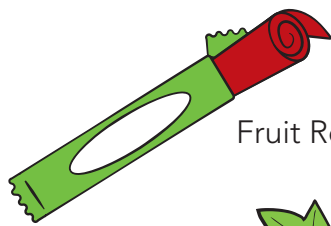


Name: _____ Date: _____

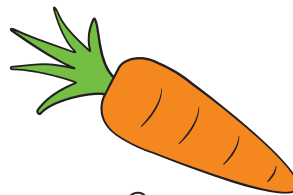
Module 3: Food Labels and Marketing

Lesson Theme: Equipping students with knowledge related to nutrition information and food marketing techniques.

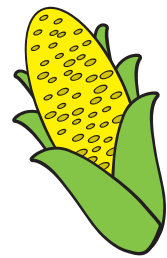
ACTIVITY: Draw a CIRCLE around all the foods you can eat in their natural state.



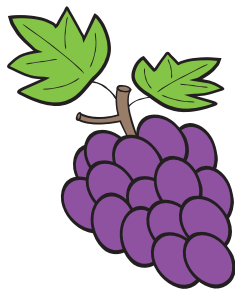
Fruit Roll-up



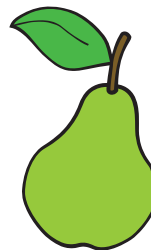
Carrot



Corn



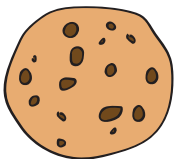
Grapes



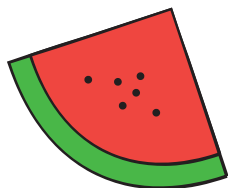
Pear



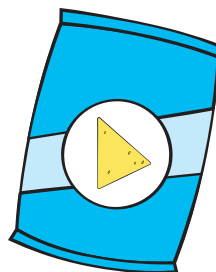
Yogurt



Cookie



Watermelon



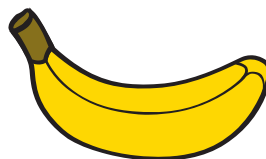
Chips



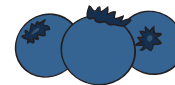
Apple



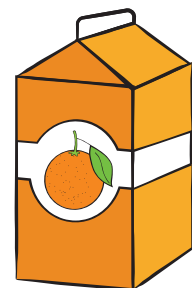
Cereal



Banana



Blueberries



Orange Juice

My favorite natural food is: _____

REFLECTION: In the space below, draw one thing that you learned during today's lesson.

Today I tasted:

Fruit Smoothie



Ingredients

- 1 frozen banana, peeled and sliced
- 2 c. frozen strawberries, raspberries or cherries
- 1 c. milk
- 1/2 c. plain or vanilla yogurt
- 1/2 c. freshly squeezed orange juice
- 2 to 3 Tbsp. honey or to taste

Instructions

- Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.
- For non-dairy smoothies, substitute 1 c. rice milk for the milk and yogurt. Or, use soy yogurt or soy milk instead of dairy.



Fun Fact:

In 2012, \$4.6 billion was spent to advertise fast food and only \$116 million was spent to advertise fruits and vegetables.



Joke:

What do you call a fruit that plays the trumpet?

Tooty fruity!

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/frozen-fruit-smoothies-recipe-1914927>