



DETECTIVES' DISCOVERIES

SESSION 1



What's in my snack?

- Investigating highly-processed foods marketed as “healthy”
- Making fun, flavorful snacks

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- Real food is found in nature, not processed too much, and filled with nutrients to make you healthy.
 - Highly-processed food is made in a factory, stripped of most of its nutrients, contains too much sugar, salt, and/or fat, and has many artificial ingredients.
 - The more a food is processed, the less healthy it is.
 - Food companies try to trick kids (and their families) into thinking highly-processed foods are healthy.
 - Don't be fooled by packaging with super-heroes, exaggerated claims, and asterisks *(the little star that leads to information companies don't want you to see).
 - Read labels closely, and try not to eat foods that have lots of ingredients you can't pronounce.
 - Do your best to snack on real foods that you make yourself.

SESSION 2



What's in my cup?

- Investigating sugar-sweetened beverages
- Making delicious drinks

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- Companies spend a fortune marketing sodas to young people.
 - Athletes don't become great by drinking soda (even though it looks that way in the commercials).
 - Soda slows you down!
 - Sugar gives you a big burst of energy but then makes you crash.
 - When you drink sugar, your brain can't tell you that you're getting full.
 - Sugar-sweetened beverages are the largest contributor to childhood obesity in the USA.
 - In addition to weight gain, too much sugar can cause diabetes and tooth decay.
 - Eating or drinking too much sugar makes it difficult to concentrate at school.
 - There's a difference between natural sugars (found in fruits and vegetables) and added sugar. Natural sugar is combined with fiber and nutrients your body needs. Added sugars have ZERO benefit.
 - Food with zero benefits (no nutrients) are called EMPTY CALORIES.

SESSION 2 (CONTINUED)

- A calorie is a measurement of energy and a young person should consume 1600 to 1800 calories a day.
- A Super Big Gulp has 572 calories—more than a meal should have!
- It's OK to have a sugar-sweetened beverage sometimes, but think of it as a dessert, not a drink.
- It's great to hydrate with water.

SESSION 3



What's on my plate?

- Investigating food groups and what makes a balanced meal
 - Making power-packed breakfasts
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- A healthy breakfast is essential to a great day!
 - A winning breakfast includes protein, whole grains, fiber, and not too much added sugar.
 - Whole grains are different than refined grains—they are more nutritious and give you energy for longer.
 - You need at least 5 servings of fruits and vegetables each day. Try to eat a wide variety of colors...eat a rainbow!
 - MyPlate can help you create balanced meals.

SESSION 4



What's in my Big Mac?

- Investigating fast food restaurants and portion distortion
 - Making lip-smacking lunches
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- Fast food should be a treat, not a regular part of our diet.
 - Fast food restaurants spend billions of dollars trying to convince young people to eat unhealthy food.
 - Fast food restaurants use portion distortion—the amount of food served is much more than you need in a meal.
 - Fast food is high in calories, salt, and the harmful kind of fat.
 - A small amount of the right kind of fat is good for our bodies, but too much of the wrong kinds of fat will lead to heart disease.
 - One McDonalds meal has more fat than children should eat in an entire day!
 - If you do go to a fast food restaurant, make smart choices—drink water, don't order a large size of anything, and try fresh fruit or veggies if available.

SESSION 5



What's for dinner?

- Investigating how salt sneaks into food
 - Making a meal to share with family and friends
 - Food Explorers graduation
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- Too much salt, or sodium, can be hard on our health.
 - Salt makes our body hold on to water, which puts extra pressure on our heart and can cause high blood pressure.
 - Try to choose products that are low-sodium.
 - Herbs and spices are a great way to flavor food instead of using too much salt.
 - Eating home-cooked foods is a smart way to limit salt in your diet.
 - Have fun making foods at home!