIST OF TEAMS

There should be as many paper bags as there are teams in the class (some categories may be represented twice with added brands in order to accommodate the number of children) and each bag should be labeled as follows:

TEAM #1: BREAD *

TEAM #2: CRACKERS*

TEAM #3: JUICES & DRINKS

TEAM #4: COOKIES

TEAM #5: CEREAL*

TEAM #6: CHIPS

TEAM #7: CEREAL BARS*

TEAM #8: PEANUT BUTTER & SPREADS
(Omit the nut butters or any products with peanuts if any children have severe nut allergies)

*** *WHOLE GRAIN PRODUCTS (special undercover unit)***

LIST OF BRANDS
"CLUED-IN" and "CLUE-LESS" Choices

A list of each team and examples of "CLUED-IN" and "CLUE-LESS" items within each food category for each team follow.

Other brands and products may be substituted, using the 5 nutrition detectives CLUES to determine whether a food package is a CLUED-IN or a CLUE-LESSS choice. It is best ***but not necessary*** *to pick as many items in each category as there are children on that team so that each child has a chance to "investigate" an item and pass it around to other members of his/her own team.*

It is not necessary to have an equal number of "CLUED-IN" and "CLUE-LESS" items within each category.

It is preferable to use products

1) that are easily found in a local supermarket--also check the healthy food section if there is one in your local supermarket;

2) that are popular with the kids and for which healthy alternatives exist;

3) that are particularly deceitful

Note: As of 2007, most brands have eliminated trans fat (partially Hydrogenated oil) in their bread products, however, those breads that still have unnecessary addition of high fructose corn syrup and/ or have low fiber content, are included in the "CLUE-LESS" pile, especially those claiming to be whole grain products on the front of the box!

FOR SPECIAL UNDERCOVER UNIT ONLY!

TEAM#1: BREADS

"CLUED-IN" Choices

- THE BAKER®
  Any wholegrain variety (examples: 7-grain, 9-grain, whole grain flax, whole grain bran, cinnamon raisin)

- ALVARADO STREET® BAKERY
  Any wholegrain variety (examples: Sprouted multi grain, Sprouted wheat cinnamon raisin, Sprouted Sourdough, Essential flax seed)

- VERMONT BREAD COMPANY®
  Soft 10 Grain, Whole wheat, Spelt, Sprouted wheat, oat bran, oatmeal

- ARNOLD HEARTY CLASSICS®
  Multi Grain Bread

- COUNTRY KITCHEN BAKER'S®
  100% Whole wheat
  100% Whole white

- PEPPERIDGE FARMS
  ***Natural Bread Whole grain*™** series (Honey Oat Soft, Honey Whole wheat soft; 15-grain Hearty)

"CLUE-LESS" Choices

- FREIHOFERS®
  12-Grain; Sunflower Flax
  100% Whole wheat
  Oat Nut

- ARNOLD®
  100% Whole wheat
  Soft oatmeal
  Oat bran
  Raisin Cinnamon Bread

- CAPE COD®
  100% whole wheat bread
  Multigrain

- COUNTRY KITCHEN BAKER'S®
  12-Grain

- PEPPERIDGE FARMS®
  Farmhouse ™ Harvest 7-Grain
  100% Stoneground Whole Wheat
  Oatmeal Bread

FOR SPECIAL UNDERCOVER UNIT ONLY!

TEAM #2:
CRACKERS

"CLUED-IN" Choices

- NABISCO
  Triscuit reduced fat whole grain wheat crackers
- BARBARA'S BAKERY®
  (any variety)
- GENISOY® Mini Soy Crisps
- SNYDERS OF HANOVER®
  Oat Bran Sticks
- KASHI® TLC Crackers
  Whole Grain or Ranch
- PEPPERIDGE FARMS®
  Whole Grain Baked Gold Fish;
- STACY'S® Baked Pita chips
  (any variety)

"CLUE-LESS" Choices

- NABISCO®
  Wheat Thins (baked with 100% whole grain-regular & reduced fat)
  Ritz Chips
  Ritz Crackers (Whole Wheat)
  Ritz Crackers (regular and reduced-fat)
- KRAFT® Cheese Nips (regular)
  Cheese Nips (reduced-Fat) 100 calories packs
- KEEBLER®
  7-grain Wheatables
  Honey wheat Wheatables
  Toasteds Wheat
  Our House Bistro Crackers
  Munch'ems Baked Snacks
- PEPPERIDGE FARMS®
  Entertaining Hearty Wheat Crackers
- GENERAL MILLS®
  Chex mix

