



OVERVIEW

Food Explorers is a five-week course aimed at making children savvy consumers of food. Student detectives investigate the impact of too much sugar, salt, and fat in their diets, and uncover the tactics of food marketing, portion distortion, and highly-processed foods. Each week, children enjoy a new culinary adventure in the kitchen—cooking up healthy snacks, breakfasts, lunches, and dinners. Through Food Explorers, children learn to examine their own food choices and to make smart decisions on how and what to eat.

Food Explorers was created by the Greater Richmond Coalition for Healthy Children and made possible by the CarMax foundation.

SESSION 1

What's in my snack?



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

SESSION 2

What's in my cup?



- Investigating sugar-sweetened beverages
- Making delicious drinks

SESSION 3

What's on my plate?



- Investigating food groups and what makes a balanced meal
- Making power-packed breakfasts

SESSION 4

What's in my Big Mac?



- Investigating fast food restaurants and portion distortion
- Making lip-smacking lunches

SESSION 5

What's for dinner?



- Investigating how salt sneaks into food
- Making a meal to share with family and friends
- Food Explorers graduation