



FRIED FOODS!



FRIED FOODS ARE VERY COMMON IN SNACKS AND MEALS, ESPECIALLY WITH FAST FOOD.

FRIED FOODS ARE HIGH IN UNHEALTHY FATS, SO THEY CAN BE BAD FOR YOUR HEART IF YOU EAT TOO MANY OF THEM.

FRENCH FRIES AND CHICKEN NUGGETS ARE EXAMPLES OF FRIED FOODS THAT YOU PROBABLY EAT A LOT.



FRIED FOODS ARE TASTY, THAT'S WHY WE LIKE THEM SO MUCH. BY FRYING HEALTHIER ITEMS, WE CAN STILL GET SOME OF THE FLAVOR WITHOUT THE BAD HEALTH THAT FRIED FOODS CREATE.

DRAW AN EXAMPLE OF SOMETHING HEALTHY THAT YOU CAN FRY.

FRYING USING OLIVE OIL OR AVOCADO OIL INSTEAD OF NORMAL CANOLA OIL CAN BE VERY BENEFICIAL.

SHOW YOUR FAVORITE FRIED VEGETABLE IN THIS PAN.





FUN FACT: JAPANESE FRIED ITEMS ARE CALLED TEMPURA.



BACK TO FRESH VEGETABLES! WE'RE GOING TO LOOK AT DIFFERENT COLORS OF FRUITS AND VEGGIES.



FRUITS AND VEGETABLES COME IN ALL DIFFERENT COLORS AND FORMS. THE MORE DIFFERENT, OR DIVERSE YOUR DIET IS, YOUR FOOD WILL PROBABLY HAVE DIFFERENT NUTRIENTS AND BE HEALTHY!



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FOR EACH COLOR OF THE RAINBOW (WITHOUT INDIGO), FIND ONE FRUIT OR VEGETABLE THAT MATCHES THAT COLOR.

LIST THEM HERE:

RED:

ORANGE:

YELLOW:

GREEN:

BLUE:

PURPLE:

NOW, IT'S TIME FOR SOME HOMEWORK. BUT DON'T WORRY, IT'S NOT BORING.



CAPTAIN CARROT'S RAINBOW CHALLENGE:

NEXT TIME YOU GO TO THE GROCERY STORE, TRY TO GRAB AT LEAST ONE FRUIT OR VEGETABLE OF EACH COLOR. HAVE FUN!

FRIED FOODS ARE PROCESSED FOODS, WHILE THE FRUITS AND VEGGIES THAT WE TALKED ABOUT IN THE RAINBOW ACTIVITY ARE NATURAL FOODS.

ANY FOODS CHANGED BY HUMANS ARE PROCESSED FOODS. SOME CHEMICALS ARE ADDED TO THESE, MAKING THEM UNHEALTHY.



EXPLAIN TO CAPTAIN CARROT A PROCESSED FOOD AND HOW HUMANS HAVE CHANGED IT FROM NATURE.



HEALTH TIP OF THE DAY WITH BRAINY BROCCOLI:

THE INGREDIENT LABEL OF ANY FOOD CAN TELL YOU A LOT. IF THERE ARE A LOT OF WEIRD INGREDIENTS THAT YOU HAVE NOT HEARD OF OR ARE HARD TO READ, THE FOOD IS PROBABLY PROCESSED.

LET'S DO A PRACTICE: CHOOSE THE LABEL THAT YOU THINK CORRESPONDS TO THE MORE PROCESSED FOOD.

- A) TOMATO PASTE, WATER, SALT, CITRIC ACID, SPICE, TOMATO FIBER, NATURAL FLAVOR.**

- B) ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA/SUNFLOWER OIL), CHEESE SEASONING (WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURES, SALT, ENZYMES], CANOLA OIL, MALTODEXTRIN [MADE FROM CORN], NATURAL AND ARTIFICIAL FLAVORS, SALT, WHEY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, LACTIC ACID, CITRIC ACID, ARTIFICIAL COLOR [YELLOW 6]), AND SALT.**

IF YOU CHOSE B, YOU WERE CORRECT.

**THANKS FOR
HELPING ME MAKE
THE RIGHT
CHOICE!**



ARE YOU READY FOR A GAME?

PROCESSED OR NATURAL?

INSTRUCTIONS: FOR EACH QUESTION, ONE OF AN IMAGE, A NAME, OR A LIST OF INGREDIENTS WILL BE PROVIDED FOR EACH FOOD. EACH QUESTION WILL HAVE TWO FOODS. CHOOSE THE MORE NATURAL FOOD FOR EACH QUESTION. EACH QUESTION WILL BE WORTH 10 POINTS. AT THE END, SEE WHAT KIND OF HEALTH HERO YOU ARE! CUT OUT YOUR RIBBON AND PROUDLY WEAR IT!

1.

A)



B)



2.

A) FROZEN DUMPLINGS

B) FRESH EGGS

3.

A)



B)



4.

A) ROOT VEGETABLES (SWEET POTATO, BATATA, TARO, PARSNIP), SAFFLOWER OIL, SEA SALT, BEET JUICE

B) WHITE CHICKEN MEAT, WATER, CORNSTARCH, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS LESS THAN 2% OF DEXTRIN, EGG WHITES, EGG YOLKS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED POTATO STARCH, NONFAT DRY MILK, RICE FLOUR, SALT, SODIUM PHOSPHATE, XANTHAN GUM. COOKED IN VEGETABLE OIL.

5.

A) ORANGE CHICKEN

B) CAESAR SALAD

6.

A) ENRICHED FLOUR, PALM OIL, AUTOLYZED YEAST EXTRACT, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED LEEK FLAKE, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN AND SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, SOYBEAN, SPICE, AND COLOR.

B) ALMOND MILK (ALMONDS, WATER), SOY PROTEIN ISOLATE, TAPIOCA STARCH, NATURAL FLAVORS, VANILLA BEANS, LIVE ACTIVE CULTURES

7.

A) UNSWEETENED DARK CHOCOLATE BAR

B) A KIT KAT BAR

8.

A)



B)



9.

1. A) POTATOES, VEGETABLE OIL (CANOLA OIL, CORN OIL, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, NATURAL BEEF FLAVOR [WHEAT AND MILK DERIVATIVES]*), DEXTROSE, SODIUM ACID PYROPHOSPHATE (MAINTAIN COLOR), SALT. *NATURAL BEEF FLAVOR CONTAINS HYDROLYZED WHEAT AND HYDROLYZED MILK AS STARTING INGREDIENTS.

B) TOMATOES, PEPPERS, ONIONS, CILANTRO, GARLIC, ORANGE JUICE, CITRIC ACID, SEA SALT

10.

A) CELERY

B) CANDIED APPLE



**SEE THE ANSWER
KEY AND FIND
YOUR PRIZE ON
THE NEXT PRIZE!**

ANSWER KEY: B B A A B B A B B A

10-60 POINTS



60-90 POINTS



100 POINTS