TEAM #3:
JUICES & DRINKS

Note the use of wording "drinks" or "cocktails" or "coolers" vs "juice" or "milk"... it's a **"CLUE-LESS"** *giveaway! Also note that "all natural" doesn't necessarily mean 100% juice (as in the Caprisun® product) nor does it preclude the addition of high fructose corn syrup, so it's an example of a "loser"!*

AND REMEMBER WATER IS BEST WHEN THIRSTY!!

"CLUED-IN" Choices

- JUICY JUICE® 100% Juice
- MINUTE MAID® 100% Juice
- WELCH'S® 100% Juice
- MARTINELLI® 100% Juice
- DISNEY HUNDRED ACRE WOOD® 100% Juice
- WYMAN® 100% Juice
- HERSHEY'S® reduced fat Chocolate Milk

"CLUE-LESS" Choices

- HI-C® FRUIT DRINKS
- MINUTE MAID® Coolers
- TROPICANA® Twister
- KOOL-AID JAMMERS®
- CAPRISUN® All Natural Fruit Punch
- HERSHEY'S® Chocolate Drink
- YOO-HOO® Chocolate Drink

TEAM #4:
COOKIES

"CLUED-IN" Choices

- BARBARA'S BAKERY®
  Whole Wheat Fig Bars
  Snackimals
  Organic Go-Go Grahams

- NEWMANS OWN®
  Fig Newmans
  Organics Newman-O's Cookies

- HEALTH VALLEY Cookies

- NATURE'S PROMISE® Cookies
  (Stop & Shop brand-may not be available in all states)

- GLENNY'S
  100-Calorie Brownie

- KASHI ™
  TLC® Cookie

"CLUE-LESS" Choices

- NABISCO®
  Snackwell's cookies
  Oreo cookies
  Chips Ahoy cookies (even whole grain)
  Teddy Bear Grahams
  Nilla Wafers
  100-calorie-packs
  Honey-Maid grahams

- QUAKER® Crisp'ums

- KEEBLER®
  100 calorie packs Right Bites (any variety)
  Chips Deluxe
  El Fudge Sandwiches

- PEPPERIDGE FARMS® cookies (any variety)

FOR SPECIAL UNDERCOVER UNIT ONLY!

TEAM #5:
CEREALS

"CLUED-IN" Choices

- NATURE'S PATH®
  (any of their cereal)

- POST®
  Grapenuts
  Health Classics the Original Shredded Wheat or Shredded Wheat & Bran

- QUAKER®
  Toasted Oatmeal Squares
  Oat Bran Cereal
  Life cereal

- BARBARA'S BAKERY®
  Puffins
  (or any of their cereals)

- KASHI®
  Heart to Heart cereal
  Go Lean cereal
  Honey Puffed cereal
  Good friends cereal

- NEW MORNING®
  Oatios

- GENERAL MILLS
  Cheerios®

"CLUE-LESS" Choices

- QUAKER®
  Cap'n Crunch cereal (any variety)
  Honey Graham Oh's cereal

- POST®
  Golden Crisps cereal
  Healthy Classics Honey Nut Shredded Wheat
  Fruity pebbles
  Golden Crisps

- KELLOGG'S®
  Froot Loops cereal
  Fruit harvest
  Apple Jacks \
  Special K
  Crackin' Oatbran cereal

- GENERAL MILLS®
  Apple Cinnamon Cheerios
  Kix Berry cereal
  Golden Grahams
  Trix cereal
  Cocoa Puffs cereal
  Lucky Charms cereal

TEAM #6:
CHIPS

"CLUED-IN" Choices

- FRITOLAY®
  Baked Tostitos
- TOSTITOS®
  Natural Yellow Cornchips
- CAPE COD®
  Reduced-fat Potato Chips
- GUILTLESS GOURMET®
  (any variety of chips)

"CLUE-LESS" Choices

- FRITOLAY®
  Baked Doritos
  Ruffles
- FRENCH'S®
  Potato sticks
- PRINGLES®
  Sour cream & onion reduced fat potato chips
- NABISCO®
  Ritz chips

FOR SPECIAL UNDERCOVER UNIT ONLY!

