

SESSION 5 AT HOME ACTIVITIES

Label Check

- Choose a food label with healthy numbers
- Look at items you have at home to see how the numbers on the label match
- Also take this to the grocery store and compare numbers on different items there

Recipe Repair

- Take your family's favorite recipes and figure out how to make them healthier
- Ideas: add vegetables, replace butter with canola, corn, olive, safflower, sesame, soybean or sunflower oil, but still use them sparingly, replace white flour or bread with wheat flour or bread, use chicken instead of beef, etc.

Grocery Scavenger Hunt

- Take the grocery shopping list and pick healthy items from it
- You help your parents out by going and getting the healthy items on the list!
- Talk to your parents about a reward or prize for finding all the healthy items (a healthy reward, of course!)

