



Next Generation kids love to work with food, so here are some ideas for incorporating food into your sessions!

1. Have a food taste test.

You can bring in either different brands of food or different kinds of food for your students to try. Students can use an Excel spreadsheet to record findings and determine overall popularity. Here is a sample rating scale to use: **** = Awesome, I'll have seconds! *** = Not bad at all. ** = I think I can choke this down. * = Yuck! Make sure you have a drink nearby!

2. Compare the nutrition value of foods.

Bring in different foods or brands of one food and have students analyze the food labels. Students can fill in an Excel chart with columns such as Number of Calories, Total Grams of Fat, or Milligrams of Sodium. If comparing different brands, students may include a price category. If the food item doesn't have a nutrition label, students can find the nutritional content online using this web site:

http://www.nutrawatch.com/online/FoodFinder/FF_Search.asp

3. Go on a food scavenger hunt.

Visit Nutrition Sleuths at www.kidfood.org/sleuths/sleuths.html. Clues are given that must be used to find the answer using an internet search engine.

4. Create a fast food analysis.

Have students find the nutritional values of their favorite items from fast food restaurants. This information can be found at individual restaurant websites or by using an online database such as the Food Finder at <http://www.olen.com/food/>. Results can be listed in an Excel spreadsheet in the same manner as in #2 in order to compare the nutrition information. Students can then determine which are the most healthy and least healthy foods.