TEAM #7:
CEREAL BARS

"CLUED-IN" Choices

- BARBARA'S BAKERY®
  Puffins Cereal and Milk bars
- HEALTH VALLEY®
  Café Creations (Any Variety)
  Granola Bars
  Fruit-Filled Cereal Bars
- HEARTLAND
  Granola Bars
- KASHI
  Chewy granola Bars
- NATURE'S PATH
  Granola Bars (any Variety)
- NATURE'S CHOICE®
  Multigrain cereal bars
- ODWALLA
  Nourishing Food Bars

"CLUE-LESS" Choices

- KELLOGG'S®
  Nutri-Grain yogurt bars
  Nutri-Grain twists cereal bars
  Nutri-Grain Muffin Bars
  Nutri-Grain Cereal Bars
  Frosted Flakes Cereal & Milk Bars
  Rice Krispies Treats
  Special K Bars
  Pop tarts; Poptart yogurt blasts
- QUAKER®
  Fruit & Oatmeal Cereal Bars
  Chewy Granola Bars
  Chewy Wholesome Favorites
  Q-Smart Snack Bars
  Oatmeal Breakfast Bites
- GENERAL MILLS®
  Honey Nut Cheerios Milk'n Cereal Bars
  Oatmeal Crisp Fruit'n Cereal Bars
  Trix Milk'n Cereal Bar
- POST® Honey Bunches of Oats
- NATURE VALLEY®
  100% Crunchy Granola Bars;
  Chewy granola with yogurt coating

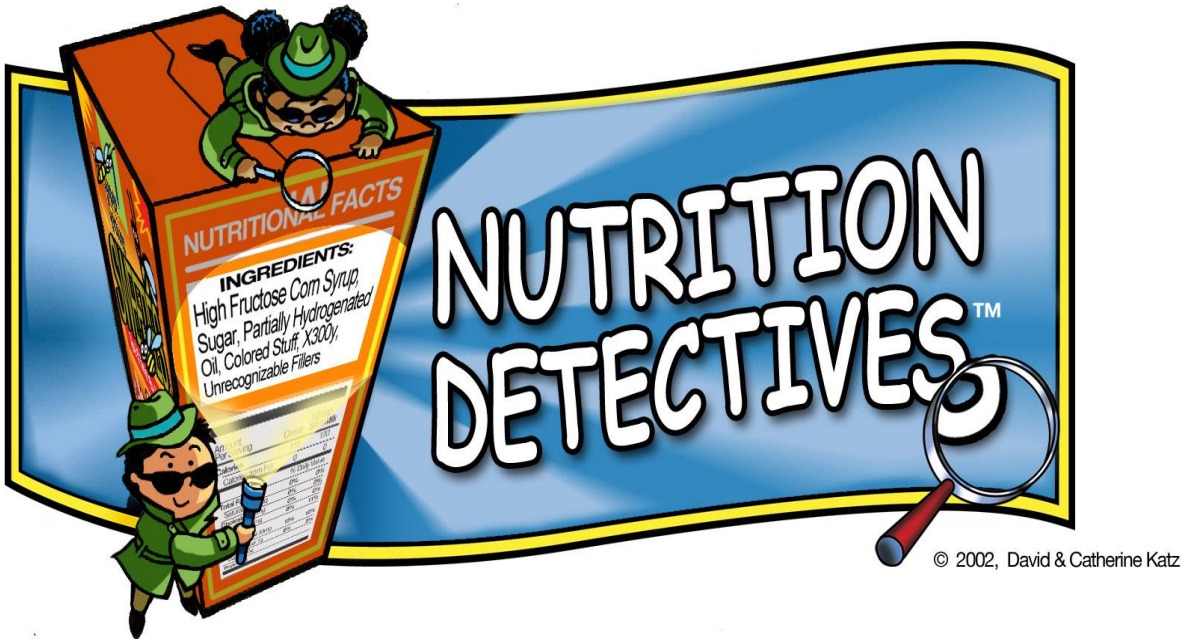
TEAM #8:
PEANUT BUTTER & SPREADS

"CLUED-IN" Choices

- TEDDY'S®
  Old Fashioned Unsalted Peanut Butter
- SMUCKER'S®
  Natural Peanut Butter (unsalted)
- MAPLE GROVE FARMS®
  Natural Peanut Butter
- ARROWHEAD MILLS®
  Creamy Valencia Peanut Butter
- TRADER JOE'S®
  Natural Peanut Butter

"CLUE-LESS" Choices

- JIF®
  Peanut Butter (Regular)
  Peanut Butter (Reduced-Fat)
- REESE'S®
  Creamy Peanut Butter
- PETER PAN®
  Peanut Butter
- SKIPPY
  Squeez'It® Peanut Butter
- SNICKER'S
  PB Max® Spread
- NUTELLA®
  Spread



SECTION 5

BOOSTER SESSION

➢ Materials Needed

- Overhead projector
- Overhead transparency of the 5 Clues *(use the color copy on p 72 of this SECTION)*
- Student handout (1-page copy of the 5 Clues for each student)
- Wall displays: Individual Clues *(on pages 11-15)*
- For the entire class, one grocery bag with between 6-12 items

➢ Time Frame

1.	Introduction: Why it's important to be a Nutrition Detective	2-3 minutes
2.	Review of the 5 clues	5 minutes
3.	Let's play with our food	10-15 minutes
4.	Take-home messages	2-3 minutes
	Total time	**20-30 minutes**

➢ Overview

The goal of the booster session is to reinforce the concepts and skills that students learned in the original ***Nutrition Detectives™*** program. It can be delivered in one session of 20 to 30 minutes. Due to its abbreviated length, it is not necessary to include the PowerPoint presentation* during the booster session.

As a result of this session, students should be able to:

1. Explain why they need to make informed food choices to benefit their health.
2. Identify the 5 Clues that they can use to make healthful food choices.
3. Determine the difference between "CLUED-IN" and "CLUE-LESS" foods, based on their nutritional content, during an abbreviated version of *Let's Play with Our Food (See SECTION 4: pages 56-67)*

**Although you will not use the PowerPoint presentation in the booster session, please review this presentation prior to teaching it so the concepts are fresh in your mind.*

The booster session reiterates the following concepts from *Nutrition Detectives™*:

1. "We are what we eat."
2. We modern humans live in a food-rich environment that is less than ideal for our bodies, because it is laden with excess calories, fat, sugar, and salt.
3. Students can become Nutrition Detectives to learn the truth about the foods they eat.
4. There are 5 clues to identify foods as "CLUED-IN" or "CLUE-LESS" based on nutritional content.

The 5 Clues are provided in two formats:

1. A single page with all 5 clues and the rationale for each clue. Please use this for yourself as background information for you to teach the booster session *(see page 10).*
2. A set of 5 individual clues (one page for each clue) with additional information. Please post these on the walls so students can review them during and after the booster session *(see SECTION 2: pages 11-15).*

➢ Narration for Introduction

Remember how earlier this school year, you learned how to be supermarket spies? Well today, we're going to play spies again for a while to remind the class how to find out the truth about food, and how to choose the right foods for good health.

Do you remember how we talked about how you are what you eat, and how if you want to be made out of good stuff, you have to put in good stuff?

1. Why is it especially important for us to be Nutrition Detectives and to be physically active these days, compared to people who lived a long time ago?

[Invite responses and summarize using the paragraph below.]
People who lived a long time ago had to work hard to just to find food to eat. They had to hunt, go fishing, pick wild foods, or grow their own food. They used a lot of energy just trying to survive each day. The world that we live in today is very different -- we're surrounded by modern foods with more calories, fat, sugar, and salt than we need, AND we don't have to work very hard to find these foods. Instead, we just go to stores or restaurants and buy them.

2. Who can tell me any of the 5 clues of being a good Nutrition Detective?

[Record students' responses on a blackboard or a blank overhead transparency. After summarizing their responses, guide them to the original wording of the 5 Clues. To do this, display the 5 Clues on an overhead transparency (use the color copy provided on page 72 of this SECTION)

Along with being a good Nutrition Detective, remember to make foods that DON'T come in a bag, box, jar, or bottle- such as fresh fruits and vegetables- a part of your diet every day. They add lots of great nutrients to make you strong and healthy (remember: healthy people have more fun!), along with a beautiful rainbow of colors! And some important take-away messages:

- What you eat REALLY matters!
- Food can be good, and good for you!
- You can eat better just by making better choices.
- To make better choices, be a good nutrition spy.
- Steer clear of foods with added "junk".
- If you want a high performance body…put in high performance fuel!

➢ Directions for "Let's Play with Our Food"

This is an abbreviated version of the original "Let's Play with our Food," *(SECTION 4: pages 56-67)* to be covered in a 10-15-minute period. In this version, rather than dividing the children into teams, have the entire class do this as a group activity with a single grocery bag.

Use a display table to place a grocery bag with some foods. The foods should include examples of "CLUED-IN" and "CLUE-LESS" foods from at least some of the original "Let's Play with our Food" categories (breads, crackers, juices & drinks, cookies, cereals, chips, cereal bars, and peanut butter & spreads).

Remind the class of the difference between "CLUED-IN" and "CLUE-LESS" foods:

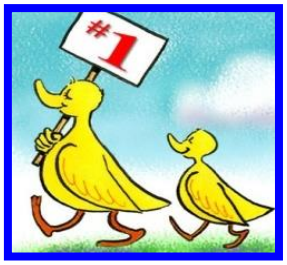
- "CLUE-LESS" foods tend to be highly processed, with partially hydrogenated oil, high fructose corn syrup, added salt and flavoring, or (in the case of crackers, cereal, cereal bars and breads) containing 1g or less of fiber.
- "CLUED-IN" foods tend to be more wholesome. They have no trans fats or high fructose corn syrup, more fiber, or less added salt, sugar or flavorings.

The "mission" for the class as a whole is to determine whether each food is a "CLUED-IN" choice or a "CLUE-LESS" one. Hold up one food product at a time. Read off the ingredients that serve as clues as to whether the food is a Winner or Loser. Guide them to a class consensus on each food product, and sum up why each product is "CLUED-IN" or "CLUED-LESS". Place the "CLUED-IN" and "CLUE-LESS" foods in separate piles.

You can also use this opportunity to highlight any deceitful wording on the front of the packages on the "CLUE-LESS" table, and how, as Nutrition Detectives, they knew better and were not fooled!

The 5 Clues for Nutrition Detectives™

1. Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list.

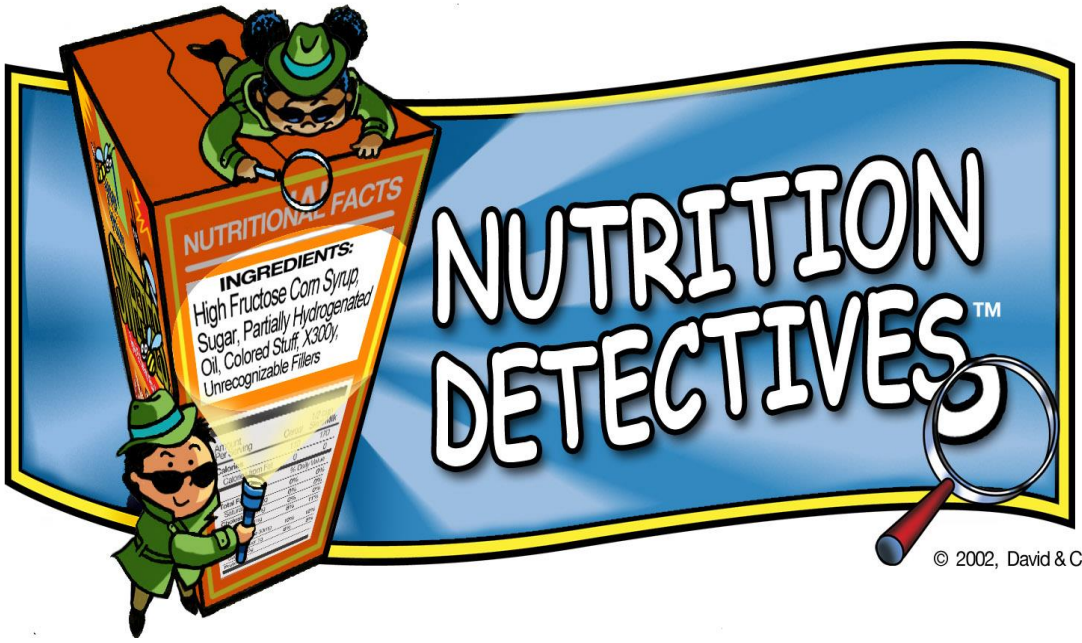


2. The FIRST ingredient on the list is always the BIGGEST!

3. Avoid foods that contain partially hydrogenated oil and high fructose corn syrup. It's like finding Fingers the Fox!

4. Avoid foods with a LONG INGREDIENT LIST!

5. Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers & pasta with at least 2 grams of fiber per serving.



SECTION 6

DESCRIPTIONS OF OTHER PROGRAM AND EVALUATION MATERIALS

Nutrition Detectives™ Video Manual (Supplement to Teacher's Manual)

Nutrition Detectives™ can also be taught by using a video presentation that shows Drs. David and Catherine Katz teaching the program to a student audience, and includes enhanced special effects. If you use the video presentation, simply combine Sections 1, 2, 4, & 5 from this manual with directions from the Video Manual.

The Video Manual includes the following information:

- Overview and Purpose of the video
- Comparison of the video and PowerPoint Slide Show presentations *(includes the content of, and estimated teaching time for, each section of the video or Slide Show presentation)*
- Video Chapter Previews and Transcript

➢ Nutrition Detectives™ Family Edition (Optional)

The Family Edition of the *Nutrition Detectives*™ program is designed to complement the video or slide show presentation (if you show this to parents or guardians), or serve as a stand-alone set of handouts that can be used to educate families about *Nutrition Detectives.*™

The Family Edition includes the following materials:

- Letter to Parents or Guardians
- Why Food Matters
- The 5 Clues *(1 page with clues only, 1 page of clues with explanation of each clue)*
- Clue #1, Clue #2, Clue #3, Clue #4, Clue #5 *(one page expanding on each clue)*
- Let's Look at One Clue at a Time
- Putting the 5 Clues Together
- More Facts on Fiber
- A Few More Nutrition Facts *(how to understand and use the Nutrition Facts panel)*
- Frequently Asked Questions
    - If our family follows the 5 clues, do we have to give up the foods we like?
    - Are clued-in foods expensive?
    - What can our family do to save money on groceries?
    - How can I feed my family well in a short amount of time?

➢ Nutrition Detectives™ Handouts (Optional)

The Family Edition has been printed without page numbers on the bottom. This gives you the option of either printing the entire document, or printing selected pages that best meet your needs and your budget for photocopying materials. The selected pages can either be given directly to families attending educational sessions, or given to students to take home.

➢ Family Assignment (Optional)

An optional family assignment called "Use the 5 Clues in Your Kitchen" includes a copy of the 5 clues, the lists of the CLUE-LESS AND CLUED-IN food choices that are provided in the original program, and instructions for family members to apply the clues to examine foods in their own home.

➢ Food Label Literacy for Applied Nutrition Knowledge (FLLANK) Assessment Tool (also known as the "Food Label Quiz")

To see how much your students learn as a result of the *Nutrition Detectives*™ program, you are welcome to use the before-and-after (pre/post) Food Label Quiz. The Food Label Quiz tests nutrition label literacy based on knowledge gained from the program's "5 Clues." The quiz has 10 questions. Each question asks the students to compare 2 sets of Nutrition Facts panels and ingredient lists, and to decide which choice in each set is better (more healthful). Instructions and an answer sheet are provided along with the quiz.

How to administer the Food Label Quiz:

- Before teaching the program, give each student a copy of the "pre" quiz.
- After teaching the program, give each student a copy of the "post" quiz.
- Use the answer sheet to assess changes in their knowledge of how to use food labels to make healthful choices.
- NOTE: The top of each quiz includes a place to write ID codes for students and schools. These are optional, in case you need to protect the confidentiality of students taking the test and/or are studying the program's effectiveness in multiple schools. In lieu of student names and school names, you can assign student IDs and school codes that will be used consistently on both the "pre" and "post" tests.

➢ Giveaway Promotional Materials (Optional)

If your budget allows for purchasing promotional materials, you may want to order "giveaway" items for students or their families.

We have developed templates for some *Nutrition Detectives*™ materials, which you can take to a local vendor to have printed in the amounts that you need.

- "The 5 Clues" – Template for refrigerator magnet
- "Certified Nutrition Detective" – Template for stickers or lapel pin buttons